

# Recorder



Treasure from Heaven's Mine

an... they... to what  
 that they... had toiled for—  
 precepts... might keep his  
 and observe his laws. Dt 4:40

Praise the LORD. a Ps 104:35

Praise the LORD. b Ps 22:23

Give thanks to the LORD, for he  
 is good;  
 his love endures for Ps 100:5

2Who can... He rebu...





*Photo by Scott Knight, '04. Christ follower.  
Adventist educator. Landscape photographer.*

**Pacific Union College gave Scott a solid foundation and a purpose in life. Now, he's inspiring his own visual art students to discover the beauty in God's creation.**

*Selections from Scott's work will be part of the upcoming alumni art show.*

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The Lord Jesus is our strength and happiness, the great storehouse from which, on every occasion, men may draw strength. As we study Him, talk of Him, become more and more able to behold Him—as we avail ourselves of His grace and receive the blessings He proffers us, we have something with which to help others. Filled

with gratitude, we communicate to others the blessings that have been freely given us. Thus receiving and imparting, we grow in grace; and a rich current of praise and gratitude constantly flows from our lips; the sweet spirit of Jesus kindles thanksgiving in our hearts, and our souls are uplifted with a sense of security. The unfailing, inexhaustible righteousness of Christ becomes our righteousness by faith.

—Ellen G. White, *My Life Today*, p. 171

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PACIFIC UNION

# Recorder

The *Recorder* is a monthly publication reaching approximately 76,000 Seventh-day Adventist homes in Arizona, California, Hawaii, Nevada, and Utah. Our mission is to inform, educate, and inspire our readers to action in all areas of ministry.

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By Bradford C. Newton

Some time ago we took our granddaughter Macy to a museum where guests pan for gold in a stream. Plunging her arms into the water, she carefully shook the sand around in the pan, seeking the shiny gold specks. With a sense of triumph, she placed her small treasure in a glass vial to take home.

Macy's discovery echoes these words: "The study of the Bible demands our most diligent effort and persevering thought. As the miner digs for the golden treasure in the earth, so earnestly, persistently, must we seek for the treasure of God's word" (Ellen G. White, *Education*, p. 189). Guided by the Holy Spirit, new facets of God's love and character reveal themselves. What about familiar portions of Scripture like the Book of Daniel? Has this mine—with its treasure—been thoroughly dug out?

I've reopened Daniel with a simple question—what does God say to me today from this ancient text? I'm assured that "All Scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness, that the man of God may be complete, thoroughly equipped for every good work" (2 Timothy 3:16-17).\* So, what might I find?

Consider with me Daniel 2 and the praise hymn that is the theme of the entire book. Adventists know the story of Nebuchadnezzar's dream and its interpretation. The four kingdoms ending in the stone kingdom are solid bedrock to Seventh-day Adventist prophetic proclamation. Yet I find it is the prayer experience of Daniel and his friends—often overlooked in our studies—that holds new lessons for me to be more "thoroughly equipped for every good work" in 2022.



# Treasure from





# Heaven's Mine



Before Daniel explained the dream to Nebuchadnezzar, “Daniel blessed the God of heaven” and prayed,

Blessed by the name of God forever  
and ever,  
For wisdom and might are His.  
And He changes the times and the seasons;  
He removes kings and raises up kings;  
He gives wisdom to the wise  
And knowledge to those who have  
understanding.  
He reveals deep and secret things;  
He knows what is in the darkness,  
And light dwells with Him.

I thank you and praise You,  
O God of my fathers;  
You have given me wisdom and might,  
And have now made known to me what  
we asked of You,  
For You have made known to us the  
king’s demand (Daniel 2:19-23).

While the dream image carries the timeline of history, this praise hymn reveals treasure for those of us who live during the in-between time. Consider these five spiritual lessons Daniel supplies for our faith journey.

**Every problem is a call to prayer.** As Daniel and his fellow exiles faced death, his first action, after asking for some additional time, was to gather his friends for prayer. When faced with difficulties large and small,

we too often resort to complaining, gossip, and worry rather than coming to the One who can answer our needs. Imagine the transformation in life, family, and church if the very first reaction to problems became “It’s time to pray.” There is no need to wait for the “big problems,” for our Lord desires us to seek Him throughout the day. Paul reminds us that there is a remedy for the troubled spirit: “Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God” (Philippians 4:6).

**When God answers, be thankful.** When God answers our prayers, we often quickly move on to the next thing. Daniel remembered that the circle of answered prayer is not closed until we earnestly return to the throne of grace and declare, “Blessed be the name of God forever and ever.... I thank You and praise You, O God of my fathers” (Daniel 2:20, 23). A friend recently reminded me, “If you don’t learn the language of gratitude, you’ll never be on speaking terms with happiness.”

**God is sovereign in human affairs.** The dysfunction and sinfulness of society can drive us to despair. Daniel’s prayer declares of God, “He changes the times and the seasons” (v. 21). This theme saturates every chapter before and after. Kings, presidents, dictators, and despots have their limited time and will one day blow away like chaff in the wind. The evil that men do today will not negate the divine plan that redeems humanity from ruin and brings the

***When God answers, be thankful.***



stone kingdom to fill the earth at last. What a reassurance it is that the same Lord, bending history to His glorious end, also directs our lives for the season we are given on this planet. Ask for His guidance and then place your trust in Him.

**We have truth to share.** The prayer of Daniel echoes through the ages to us today: “He reveals the deep and secret things; He knows what is in the darkness; And light dwells with Him” (v. 22). There is truth, and it is available for all who seek it from the true Source. “But you are a chosen generation,... His own special people, that you may proclaim the praises of Him who called you out of darkness into His marvelous light” (1 Peter 2:9). What a privilege and responsibility we have. We must always carry out this work with the humility of receiving a free gift that is worth sharing with everyone.

**God’s kingdom fills the earth.** The zenith of human existence will not evolve from a political system, economic theory, or technological advancement. The ever-decreasing worth of earthly kingdoms expressed in the image of Daniel 2 will be usurped by the never-to-end kingdom. It will be here on this earth (with a brief 1,000-year stopover in heaven).

No wonder Daniel exalted God in this hymn of praise. His prayer is golden treasure that shines forth from the heavenly mine of truth. There is so much more that awaits our discovery. All of it shall serve us well as we await the stone kingdom of righteousness soon to come.

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*Bradford C. Newton is the president of the Pacific Union Conference.*

*\*All Scripture quotations are from the New King James Version.*







**An Interview with  
Kerry Heinrich,  
Chief Executive  
Officer of  
Adventist Health**

**Is Adventist Health part of the  
Adventist Church?**

Absolutely! Adventist Health is the right arm of the church in meeting the health needs of so many people. I am proud of the fact that we are part of the church—our board is directly connected to the church and the chair of our board is one of our union conference presidents, Elder John Freedman from the North Pacific Union. So, yes, we're very much part of the church.



## **What is the origin story of Adventist Health? How did the health work get started out here in the West?**

The story of Adventist Health is the subject of volumes. Many people believe that Loma Linda University was the first Adventist hospital in the West. Actually, it was St. Helena in the 1870s, and then Paradise Valley, Loma Linda, Glendale, and White Memorial. It was all part of Ellen White's belief in the importance of the health message, reaching people through the health message of whole person care and well-being, and teaching people to live healthier lives. California has a remarkable heritage for the early work of the church in health ministry.

## **How does the emphasis on wholeness, healthful living, and improving the health of the community shape Adventist Health today?**

Adventist Health has made a significant investment in the concept of well-being. You might think of Adventist Health and other Adventist healthcare organizations across the country as just being hospitals and clinics. But I think we can be so much more by thinking about our communities, a healthier lifestyle, and the importance of well-being. In fact, we'd be a better country if we thought first about well-being and then used our acute care system to deal with issues that inevitably happen.

That's a commitment that Adventist Health has made. We've invested in it directly with Blue Zones. We've thought about how to become part of a community and change the status quo—whether it be bike lanes, walking, or how food is displayed in schools. All of those things are focused on how we can develop, strengthen, and support healthier communities. If you look at the statistics, if we don't do something about well-being and a healthier lifestyle, our future generations have a very grim future.

## **What are the success indicators that are most important to you personally as you lead and guide Adventist Health?**

I would say number one for me is keeping that connection to the church, keeping that sense of mission of who we are and where we come from and why health matters. That's an extraordinarily important success indicator.

Second, is that we are relevant in the communities that we serve. Simply having a hospital here or there will help that community, but the real question is, are we making a difference in that community? Have we focused on making the community healthier? Have we focused on being there as a resource for the core needs of that community?

Adventist Health operates hospitals from East Los Angeles all the way to the windward side of Hawaii and to small communities on the coast of California. Very diverse communities geographically, but they all share the need for relevant, quality healthcare. So my measure of success for Adventist Health asks, are our hospitals promoting well-being and improving the health and the care of people in our communities?

## **Is there a success story you can share that makes you really happy?**

There are so many, but I'll tell you one story about the team members of Adventist Health. In one of our hospitals this year, a car rushed up to the Emergency Room front entrance. The driver got out and pulled an individual out of the passenger side. There was blood everywhere, as the description was relayed to me—the individual obviously had a gunshot wound. Our emergency staff came out of the ER and began providing care to that individual.

Almost at the same time, an individual clearly from a rival gang was walking toward the entrance of the ER—armed and clearly intent on finishing the job. When the ER staff observed what was about to play out, they formed a human shield between the patient and the assailant.

I get choked up when I hear that story and when



I tell it again, because that level of commitment can't be bought—putting your own life at risk, putting yourself in harm's way in order to care for a patient. You can't train for that. You can't go to a seminar to learn that skillset. You do that because you care. You care about service and the mission of putting the patient first. To see that level of commitment by our nurses, physicians, and security personnel, creating that level of engagement, a human shield literally, is unbelievably touching to me. I have observed that level of commitment to mission over and over again in our hospitals. And as I watch our people serve and make a difference in their community, I am moved. I am inspired by what they do.

### **What is your favorite thing about your workday? What do you love about what you do?**

Oh, that's so easy. It's the people. Whether you go to a hospital to work or whether you work in a corporate office building, the thrill is working with talented people who are committed to mission and to making a difference. Every day I get up and say, "I have a chance to make a difference in the lives of people. I have a chance to make healthcare better. I have the opportunity to make communities healthier." That's pretty exciting. And there isn't a day that goes by that I'm not thrilled to be able to go to work.



### **What do you want your employees to know about Adventist Health?**

I want them to know about the importance of our mission, who we are, and why we do what we do. Alex Bryan, who leads us as we think about mission, reminds us constantly of the importance of mission. Frankly, if we don't focus on mission and why we do what we do, then we should just be a for-profit company. We should just be interested in the balance sheet and how much revenue we generate on an annual basis.

And although revenue is important and the bottom line matters because it allows us to have capital to invest in our company, what matters most is mission, our sense of caring for our communities, caring for our employees, caring for them as real people. Do we do that perfectly? And while I would suggest no company does, it's a commitment of Adventist Health to care for those who are part of the company. Our nurses, our respiratory therapists, the people who clean the rooms are phenomenally important to this company. Our medical staff members are the people who allow us to render care and make a difference in our communities. So, to our employees, I would say, "You matter. You are the individuals who make us able to live out our mission."

### **What inspires you to move forward? What kind of Adventist Health are you hoping for in the future?**

Well, regrettably they didn't give me a crystal ball when I took on this role. But I will say this: our ability to be successful will be related to our ability to connect with the communities that we serve. If we do not connect in a real way to improve health and provide quality care, we will rapidly become irrelevant. And so, for the future of Adventist Health, much of my focus is directed toward how do I expand the scope and scale of Adventist Health in the markets that we serve? And by markets I mean California, Oregon, Washington, Hawaii. Someday I hope we grow beyond those four states, because if what we're



doing matters, we should grow. In the end, it's about being relevant and caring for our communities, and my goal is that we are a company that is known for quality and for caring.

### **What evidence do you find most compelling for God's leadership in the ministry of Adventist Health?**

There are countless examples every day. There are so many times that you look at a set of business circumstances and can say, "But for the grace of God, we wouldn't have found solutions." And I really believe that if it weren't for God's leading, for God's watchful care, the pieces would not have fit together.

We have to work through challenges. COVID has been so tough on healthcare organizations; we have been stressed in ways that I never thought possible. Shortage of labor, wages that have gotten to levels that I never thought I would see, and inflation are all part of the pressures that come to bear on Adventist Health and healthcare organizations in general. And yet, through all of that, I can see God's watchful care of our organization, of our people, physicians, and board as they wrestle with difficult decisions. You can see how God has had His watchful hand over our organization. And that strengthens my faith.

### **How do you see Jesus in what you do?**

Think about Jesus and what He did. To me, the most memorable stories in the Bible are when Jesus reaches people at their most vulnerable moments. The multiple individuals who were gravely ill or had a chronic condition—that's who Jesus spent His time ministering to. What an example! To me, that's why healthcare is the right arm of the church—it's a chance to reach people when they need help. I see Jesus in everything we do. As we deliver that newborn baby, as we minister to the patient who is dying, as we support the family with a new diagnosis of cancer, that's ministry to me and it's what makes this company special.

## **Every day at Adventist Health ...**

- 10,000**  
people served in clinical settings
- 400**  
procedures performed
- 50**  
babies delivered
- 2,000**  
patients cared for in emergency departments
- 1,300**  
inpatients cared for in hospitals
- 600**  
people cared for in a home setting
- 38,000**  
physicians, employees, and volunteers at work

### ***In 2021, Adventist Health touched millions of lives ...***

- 127,703**  
admissions
- 682,364**  
emergency visits
- 1,592,649**  
outpatient visits
- 246,579**  
home health and hospice visits
- 2,385,075**  
clinic visits



TRENDING OUR WAY  
TOWARD BETTER HEALTH  
AND LONGEVITY

# Food as Medicine: Not a Fad

As the leading cause of death in America, poor diet is driving development of chronic diseases, 80% of which are preventable. Today, the concept of food as medicine has an avid fan base going all the way to the White House. What is “food as medicine”? Why should the average person care? Why is it especially important now—despite being a concept that has been around a very long time?

*By Dexter Shurney, MD, MBA, MPH*

Everyone loves good food. But “good food” often means junk food to Americans loyal to fast food, fries, and milkshakes.

Such food may be cheap—both in dollars and nutritional value—but its long-term price is incredibly high. A shocking 80% of chronic diseases such as diabetes, high blood pressure, cancer, and

obesity are diet-related and, thus, preventable. The problem is so bad that diet has surpassed tobacco use as the nation’s leading cause of death.

Enter the concept of “food as medicine” (FAM). Using diet to prevent, treat, and even cure health conditions can be traced as far back as early-day practices of Indigenous tribes, Hippocrates





(the father of modern medicine), and Seventh-day Adventists. Adventist heritage is steeped in a general health message and in the biblical principles of how we should treat our bodies through proper diet.

Today, though, only 2.7% of Americans live a healthy lifestyle, concludes a Mayo Clinic study. "Healthy lifestyle" is defined as a diet score in the top 40% on the Healthy Eating Index, body fat under 20% for men and 30% for women, seven hours of sleep each night, and consistent moderate to vigorous exercise for 150 minutes a week.

Instead, the standard American diet (appropriately known as "SAD") fuels our bodies into a constant dangerous state of quiet inflammation, setting the stage for chronic disease development. The combination of high-sugar, impoverished-flour, ultra-processed meals and snacks—ubiquitous in our modern diet—raises insulin levels and inflates blood sugar.

We also consume large amounts of artificial and highly inflammatory foods—dyes, hydrogenated oils, trans fat, and artificial sweeteners. Often, food is cooked or overcooked at high temperatures, destroying nutrients that would be beneficial if consumed raw and producing changes to protein structure that can spark even more inflammation.

People routinely overestimate how healthy their diets are, but data from the Centers for Disease Control and Prevention (CDC) show that only 10% of adults eat the recommended servings of vegetables, while 12.3% eat that of fruit.

These realities contribute to the fact that type 2 diabetes, found in one in 20 people 30 years ago, now strikes one in

seven Americans today. Sadly, a growing number of these patients are as young as teenagers, 40% of whom will develop the disease in their lifetimes, according to a recent New York Times article.

### The shift in food attitudes

Attitudes about food are changing. According to one study, the primary foods marketed online by grocery stores are of poor nutritional value and resemble candy and treats rather than fresh or highly nutritious foods.

Moreover, ingredient labels can confuse consumers who are more familiar with teaspoons than grams. And manufacturers often "hide" ingredients such as sugar and salt in unsuspected foods such as spaghetti sauce to appeal to—and thus support—America's renowned sweet tooth and salt cravings.

Portion sizes are wildly out of whack, especially in restaurants and fast-food outlets, resulting in excessive calories even when the food—such as monster salads loaded with dressing, cheese, and



bacon bits—may be viewed as a healthy choice by consumers.

Increasingly, though, consumers are connecting diet to health and realizing that food affects their

energy, mood, performance, and productivity. Gen Z, in particular, has embraced FAM. Nearly 80% of those born between 1997 and 2012 go meatless at least one day a week, and 65% want a more

# Policy Makers Put Food as Medicine on Their Strategy Menus



Interest by policy makers in food as medicine (FAM) has risen as evidence has grown to validate the concept's effectiveness in healthcare treatments and recovery.

In May 2022, the U.S. House of Representatives passed Resolution 784, which recognized “the mounting personal and financial burden of diet-related disease” in the U.S. and called on medical schools and training programs to “provide meaningful physician and health professional education on nutrition and diet.” Currently, the average medical student receives an average of just 19 hours total of nutritional training.

The White House has acknowledged the power and potential of FAM by including it in the National Strategy on Hunger, Nutrition, and Health, which it rolled out alongside its associated conference September 28.

In his remarks outlining goals for a healthier America by 2030, President Biden urged stakeholders such as hospitals, food manufacturers, insurance companies, and people with lived experience with malnutrition and food scarcity to work with government to “lower the toll that diet-related diseases take on far too many

Americans. This call is within our reach.”

He lamented that heart disease—one of many diet-related chronic conditions—remains the leading cause of death in America and that in 19 states more than 35% of adults are obese. In response, the new strategy includes widescale actions such as expanding access to nutrition and obesity counseling so that millions of seniors and others on Medicaid and Medicare “can get the guidance they need to stay healthy,” he said.

“We also know that too often healthier foods cost more,” so federal agencies are responding with changes and incentives such as a revised benefit formula for the Supplemental Nutrition Assistance Program to increase funds to low-income families for purchasing fruits and vegetables.

FAM is included in two of the three principles of Biden’s strategy, first by helping more Americans “access the food that will keep their families nourished and healthy” via actions such as reducing food deserts, increasing local farm-to-schools food contracts, and improving the taste and nutritional value of school meals and food on federal properties.

The second principle gives “folks the options and information they need to make healthy dietary choices” through clearer food package labeling tied to federal dietary guidelines, as well as culturally sensitive messaging and more research into connections between diet and health. His third principle promotes physical activity.

“Science changes things,” said Biden in his call for an inclusive, collaborative “whole-of-government approach.” “People are realizing not only whether or not they’re overweight, obese, or ‘not healthy,’ but that certain diseases are affected by what they eat.... The more we can spread that word and educate people on what’s at stake, the more we’re going to see change.”





## Blue Zones Well-Being Institute: An Emerging Research Incubator Focuses on Health Equity, Lifestyle Medicine

The Blue Zones Well-Being Institute (BZWI)—a research think tank that is part of Adventist Health—launched a pilot study early in 2022 to examine the impacts of using food as medicine among patients with chronic conditions.

ModifyHealth provides meals, nutritional coaching, and operational support, while the nonprofit BZWI conducts research and analysis. Together, they have drawn on Adventist Health's strong California employee base for enrollment participants, finding 313 generous volunteers willing to be studied for up to two years.

The study team divided participants into two "intervention arms." The first arm launched in winter 2022. This group received meals delivered by ModifyHealth, individually tailored 30-minute nutritional coaching, and educational resources for 20 weeks. This approach sought to give patients in this group a strong start by providing prepared food alongside personalized coaching, using tools and materials to maintain a long-term dietary-based lifestyle shift.

Volunteers in the second intervention arm received virtual nutritional education in the spring through the Ardmore Institute of Health free Full Plate Living program. Participants were asked to follow all 16 online lessons within the self-paced program, which helps people add more whole, plant-based foods into daily meals they were already eating.

All participants answered surveys and provided lab work and other biomarkers, such as weight and blood pressure, at set intervals. They will continue to connect with the study team every six months to share labs and progress throughout the two years.

Research like this is only possible with dedicated participants who willingly donate time and personal information for the broader good of helping BZWI test food as medicine interventions on health outcomes. Interested in participating in BZWI research? Stay tuned—more pilots are planned!

plant-slanted diet. For demographics overall, 62% of U.S. households buy plant-based products, with just under half (42%) purchasing plant-generated milk. Food industry leaders note that "flexitarian," with a heavy emphasis on plant-based products, is a growing trend, versus vegan or vegetarian.

In addition, a September 2022 survey revealed that 80% of respondents think fresh foods are better for you than packaged or processed "healthy" foods. And most respondents agreed that certain foods bring "functional wellness benefits such as boosting mental or physical performance (79%), providing preventive (78%) or therapeutic health properties (76%), or serving as the best medicine (75%)."

Those surveyed reported they made food choices around their goals of building immunity (35%), losing or maintaining weight (43%), managing medical conditions (32%), preventing diseases (39%), improving emotional or mental health (34%), protecting brain health (21%), and improving sport performance (13%). Those are high expectations while walking an average grocery aisle.

In response, the mainstream grocery industry has been transforming. Sales of plant-based foods—especially milk and plant-based "meat"—totaled a record \$7.4 billion in 2021, the fastest of any grocery category, according to the Plant-Based Foods Association, The Good Food Institute, and data company SPINS.

With such high demand, grocers are committing more shelf space to plant-based foods, testing and adding new products, and offering in-store education about plant-based options such as almond milk, baked chickpeas, and vegetable-infused pasta.

Simultaneously, grocers have found a heartier customer appetite for local sourcing from nearby farms, agricultural facilities, beekeepers, and other healthy-food vendors, thus strengthening the local economy. Large grocers such as Kroger have partnered with farmers to create "locally grown" displays throughout their produce sections; added



## Dr. Dexter Shurney's "Chill-icious Chili"

This chili pairs well with football, family, and fall. This favorite (and filling!) vegetarian chili scores every time. It is especially delicious over brown rice and with cornbread!

- ½ to 1 Tbsp. olive oil
- 1 yellow onion, diced
- 2 green bell peppers, diced
- 3 ribs of celery, diced
- 3 cloves of garlic, minced
- 3 carrots, thinly sliced
- 1 c. white mushrooms, diced
- ½ c. yellow corn (optional)
- 4 tsp. Ancho chili powder
- 1 tsp. ground cumin
- 1 tsp. dried oregano
- ½ tsp. dried cayenne pepper (optional)
- 1 tsp. sea salt (or to taste)
- ½ tsp. black pepper (optional)
- 30-oz. can red kidney beans, washed and drained
- 28-oz. can crushed tomatoes
- 1 c. vegetable broth (low sodium)

Sauté onions, peppers, and mushrooms together in the olive oil and season with black pepper. Add garlic once the onions start to caramelize. Add other ingredients, with broth last. Simmer on low for 15 minutes.

Optional toppings: green onions, cilantro, vegan sour cream, vegan cheddar cheese, nutritional yeast.

calorie and nutritional information to on-floor signage, websites, and apps; and established staffed kiosks so customers can sample unfamiliar produce and ask questions about proper preparation.

Farmers markets have exploded to 8,000-plus nationwide, growing by 63% from 1994 to 2000, according to 2019 National Farmers Market Managers research and the U.S. Department of Agriculture, respectively. Such markets connect rural to urban communities and increasingly serve people in "food desert" zones where access to grocery stores with affordable, healthy options is minimal or nonexistent.

Another trend is that some folks are "micro-farming" themselves. Spurred by 24/7 Food Network programs and health podcasts, they're creating budget-friendly, container-based "porch gardens," growing herbs on kitchen counters, and tucking indoor horizontal greenhouses into corners or on balconies. These are great ways to grow high-value foods such as tomatoes, rosemary, and microgreens.

Innovations in food access also are opening new paths for FAM adopters. Online grocery ordering, for example, skyrocketed during the COVID-19 pandemic and is expected to double in the next five years. Cook-at-home meal subscription companies such as Hello Fresh and Blue Zones offer healthy meals delivered straight







# Grow Your Best Gut



These four actions can help transform your gut “biome”—the manufacturing center of your immunity system and other critical health influencers—into the optimal physical support system it’s built to be.

**1. Eat 35 to 40 grams of fiber a day.**

Fiber is an important weapon against type 2 diabetes and heart disease—and a powerful ally if you need to lose weight, since it is filling and satisfying. To get it, eat raw or cooked plant-based foods such as vegetables, brown rice, oatmeal, lentils, beans, and whole fruits.

**2. Dine on a “rainbow” of colorful foods.**

This is the fun part of food as medicine! Your body operates best when you ingest vitamins and minerals from a diversity of colorful foods. Fortunately, planet Earth offers a smorgasbord of options that can be easily remembered by creating meals loaded with vibrant rainbow hues. Think blueberries, raspberries, yellow bell peppers, purple grapes, eggplant, green beans, and dark, leafy veggies.

**3. Ditch highly processed food.**

Yes, chips and cookies can taste wonderful for a fleeting moment on the tongue, but their fat and sugar can contribute to long-term problems such as inflammation, insulin resistance, obesity, hypertension, and diabetes. Try apple slices cooked with cinnamon, crunchy vegetable sticks with hummus, or dark chocolate-covered strawberries instead.

**4. Experiment with gut-friendly ingredients.**

These include garlic, ginger, onions, and shallots. This also adds inexpensive, nutritionally rich flavor to less flavorful foods.



to consumers’ doorsteps, with how-to instructions and chef hotlines.

Even food pantries have adopted food-as-medicine strategies. Working with corporate sponsors, hunger nonprofits, and government agencies, food banks are encouraging healthier food donations, distributing client education on healthy eating, and adding color-coded labels to products based on nutritional value.

They’re also getting creative about partnerships to reach vulnerable, often minority populations with information about the most prevalent diet-based chronic diseases, such as diabetes and heart disease.

DoorDash, for instance, recently announced it

would donate \$1 million in gift cards to food banks in 18 cities, plus pay dashers to deliver nutritional food to low-income communities in food deserts. Food banks subsidize costs, but the company foots most of the bill.

Amazon, meanwhile, has given major donations to school-based pantries in communities where it has offices or facilities. The goal is to ensure children can access healthy food and produce during the weekends when they are away from free meal programs at schools.

Many such corporate employers also are looking internally to improve the health and, increasingly, the diets of their own employees. As the largest private provider of healthcare insurance in America,

companies are revising worker wellness programs to expand nutritional coaching, discount weight management programs, offer fruits and vegetables onsite, and share nutrition education through their communications.

Research shows these types of investments yield positive health and financial outcomes for both the employer and worker by nudging and empowering the latter to adopt and maintain healthier lifestyles. Recognition is growing that health is produced at home, the office, or in school—not in an hour or two at a physician's office.

Technology is playing a role in advancing FAM, too. Many employer wellness programs offer apps or wearable devices that can track food and water intake, nutritional values, sleep, and movement. These wearables combine convenience, education, and even gamification as reinforcement and motivation for healthy choice-making each day.

One barrier to more widespread adoption of FAM, though, is lack of training around food preparation. People won't buy food if they don't know what to do with it; they must learn how to prepare it correctly to optimize taste and nutrition. The pandemic jolted many people stuck at home into experimenting with cooking, often relying on YouTube or TikTok to inspire and teach.

With COVID increasingly manageable, in-person cooking classes have proliferated, and "teaching kitchens" have gone mainstream at entities ranging from large companies to universities, community centers to online health channels, community colleges to local culinary shops and grocery stores.

All of these trends solidify the need for government, healthcare providers, employers, and individuals to commit to widespread adoption of FAM. Our nation cannot sustain high-cost, low-result healthcare systems, and neither can companies. Families already pay an average one-third of their median household income for employer-sponsored healthcare insurance (\$22,221 in 2021).

The country also cannot allow health disparities to go unchecked in terms of dollars and lives. America's most common (and expensive) chronic diseases are

each experienced more prevalently by communities of color, people in rural areas, and low-resource individuals. This is due to social determinants of health—barriers such as poor diet and food access, inadequate medical access and care, lack of education, and poverty.

Worse, the expensive status quo is unnecessary. While 45 medications treat type 2 diabetes, for instance, not one is a cure. But if you're one of the 12% of Americans with this disease or among the 27% of adults with hypertension, adopting FAM habits such as a plant-slanted diet can stall progression, reduce complications, and even move it to remission.

Almost 60% of America's adult population experiences at least one chronic health condition. Imagine the impact if FAM is adopted and supported by them and their providers. Now imagine it as a disease prevention tool for all Americans. The potential is mind-boggling—and, as President Biden said recently, achievable.

We won't get healthier collectively or individually unless we change our lifestyles, policies, and practices that support good health. Adopting a FAM approach to everyday eating choices will improve the quality—and length—of your life.

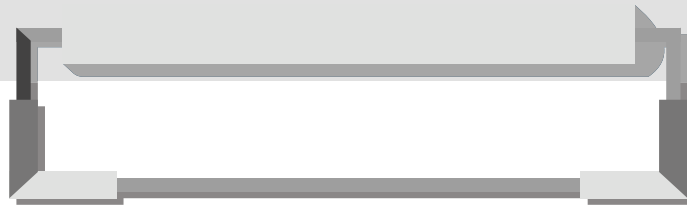


*Dexter Shurney, MD, MBA, MPH, is Adventist Health's chief health equity, diversity, and inclusion officer, and president of the Blue Zones Well-Being Institute. He is responsible for creating innovative solutions that have broad impact on health, well-being, health equity, and diversity. Dr. Shurney is the immediate past president of the American College of Lifestyle Medicine. He is a fellow of the American College of Lifestyle Medicine and is board certified in preventive medicine and lifestyle medicine. He attended Loma Linda University for his undergraduate training and Howard University College of Medicine, where he received his degree in medicine. He also holds master's degrees in business and public health from the University of Detroit/Mercy and the Medical College of Wisconsin, respectively.*



## Your Power Pantry Checklist

Upgrading the nutritional value of your meals doesn't take much work when you have the right ingredients handy. Start by packing your pantry with these powerhouse herbs, spices, and staples, then develop the habit of adding a few extra shakes, leaves, and crumbles to jazz up the flavor of your food—and your health!



### Pantry Item

### Health Benefits

- ✓ **Basil** Helps skin, digestion, and detoxification, thanks to its vitamins A and K, iron, calcium, and manganese.
- ✓ **Cilantro** Cuts risk of heart disease, obesity, and diabetes while boosting energy and healthy skin and hair.
- ✓ **Ceylon Cinnamon** Acts as an antioxidant superfood to lower your risk of and help manage chronic conditions such as diabetes and heart disease, while cutting your cancer risk.
- ✓ **Garlic** Revs up your immune system, helps prevent dementia and Alzheimer's disease, lowers high blood pressure and cholesterol levels, and helps prevent cancer.
- ✓ **Ginger** Ranks as one of the "healthiest spices" in the world for its ability to calm inflammation and gastrointestinal upsets, aiding digestion and suppressing nausea and stress. A longtime go-to in traditional and alternative medicine, the versatile root can be used fresh, powdered, dried, or in a juice or tea. It even fights the flu!
- ✓ **Mint** Grows easily in kitchen herb gardens and can suppress cold symptoms, boost brain function and energy, reduce bad breath, and address irritable bowel syndrome and indigestion.
- ✓ **Onions** Adds spunk to recipes when raw but a mellow flavor when cooked. Renowned for inflammation-suppressing antioxidants, it lowers triglycerides, high blood pressure, and "bad" cholesterol levels (thus, lowering heart disease risk) and improves gut and bone health.
- ✓ **Oregano** Helps digestion, speeds wound healing, addresses viral infections, and may even reduce coughing. Its well-known antibacterial properties and high antioxidant level are beneficial whether eaten dry or fresh.
- ✓ **Rosemary** Improves blood circulation, strengthens the immune system, and "neutralizes harmful particles called free radicals," according to Medical News Today. A member of the mint family, rosemary is a wonderful source of vitamin B-6, iron, and calcium (plus it smells wonderful).
- ✓ **Sweet Potatoes** Fills you with fiber, which promotes gut health, stabilizes blood sugar, and satisfies hunger. Research credits the tuber with supporting eye health, fighting cancer, and serving up plentiful calcium, beta-carotene, potassium, iron, and vitamins A and C.
- ✓ **Thyme** Reduces acne, disinfects wounds, lowers blood pressure, and improves both your mood and immunity. It also can help treat yeast infections and prevent pests such as mosquitoes from biting.
- ✓ **Turmeric** Offers anti-inflammatory and other benefits that increase memory, soothe joint pain, lower blood sugar, support digestive health, and fight inflammation.







THE STORY OF ADVENTIST HEALTH

# Living God's Love



# Path of Hope & Healing

**250–270 CE**

Decian Plague kills 5,000 people a day in Rome alone.



**500 BCE**

The sick and injured are considered worthless in the darkness and despair of the ancient world.

**430 BCE**

Plague strikes the city of Athens, Greece.

**312 CE**

Desperate conditions during the Late Roman Plague test moral character.

**6–4 BCE**

Jesus of Nazareth is born.



**27–29 CE**

Jesus begins a ministry of healing and surprises everyone with new ways of thinking about the body.



**372 CE**

Basil of Caesarea opens the first hospital in the East.



**30 CE**

Communities of Jesus' followers begin to spread around the Mediterranean Rim.





The story of Adventist Health has roots anchored deep in time, connecting us to our Adventist heritage and to an ancient world that continues to shape us today. Our story also has branches reaching wide and high with expansion and growth. It's a story that includes each of us in a tradition of inspiring health, wholeness and hope that reaches back to the birth of Jesus.

**1850**

Average life expectancy in the U.S. is 41 years.



**Early 1800s**  
Health reform movement begins, and the first Adventist healthcare facility is established.

**1863**

Ellen White has vision urging changes to common health practices of the day.



**1878**  
Rural Health Retreat in St. Helena is established in California—the first major Adventist healthcare center on the West Coast.

**1905**

Loma Linda Sanitarium opens.



**1800–1930**  
Medical science makes dramatic advances.

**2022**

Adventist Health continues the practice of the healing ministry of Jesus.



**1980**  
Under the leadership of Frank Dupper, Adventist Health Services joins forces with Northwest Medical Foundation to form Adventist Health.

**2015**

Average life expectancy in the U.S. is 79 years, 89 years for most Adventists.





PART ONE

# Broken

The ancient world was marked by superstition about the causes of illness and by callous disregard for the sick.

▲  
“It was the winter season, and the usual rains and showers were withholding their normal downpour, when without warning famine struck, followed by pestilence and an outbreak of a different disease—a malignant pustule with a fiery appearance.

“Hundreds were dying in the cities, still more in the country villages, so the rural registers which once contained so many names now suffered almost complete obliteration; for at one stroke food shortages and epidemic disease destroyed nearly all the inhabitants.”

Eusebius writing about the late Roman Plague (312–313 CE) in *Ecclesiastical History*





*“The quest for healing of sickness and relief of pain in ancient time bordered on desperation.”*

**JEREMIAH J. JOHNSTON,**  
Historian and New Testament Scholar

From 500 BCE to 400 CE the ancient Roman world was ripe for devastation by disease. Compassion and concern for universal human welfare were scarce, and the experience of getting sick differed widely depending on your status in life. While some of the very wealthy enjoyed access to basic medical care, most people were on their own, attempting to survive without doctors, nurses and medicine.

Several major plagues devastated cities, regions, and in some cases, entire countries. Eyewitnesses to these deadly events, such as Eusebius, left accounts that paint a portrait of desperate human conditions. Eusebius wrote, “Some people, shrunken like ghosts and at death’s door, tottered and slipped about in all directions until, unable to stand, they fell to the ground; and as they

lay face down in the middle of the streets, they implored passersby to hand them a tiny scrap of bread, and with their life at its last gasp they called out that they were hungry—anything else than this anguished cry was beyond their strength.

“Others—men classed as well-to-do—were astounded by the number of beggars, and after giving to scores, they adopted for the future a hard and merciless attitude, in the expectation that very soon they themselves would be no better off; so that in the middle of the public squares and narrow streets dead and naked bodies lay about unburied for days on end.”

This ancient world so desperately in need of health, wholeness and hope is the backdrop of the most dramatic change in history and the birth of Adventist Health.

# Advent

In the small mountain village of Nazareth, a man named Jesus revealed the true character of God and brought health, wholeness and hope to the world



*“The blind receive sight,  
the lame walk, those  
who have leprosy are  
cured, the deaf hear,  
the dead are raised,  
and the good news is  
preached to the poor”*

LUKE 7:21-22

Very little in the first century backwater district of Palestine hinted at the seismic shift that was about to take place in one of its smallest villages. It all started with a baby born in Bethlehem. He was raised first in Egypt and then in Nazareth where he learned a trade and worked with his father. His name was Jesus. He had a reputation for being patient, hardworking, and unselfish, but there was nothing in particular about him to suggest he was about to change the world forever.

Around the age of 30 he began to do and say extraordinary things that caught people’s attention. He taught a new way of thinking about life that is described as “love.” With uncommon authority, he said: “My command is this: Love each other as I have loved you” (John 15:12); and “For God so loved the world that he gave his one and only son” (John 3:16). He was that son, and his mission was to live God’s love.





Jesus is the creator of humans in a human body. Of all the ways God could have chosen to reveal his character of love to us, he chose a form of flesh and bone. The physical body is important to him. Human beings are incredibly valuable. We were designed with excellence, made intentionally in the image of God. Our Earth and the universe are not a cosmic accident. In the beginning God created all because he loves. And because he loves, he set in motion a plan to heal the world from the terminal disease of sin. He involves himself in human affairs.

“Jesus went through all the big cities and rural villages, teaching in their synagogues, proclaiming the good news of the kingdom and healing every disease and sickness. When Jesus saw the crowds, he was moved with compassion for them, because they were harassed and helpless, like sheep without a shepherd” (Matthew 9: 35–36).

Jesus is our founding physician. In a world with no healthcare, people flocked to him for healing. In a world filled with despair, he gave hope. The mission of Jesus of Nazareth to live God’s love by inspiring health, wholeness and hope encompasses a world-changing narrative that is the beginning of the story of Adventist Health.

# Jesus Heals from

*The Bible records 30 individual instances when Jesus healed those he encountered, and many more references to widespread healing. Jesus practiced deep soul care—gently, patiently restoring physical, mental, social and spiritual health for those in need. Often the ailment included a toxic, inaccurate view of God. Jesus revealed a God of love and grace—a generous parent with a tender heart.*



## BLINDNESS

Mark 8:22–26  
Matthew 20:29–34  
Matthew 9:27–31  
John 9:1–12

## HEAD INJURY

Luke 22:50–51

## DISABLED HAND

Mark 3:1–5

## SWELLING

Luke 14:1–6

## BLEEDING

Luke 8:43–48

## CRITICAL CONDITION

John 4:43–54  
Luke 7:1–10

## PARALYSIS

Mark 2:1–12



# From Head to Toe



**HEARING IMPAIRMENT**  
Mark 7:31–37

**INABILITY TO SPEAK**  
Luke 11:1–45

**FEVER**  
Matthew 8:14–15

**SKIN DISEASE**  
Luke 17:11–19  
Mark 1:40–45

**MENTAL ILLNESS**  
Matthew 9:32–34  
Mark 5:1–20  
Luke 11:14–23  
Luke 9:37–43  
Mark 7:24–30  
Mark 1:21–27

**DISABLED LEGS**  
Luke 13:10–17  
John 5:1–15

**DEATH**  
Matthew 9:18  
Luke 7:11–17  
John 11:1–44

## THE ULTIMATE SPECIALIST

*The medical specialties Jesus practiced in 21st century terms included:*



- Clinical chaplaincy
- Dermatology
- Emergency medicine
- General surgery
- Gynecology
- Infectious disease control
- Internal medicine
- Neurology
- Nutrition
- Ophthalmology
- Orthopedics
- Otolaryngology
- Pathology
- Pediatrics
- Pharmacology
- Physical therapy
- Psychiatry
- Psychology
- Psychotherapy
- Radiology
- Social work

# The Way of Love

## A new vision of how to live in community grew throughout the region

As stories about Jesus spread far and wide, people from all walks of life were changed by what he had said and done. They cared for the poor and tended to the sick like he had done. They gave freely to those in need and advocated for the rights of all. They elevated the vision of what it means to be human.

New communities formed where people started to do life together in entirely new ways. People came together across class, gender, race, ethnicity, and background. “There is neither Jew nor Gentile, neither slave nor free, nor is there male and female,” (Galatians 3:28). These were revolutionary communities of inclusivity.

Gradually, the way these new communities cared for the sick became more structured and organized, and community hospitals took shape. The hospital was a powerful innovation for treating illness and disease in a disciplined, systematic way, and hospitals slowly began to transform the experience of being sick.

Historians point to Caesarea in the Roman empire as the location of the first hospital in the eastern empire. Founded by Bishop Basil of Caesarea in 372 CE, the hospital was called “a house for the poor.” The first hospital in the West was founded in Rome by a wealthy follower of Jesus named Fabiola. In 390 CE she sold everything she had and poured her money into developing a hospital.

**These early communities of Jesus followers were not just looking inward. While they cared for those closest to them, they also cared for those outside their immediate circles. History is clear. The hospitals we benefit from today—regardless of system or type, for-profit or not-for-profit—are the result of our founding physician: Jesus of Nazareth.**







The first hospital in the eastern empire was founded in 372 CE by Basil of Caesarea in what is now known as Turkey.



In 390 CE a wealthy follower of Jesus named Fabiola sold everything she had to found the first hospital in the western world.







### ‘The Good Old Days—They Were Terrible!’

Healthcare in the 19th century was rudimentary, often makeshift and improvised. The causes of disease were frequently misunderstood, which meant that common treatments such as bleeding and primitive drug use frequently missed the mark and did more damage than good.

President George Washington, who because of his wealth and status had access to the best healthcare of the day, died at age 67 after a sudden illness that started innocently enough with a sore throat. Over the course of a single day, Washington was bled multiple times, treated with enemas and mixtures that caused vomiting, and had “blisters and cataplasms” applied to his legs and feet. This was the best available care.





PART THREE

# Growth

**Driven by their desire to solve the social crises of their day, Adventist church founders helped shape the culture of a growing movement**

Out of this time emerged a national health reform movement. One group that was part of this movement were the Seventh-day Adventists. Adventist Health and its commitment to addressing humanitarian concerns can be traced directly back to the first congregation of Adventists, which formed in the 1840s in Washington, New Hampshire. The passion of those early Adventists to deal with the problems they saw around them in society grew out of their love for Jesus and their desire to draw everyone to him.

In 1863 Ellen White had a vision about health practices that compelled her thinking that Adventists had to be on the cutting edge of the health reform movement and work to fix health-related problems in society. The vision urged that it was vital for Adventists living in the way of Jesus to make changes to the common health practices of the day in order to enjoy health and well-being.

*“Pure air, sunlight, abstinence, rest, exercise, proper diet, the use of water, trust in divine power—these are the true remedies.”*

ELLEN WHITE, Early Visionary  
Advocate for Health Reform

Among other themes, the vision urged caring for the body as a responsibility, a lack of proper care for the body as the cause of disease, the dangers of overindulgence, a vegetarian diet rich in fruits and vegetables as the ideal, the benefits of natural remedies, concern for cleanliness and healthful environments, and a focus on health education. White called healthcare “the right arm” of the gospel ministry.

In 1866 Adventists established the Western Health Reform Institute in Battle Creek, Michigan. After becoming chief administrator, John Harvey Kellogg changed the name to Battle Creek Sanitarium, arguing that a “sanitarium” is a “place where people learn to stay well.” In

1876—10 years after it opened—the Sanitarium had 100 beds with eight buildings on 15 acres. By 1900, it had two new wings, 20 cottages, and 400 acres of fruit, vegetable, and dairy farms. During its prime in the early 20th century the Sanitarium hosted up to 1,500 patients at a time.



### PART THREE

# The Birth of Adventist Health

**The commitment of the early Adventist pioneers to create societal change through health reform took root in the rugged American West**

Adventist healthcare in the United States gained momentum in the late 19th century, and Adventist sanitariums opened across the country. The Adventist church also began sending medical missionaries around the world. Between 1866 and 2019, the number of Adventist hospitals worldwide increased from one to 180.

The Adventist conviction that something had to be done to care for people quickly spread throughout the American West, and an explosion of Adventist healthcare facilities soon followed.

In 1972, official organization of the numerous individual Adventist hospitals in California, Arizona, Hawaii and Utah took place, and the health system known as Adventist Health Services was formed. In 1980, that system joined forces with Northwest Medical Foundation—three hospitals in Washington and Oregon—and Adventist Health was formed.

Today, the mission of Adventist Health to live God's love reaches more than 80 communities on the West Coast and Hawaii, as well as others across the United States through its Blue Zones company.

Founded on the teachings of Jesus, Adventist Health is a contemporary expression of his healing ministry, which calls us to serve humanity, living God's love by inspiring health, wholeness, and hope. Inspired by our belief in the loving and healing power of Jesus, Adventist Health brings physical, mental, social, and spiritual well-being to all members of the communities we serve.

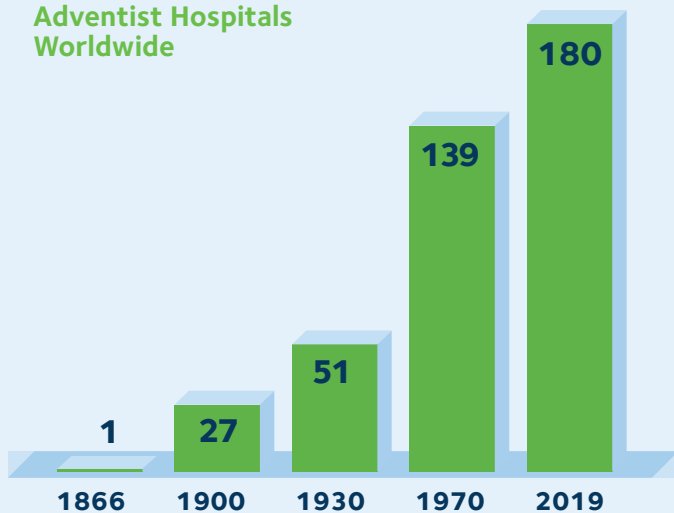
Our story—going all the way back to the ancient world—informs how we live and work today. The first advent of Jesus and his ministry of healing inspires our mission; the hope of his second advent fuels our future.



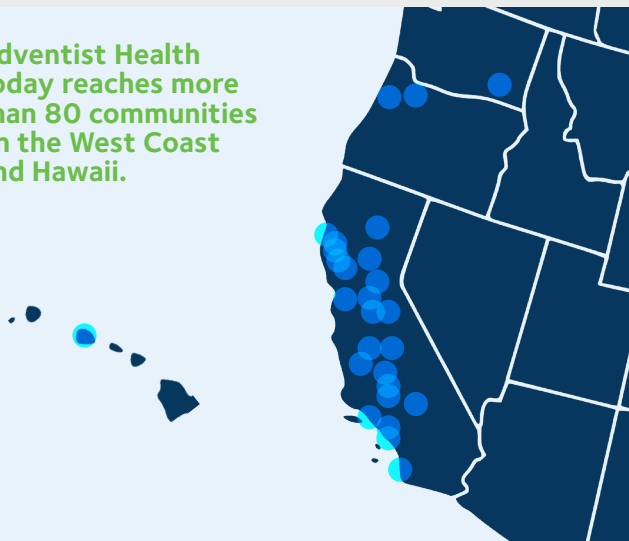
The Rural Health Retreat in St. Helena (below) opened in 1878. Today Adventist Health St. Helena (left) is a 151-bed acute care hospital.



### Adventist Hospitals Worldwide



Adventist Health today reaches more than 80 communities on the West Coast and Hawaii.



### In 1905, Loma Linda Sanitarium officially opened.

During her dedication address for the Sanitarium, Ellen White said, “Loma Linda is not only a sanitarium, but an educational center. With the possession of this place comes the weighty responsibility of making the work of the institution educational in character. A school is to be established here for the training of gospel medical missionary evangelists.” Today, Loma Linda University Health is an academic health science center operating six hospitals, a university with eight professional schools, and a 1,000-member physician practice group.

# Hope

**The humanitarian commitments that mark our heritage compel us onward to a contemporary expression of the healing ministry of Jesus**

The followers of Jesus have been inspired throughout history by the practical way he lived God's love. His model of care was simple: First, provide great healthcare and serve everyone holistically—body, mind, and soul. Second, transform society by teaching a better way to live. And third, instill hope.

**Today, the motivating concerns of Adventist Health echo the ministry of Jesus:**

- Respond to the humanitarian crises of our day.
- Nurture individual and community well-being.
- Practice the art of medicine.
- Bring hope and healing to a hurting world.

This is the story of Adventist Health. Our story is deeply rooted in the life of Jesus and in the history of his followers who responded with urgency to the crises of their day. This powerful, transforming narrative is for you, your family, your community, and the world. It is a story about yesterday and tomorrow, but it is also a story about now. Today, you and I are writing the next chapter of this story about living God's love.



▲ **Our Mission: Living God's love by inspiring health, wholeness, and hope**





Read the full story, "Living God's Love:  
The Story of Adventist Health."





## A GUIDE TO LOCATIONS AND SERVICES

# Adventist Health



### Adventist Health Corporate Office

One Adventist Health Way  
Roseville, CA 95661

[www.adventisthealth.org](http://www.adventisthealth.org)



**Adventist Health** is a faith-inspired, nonprofit integrated health system serving more than 80 communities on the West Coast and Hawaii with more than 400 sites of care.

### North Coast Network

Adventist Health Howard Memorial

Adventist Health Mendocino Coast

Adventist Health Ukiah Valley

Adventist Health Clear Lake

Adventist Health St. Helena

Adventist Health Vallejo

Adventist Health Roseville

### Central Valley Network

Adventist Health Reedley

Adventist Health Selma

Adventist Health Hanford

Adventist Health Tulare

### Kern County Network

Adventist Health Delano

Adventist Health Bakersfield

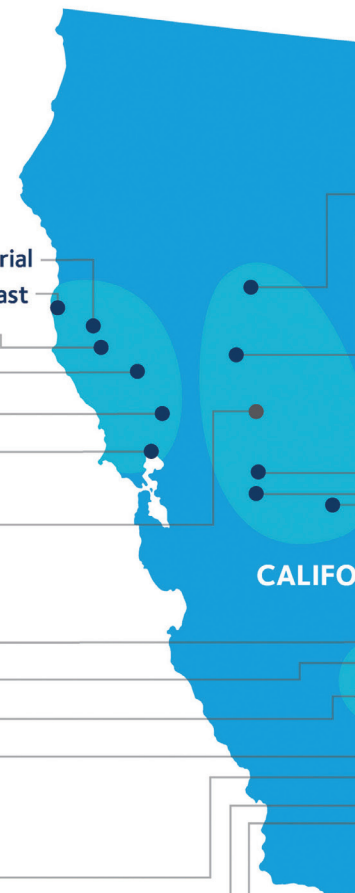
Adventist Health Tehachapi Valley

### Southern California Network

Adventist Health Simi Valley

Adventist Health Glendale

Adventist Health White Memorial





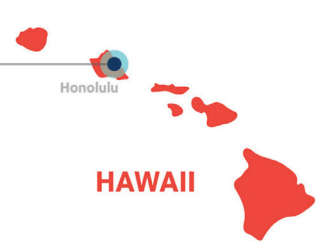
**Adventist Health** provides care in hospitals, clinics, home care agencies, hospice agencies, and joint-venture retirement centers in both rural and urban communities. Our compassionate and talented team of 34,000 includes employees, medical staff physicians, allied health professionals, and volunteers driven in pursuit of one mission: living God's love by inspiring health, wholeness, and hope. We are committed to staying true to our heritage by providing patient-centered, quality care. Together, we are transforming the healthcare experience with an innovative whole-person focus on physical, mental, spiritual, and social healing to support community well-being.

**Greater Sacramento Network**

- Adventist Health Feather River
- Adventist Health and Rideout
- Adventist Health Lodi Memorial
- Dameron Hospital
- Adventist Health Sonora

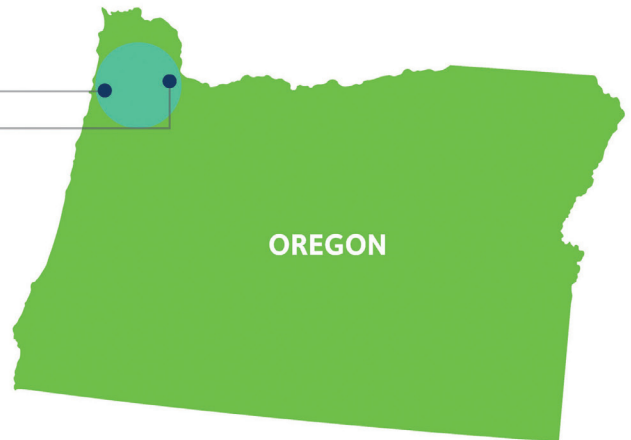
**Hawaii State Network**

Adventist Health Castle



**Oregon State Network**

- Adventist Health Tillamook
- Adventist Health Portland



# Adventist Health North Coast Network



## Adventist Health Howard Memorial

One Marcela Drive | Willits, CA 95490

(707) 459-6801

[AdventistHealthHowardMemorial.org](http://AdventistHealthHowardMemorial.org)

25-bed hospital  
1 community clinic  
337 employees  
180 medical staff members

### Services include:

- Emergency services
- Heart care
- Intensive care
- Orthopedics
- Pediatrics
- Spinal care
- Surgical services

## Adventist Health Mendocino Coast

700 River Road | Fort Bragg, CA 95437

(707) 961-1234

[AdventistHealthMendocinoCoast.org](http://AdventistHealthMendocinoCoast.org)

25-bed critical access hospital  
314 employees  
147 medical staff members

### Services include:

- Cancer care
- Emergency services
- Gastroenterology
- Heart care
- Intensive care
- Orthopedics
- Surgical services
- Women's services
- Wound healing







**Adventist Health Ukiah Valley**

275 Hospital Drive  
Ukiah, CA 95482  
(707) 462-3111  
AdventistHealthUkiahValley.org

49-bed hospital  
18 community clinics  
735 employees  
167 medical staff members

**Services include:**

- Cancer care
- Emergency services
- Gastroenterology
- Heart care
- Intensive care
- Orthopedics
- Pediatrics
- Sports medicine
- Surgical services
- Women's services
- Wound healing



**Adventist Health Clear Lake**

15630 18th Avenue  
Clearlake, CA 95422  
(707) 994-6486  
AdventistHealthClearLake.org

25-bed critical access hospital  
850 employees  
317 medical staff members  
14 clinics

**Awards include:**

- California Alliance for Collaborative Nursing Performance Excellence Award
- Centers for Medicare & Medicaid Services 5-Star Quality Rating
- Quest Premier High Value Healthcare Award

**Services include:**

- Emergency services
- Surgical services

**Adventist Health St. Helena**

10 Woodland Road | St. Helena, CA 94574  
(707) 963-3611  
AdventistHealthStHelena.org

151-bed hospital  
1,021 employees  
484 medical staff members

**Awards include:**

- 2022 Women's Choice Award®
- Centers for Medicare & Medicaid Services 5-Star Quality Rating
- Leapfrog "Grade A" Hospital Safety Score™
- Joint Commission Certification for Advanced Total Hip and Knee Replacement and Advanced Primary Stroke Center



**Adventist Health Vallejo**

525 Oregon Street  
Vallejo, CA 94590  
(707) 648-2200  
AdventistHealth.org/Vallejo

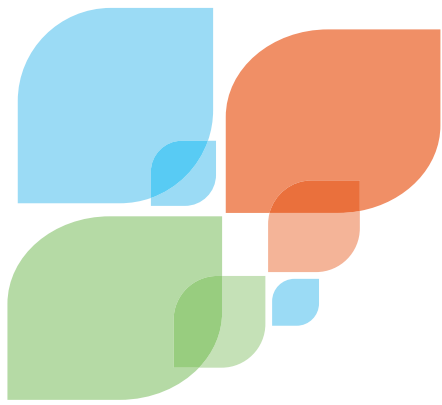
61-bed facility

**Services include:**

- Adult in-patient services
- Child/adolescent inpatient mental health services
- Intensive outpatient services in Vallejo and Vacaville
- Partial hospitalization in Vallejo

**Services include:**

- Behavioral health
- Cancer care
- Emergency services
- Heart care
- Imaging and laboratory services
- Orthopedics
- Surgical services
- Women's services



# Adventist Health Central Valley Network



## Adventist Health Reedley

372 W. Cypress Ave. | Reedley, CA 93654

(509) 638-8155

[AdventistHealthReedley.org](http://AdventistHealthReedley.org)

49-bed acute care hospital

4,000 employees and medical staff members in  
Central Valley Network

### Awards include:

- Leapfrog "Grade A" Spring 2022 Hospital Safety Score™
- Named Best Hospitals by Leapfrog Group and Money.com
- Healthgrades™ Quality Achievement Awards for Treatment of Pneumonia and Treatment of Heart Attack

### Services include:

- Emergency services
- Surgical services
- Women's services
- Wound healing





**Adventist Health Selma**

1141 Rose Ave. | Selma, CA 93662  
 (559) 891-1000  
 AdventistHealthSelma.org

62-bed hospital  
 4,000 employees and medical staff members in Central Valley Network

**Awards include:**

- Leapfrog “Grade A” Spring 2022 Hospital Safety Score™
- Healthgrades™ Five-Star recipient for Gallbladder Surgery and Treatment of Respiratory Failure

**Services include:**

- Emergency services
- Intensive care
- Stroke care
- Surgical services
- Wound healing



**Adventist Health Hanford**

115 Mall Dr.  
 Hanford, CA 93230  
 (559) 582-9000  
 AdventistHealthHanford.org

173-bed hospital  
 4,000 employees and medical staff members in Central Valley Network

**Awards include:**

- Leapfrog “Grade A” Spring 2022 Patient Safety Score™
- Healthgrades™ Five-Star recipient for Gallbladder

Surgery and Treatment of Respiratory Failure

- American Heart Association Gold Plus Quality Achievement Award for Stroke and Type 2 Diabetes
- Blue Distinction Center for Hip and Knee Replacement

**Services include:**

- Cancer care
- Emergency services
- Heart care
- Intensive care
- Orthopedics
- Surgical services
- Women’s services
- Wound healing



**Adventist Health Tulare**

869 N. Cherry St.  
 Tulare, CA 93274  
 (559) 688-0821  
 AdventistHealthTulare.org

108-bed acute care hospital  
 4,000 employees and medical staff members in Central Valley Network 1 clinic

**Services include:**

- Emergency services
- Orthopedics
- Pediatrics
- Surgical services
- Women’s services

# Adventist Health Greater Sacramento Network



## Adventist Health Feather River

5125 Skyway | Paradise, CA 95969  
(530) 872-2000  
AdventistHealthFeatherRiver.org

Three Rural Health clinics  
1 Rapid Care clinic  
300 employees  
45 medical staff members

### Services include:

- Nonemergent care
- Dental care
- Orthopedics
- Pediatrics
- Women's services

## Adventist Health and Rideout

726 4th St. | Marysville, CA 95901  
(530) 749-4300  
AdventistHealthRideout.org

221-bed acute care hospital  
2,745 employees  
365 physicians  
849 nurses

### Awards include:

- American College of Cardiology  
NCDR Chest Pain—MI Registry  
Gold Performance

- American Heart Association/  
American Stroke Association  
Stroke Gold Plus Quality  
Achievement Award

### Services include:

- Cancer care
- Emergency services
- Heart, vascular,  
and stroke care
- Orthopedics
- Surgical services
- Women's services
- Wound healing







**Adventist Health Lodi Memorial**

975 S. Fairmont Ave.  
 Lodi, CA 95240  
 (209) 334-3411  
 AdventistHealthLodiMemorial.org

194-bed acute care hospital  
 1,509 employees  
 359 medical staff members  
 17 medical offices

**Awards include:**

- American Heart Association/ American Stroke Association 2022 Get With The Guidelines® Stroke Gold Plus Award and Target Stroke Elite Plus Honor Roll
- 2022 Premier QUEST® Award for High-Value Healthcare
- American Heart Association Workplace Health Achievement Index

**Services include:**

- Cancer care
- Emergency services
- Endocrinology
- Gastroenterology
- Heart care
- Neurology
- Pediatrics
- Surgical services
- Women's services
- Wound healing



**Dameron Hospital**

525 Acacia St.  
 Stockton, CA 95203  
 (209) 944-5550  
 DameronHospital.org

202-bed acute care hospital  
 988 employees  
 419 medical staff members

**Awards include:**

- Blue Cross/Blue Shield of California Blue Distinction Center for Bariatric Surgery, Knee and Hip

Replacements, and Heart Cancer Care

- American Heart Association/ American Stroke Associations 2022 Get With The Guidelines® Stroke Silver Award

**Services include:**

- Emergency services
- Heart care
- Intensive care
- Orthopedics
- Stroke care
- Surgical services



**Adventist Health Sonora**

1000 Greenley Road  
 Sonora, CA 95370  
 (209) 536-5000  
 AdventistHealthSonora.org

72-bed acute care hospital  
 1,189 employees  
 214 medical staff members  
 68-bed long-term care  
 30 primary and specialty care offices  
 2 Rapid Care clinics

**Awards include:**

- Healthgrades® 2022 Patient Safety Excellence Award™ (Top 10% in the nation for patient safety)
- Blue Cross and Blue Shield Blue Distinction Center for Spine Surgery

- Robert A. Warriner III, MD, Center of Excellence for Wound Healing since 2012

**Services include:**

- Cancer care
- Emergency services
- Heart care
- Intensive care
- Orthopedics
- Spinal care
- Women's services

# Adventist Health Kern County Network



## **Adventist Health Delano**

1401 Garces Hwy.  
Delano, CA 93215  
(661) 725-4800  
[AdventistHealthDelano.org](http://AdventistHealthDelano.org)

156-bed acute care hospital  
4 medical offices

### **Awards include:**

- Leapfrog "Grade A" Spring 2019 Hospital Safety Score™
- U.S. News and World Report Top Long-Term Care Facility

### **Services include:**

- Emergency services
- Surgical services



## Adventist Health Bakersfield

2615 Chester Ave.  
Bakersfield, CA 93301  
(661) 395-3000  
AdventistHealthBakersfield.org

254-bed acute care hospital  
1,832 employees  
645 medical staff members  
2 Quest Imaging locations  
Adventist Health AIS Cancer Center

### Awards include:

- Leapfrog “Grade A” Hospital Safety Score™ (Fall 2017–Spring 2022)
- U.S. News & World Report awards for Best Hospitals (2022) and for multiple services
- CMS 5-Star Awards for multiple services
- Healthgrades™ America’s 250 Best Hospital Award (2022)
- Healthgrades™ America’s 100 Best Hospitals for Prostate Surgery Award (2022)
- American Heart Association Get with the Guidelines Gold Plus—Stroke

### Services include:

- Brain and Spine Institute
- Cancer care
- Emergency services
- Heart care
- Orthopedics
- Stroke care
- Surgical services



## Adventist Health Tehachapi Valley

1100 Magellan Dr.  
Tehachapi, CA 93561  
(661) 823-3000

25-bed critical access hospital  
3 medical offices

### Services include:

- Emergency services
- Infusion therapy
- Physical therapy

# Adventist Health Southern California Network



## Adventist Health Simi Valley

2975 N. Sycamore Dr. | Simi Valley, CA 93065

(805) 955-6000

[AdventistHealthSimiValley.org](http://AdventistHealthSimiValley.org)

114-bed acute care hospital

1,100 employees

367 medical staff members

### Awards include:

- Accredited Chest Pain Center with Primary PCI Resuscitation
- Blue Cross/Blue Shield Center of Distinction for Total Joints and Spines
- SRC Robotic Center of Excellence

### Services include:

- Cancer care
- Emergency services
- Heart care
- Orthopedics
- Surgical services
- Women's services





### Adventist Health Glendale

1509 Wilson Terrace | Glendale, CA 91206  
(818) 409-8000  
AdventistHealthGlendale.org

515-bed acute care hospital  
3,000 employees and medical staff members  
12 medical offices

#### Awards include:

- Three consecutive 5-star ratings from the Centers for Medicare and Medicaid Services
- 15 consecutive "A" grades for hospital safety from The Leapfrog Group
- One of America's 250 Best Hospitals™ by Healthgrades™
- Ranked among the best regional hospitals by U.S. News & World Report

#### Services include:

- Cancer care
- Heart care
- Emergency services
- Neuroscience
- Orthopedics
- Surgical services
- Women's services



### Adventist Health White Memorial

1720 East Cesar E. Chavez Ave.  
Los Angeles, CA 90033  
(323) 268-5000  
AdventistHealthWhiteMemorial.org

353-bed acute care hospital  
1,971 employees  
537 medical staff members  
68 medical residents

#### Awards include:

- Healthgrades™ Quality Achievement Awards for Heart Cancer Care, Orthopedics, Neurosciences, Pulmonary Care, Gastrointestinal Care
- CALNOC Performance Excellence Awards
- U.S. News and World Report recognition

#### Services include:

- Cancer care
- Emergency services
- Heart care
- Surgical services
- Orthopedics
- Women's services
- Wound healing

# Adventist Health Oregon State and Hawaii State Networks



## **Adventist Health Tillamook**

1000 Third St.  
Tillamook, OR 97141  
(503) 842-4444  
[AdventistHealthTillamook.org](http://AdventistHealthTillamook.org)

25-bed critical access hospital  
550 employees and medical  
staff members

### **Services include:**

- Emergency services
- Orthopedics
- Surgical services
- Sleep care
- Women's services



### Adventist Health Portland

10123 SE Market St.  
Portland, OR 97216  
(503) 257-2500  
AdventistHealthPortland.org

302-bed hospital  
1,900 employees  
550 physicians  
11 community clinics

#### Awards include:

- Accredited by The Joint Commission
- Stroke Gold Plus Award from the American Heart Association
- “Best Performer” by the Collaborative Alliance for Nursing Outcomes

#### Services include:

- Cancer care
- Critical care
- Emergency services
- Gastroenterology
- Heart care
- Interventional radiology
- Orthopedics
- Sleep care
- Stroke care
- Surgical services
- Women’s services
- Wound healing



### Adventist Health Castle

640 'Ulukahiki St.  
Kailua, HI 96734  
(808) 263-5500  
AdventistHealthCastle.org

160-bed hospital  
More than 1,000 employees  
More than 300 physicians  
16 clinics

#### Awards include:

- American Heart Association Get with the Guidelines Resuscitation Gold Award
- American Heart Association Get with the Guidelines Stroke Gold Plus Award

#### Services include

- Cancer care
- Emergency services
- Heart care
- Orthopedics
- Spinal care
- Stroke care
- Surgical services
- Women’s services





THE NEXT GENERATION  
OF HEALTHCARE BUSINESS  
LEADERS FIND OPPORTUNITIES  
AT ADVENTIST HEALTH

# Shaping the Future

You are on a team assessing whether or not to acquire a new community hospital for Adventist Health. What are the questions, conversations, and topics that are relevant? How would you decide if acquiring this hospital is a good decision?

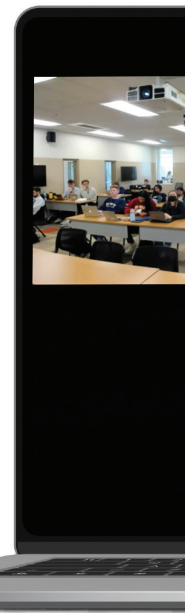
*By Kim Strobel, Office of Mission project manager for Adventist Health*

Adventist Health is taking steps to ensure the next generation of healthcare business leaders can answer these and other important questions within the context of mission-driven, history-rich Adventist healthcare.

Through a variety of opportunities offered by Adventist Health—including student internships, a leadership residency program, and a new college course in healthcare administration—the West Coast-based healthcare system is helping to

prepare young Adventists for careers in healthcare administration.

The new Introduction to Healthcare Administration class is offered at La Sierra University, Pacific Union College, and Walla





Walla University. The class provides opportunities for students to soak up personal career insights from Adventist Health leaders and engage in conversation on a variety of healthcare subjects. Each class features a presentation by a different healthcare executive and time for students to ask questions of the presenter. The class is formative and informational, and it can also be used as a job interview.

“Adventist Health is looking for bright, young, mission-driven students to come work for us,” said Alex Bryan, chief mission officer for Adventist Health and co-instructor for the class. “The Introduction to Healthcare Administration class is an opportunity for students to put their name forward—to step up and say, ‘I want to make a difference in the world. I want to use my particular skills to love people who are hurting, to heal people who are sick, to bring hope to people who find they have no hope.’”

Building a pipeline of future healthcare leaders who are aligned with Adventist values is an important strategy for Adventist Health. This class provides students at Adventist colleges and universities on the West Coast with the opportunity to learn about the business side of healthcare and the significance of being a leader for a faith-based healthcare organization.



## Introduction to Healthcare Administration topics and presenters



### **Mission leadership**

Alex Bryan, Chief Mission Officer

### **Hospital leadership**

Michelle Fuentes, President for Adventist Health Sonora

### **Health system leadership**

Kerry Heinrich, Chief Executive Officer

### **Blue Zones and community well-being initiatives**

Mark Ishikawa, Community Integration

Administrative Director

Shelly Trumbo, Well-Being Executive

Michaela Collins, Blue Zones Project Manager

Janelle Ringer, Community Integration Project Manager

### **Human resources**

Doris Tetz, Human Performance Executive,

Talent Strategy & Total Rewards

### **Leadership and human resources**

Joyce Newmyer, Chief People Officer

### **Digital innovation and strategy**

Jason Wells, Chief Strategy Officer

### **Financial leadership**

John Beaman, Chief Financial Officer

### **Mission and chaplaincy**

Sam Leonor, Mission Identity & Spiritual Care Executive

Katie Wagner, Resident Intern Chaplain

### **Diversity, equity, and inclusion, and healthy choices**

Dexter Shurney, Chief Health Equity, Diversity, and Inclusion Officer

### **Philanthropy**

Betsy Taylor, Chief Philanthropy Officer

### **Leadership residency**

Tim Olaore, Director for Leadership Resident & Internship Programs

### **Public affairs**

Julia Drefke, Public Affairs Executive

### **Operations**

Todd Hofheins, Chief Operating Officer

### **Legal issues in healthcare**

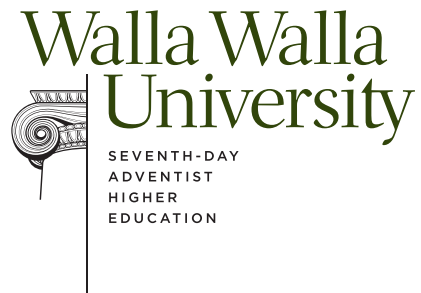
Meredith Jobe, General Counsel



**La Sierra**  
UNIVERSITY



**Pacific  
Union  
College**



Topics covered in the class include finance, operations, human resources, marketing, communication, Adventist Health mission, spiritual care in a healthcare setting, and more. Twenty-five Adventist Health executives and leaders from across the organization have presented for the class during the last two years. See the sidebar on p. 53 for a list of presenters and subject areas covered during the 2022-2023 academic year.

The interactive class format is supplemented with readings from books and current news articles about healthcare finance, public health policy, issues in human resources, and much more. The class also provides an overview of the history of Adventist Health, its roots in the Adventist Church, and the unique mission of the company. The course model allows students to gain a better

understanding of healthcare administration straight from executive presenters who provide real-world examples.

Bryan and Brendan Collins, co-designer and co-instructor for the class, have planned course content to provide insight, inspiration, and opportunity for mission-driven students who know they want to work in healthcare administration, those who are pursuing the clinical side of healthcare but who want to learn about the business of healthcare, and for students who are simply exploring their options and who want to learn about the foundations of healthcare in the United States.

“The class gives students an inside look into Adventist Health and the American healthcare system as a whole. Students have opportunities to receive career and leadership advice that will last a lifetime,” said Collins.

More than 100 students have taken the course during the past two years, with multiple students receiving internships and residencies at Adventist Health after taking the class.

“My favorite part about the class was getting to interact with the executives. Being able to ask them personal, firsthand questions is something that is so valuable to my future,” said one student.

Another student said, “This class has given me the opportunity to look into the healthcare administration career field and taught me so much about the structure, variety of jobs available, culture, and ministry of Adventist Health.”

“I really especially found interest in the Adventist Health executive officers with a legal background.

**“Our goal is to give every student who takes the course an inside look into our organization and to help them realize there are endless opportunities for careers, not just in the clinical space but in healthcare administration as well.”**



**“My favorite part about the class was getting to interact with the executives. Being able to ask them personal, firsthand questions is something that is so valuable to my future.”**

It helped me to realize that there is no singular path and that the future doesn't necessarily hinge entirely on what a diploma says,” said another student.

Dr. John Thomas, dean of the Zapara School of Business at La Sierra University, said, “The class provides a great opportunity for business students to get to know the business of healthcare from the inside while getting acquainted with working healthcare executives. The class is important for

our business majors because of how substantial healthcare is in the modern U.S. economy, the longstanding Adventist connection with healthcare, and the role of healthcare as an expression of Adventist values.”

“With healthcare comprising almost 20% of the American economy, there is no shortage of roles and career opportunities within the industry,” said Collins. “Our goal is to give every student who takes the course an inside look into our organization and to help them realize there are endless opportunities for careers, not just in the clinical space but in healthcare administration as well. More importantly, we want students to recognize that working at Adventist Health is an opportunity to be part of something more than just a day job. It is a calling to the transformational, healing ministry Jesus brought to this earth 2,000 years ago by inspiring health, wholeness, and hope for those in need.”

*To learn more about Introduction to Healthcare Administration classes offered at La Sierra University, Pacific Union College, and Walla Walla University, visit the websites for each college or university school of business or send an email to Brendan Collins at [collinbm@ah.org](mailto:collinbm@ah.org).*





# Executive Committee Meeting Report

## Union Youth Leader Voted by Executive Committee

*By Yara Enamorado*

The Pacific Union executive committee met on September 21 to discuss 2022 second quarter business.

Members voted on the President's Council recommendation to add a new full-time exempt union youth director position. Northern California Conference Youth Director Eddie Heinrich has held his full-time position at NCC and also the union since 2012. He has done a great job and Pacific Union President Bradford Newton expressed his appreciation for Heinrich's continued ministry. The new full-time union youth director though will allow Heinrich to focus once again on NCC-specific youth needs and give the union a dedicated person to work with youth ministries across the union.

Members also voted to move forward with the initiative for the concept of "Growing Young

Leaders." Presented by Executive Secretary Sandra Roberts, this initiative seeks to inspire young people, youth, and young adults to process and discern their vocational calling, which would then allow for a sustainable number of Spirit-led employees in the Pacific Union entities. Pastors, educators, business professionals, HR professionals, and attorneys are among the needed professions for missional strategies in the Pacific Union.

Executive Vice President Leon Brown Sr. presented on the Evangelism Endowment Fund and how churches have benefitted from this resource and have been rewarded by baptisms and more. As reported thus far from Black, Hispanic, and Asian-Pacific ministries, at least 812 baptisms have taken place, thanks to both traditional and non-traditional evangelism.



Executive Secretary Sandra Roberts gave a statistical overview for the second quarter of 2022. Among the information provided, a joyful note was shared as the committee learned that our church continues to grow; throughout the second quarter there had been an average of 10 baptisms a day.

In addition to presenting on the union's budget, which showed a 1.77% tithe increase across the union, Treasurer Stephen Mayer presented on the President's Council recommendation to endorse the Solar Loan Programs as part of the Income Fund Loans. An analysis of one church indicated savings as high as \$112,500 within 15 years. This program was approved by the committee.

Three new ordinations were approved by the committee: Tim Peters and Karen E. Stennis, from the Northern California Conference, and Takuma Shinause from the Southern California Conference.

The committee approved six candidates to be given emeritus ministerial credentials: John Loor Jr from the Arizona Conference; Ronald Turner from the Hawaii Conference; Gregory Matthews and Jack Pefly from the Northern California Conference; and Lewis Gray and Gerard Kiemeny from the Southern California Conference. Additionally, it was approved for Joy Turner from the Hawaii Conference to receive an emeritus commissioned minister of teaching credential. It was approved by the committee for the following persons from Adventist Health to be given ministerial credentials: Sidany Barclay, Terry Johnsson, Olore Israel, Pam Strachan, Wanda Vaz, and Leon Zakaria.

It was voted by the committee to grant Katelyn Wagner from Adventist Health a commissioned ministerial credential, to give both Nicholas Lozito and Jesus Vera a commissioned ministerial license, and to give Tuwan Ussery from Pacific Union College a commissioned minister of teaching credential.

The committee moved to approve two ministerial scholarships: Aron Crews from Northern California Conference and Samuel Sihombing from Southeastern California Conference. They also approved six individuals for various degrees: Virgil Childs from the Pacific Union and Nyslie

Guerrier and Iki Tami from Southeastern California Conference for a Doctor of Ministry; Joshua Padilla from Southeastern California Conference for a Master's in Pastoral Ministry; Nyslie Guerrier from Southern California Conference and Angel Smith from Southern California Conference for Women in Pastoral Ministry.

Among all the presentations, there was a higher education report via video from PUC. The video featured Dr. Ralph Trecartin, who spoke about his first year as PUC president and exciting opportunities to come as the COVID restrictions have greatly lifted. This has enabled the new student events coordinator to plan many events for the whole year. In the video, Rachelle Davis, professor of music, spoke to the college's desire for students to not only learn to develop skills and abilities but also to connect deeply to the community, allowing them to step out in service. "That's the whole point of higher ed in a Seventh-day Adventist Christian environment," Davis said. There's been lots of activity, and a significant amount of planning and strategy, but the ultimate goal is to have students learn about God, rise in faith, and then serve with love.

The next meeting of the Pacific Union Executive Committee will be at the union office on Nov. 17, 2022.



# Arizona Conference New Superintendent of Education

**A**dventist education is a mission field," said new Arizona Conference Superintendent of Education Chris Juhl. "We have to truly view ourselves as missionaries and be willing to be called by God and view the calling as just that—a calling."

Ministry is a big part of Juhl's life experience. His father dedicated his life to 40 years of literature ministry. While in college, Juhl searched for ways that he could serve others.

"I first considered becoming a Christian journalist," he said. "But the head of the English department inspired me to explore education, and he set up me up as a teacher's aide in a first-grade classroom."

Thirty plus years later, that teacher aide position has led to becoming an English teacher, a school principal, and a conference superintendent. Prior to moving to Arizona, he served as the head of school for the Forest Lake Education Center in Longwood, Florida. He also previously served as superintendent of education for the Kentucky-Tennessee Conference. He developed and wrote the Juhl Reading Program, which has been used in over 100 elementary schools across North America, and he is one of the top coaches for Marzano Standards-Based Learning.

He sees the role of Adventist education as critical to the growth of the church. "Adventist schools are 180-day evangelistic series," he noted. "At the school we have a captive audience who generally have a high regard for the teacher. All other avenues of evangelism are dependent on individuals choosing to show up."

Juhl's focus for the future of Arizona Conference Education is to establish a long-term vision and plan that



encourages sustainability for schools. "Too many schools over the past few years ride the 'SDA rollercoaster,'" he said. "They have 45 students one year, 28 the next, 52 the next, 26 the next." Healthy, sustainable, and achievable growth plans for each school are part of his mission for the Arizona Conference.

*By Jeff Rogers*

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"Adventist schools are 180-day evangelistic series. At the school we have a captive audience who generally have a high regard for the teacher. All other avenues of evangelism are dependent on individuals choosing to show up."





## Church Campout Baptisms

**T**he Cottonwood and Sedona churches joined with the Grupo Hispano de Sedona for the first-ever district campout at Clear Creek, Arizona. The highlight of the weekend took place on Sabbath afternoon when everyone went to the creek to witness four people—Asher, Lorrie, Sara, and Cody—dedicate their lives to Christ through baptism.

When the church members arrived at the creek, there was already a group of people swimming. When the swimmers saw what was about to take place, they quickly moved aside. Each subsequent baptism was applauded by both church members and the observers. An appeal was made after the final baptism, and the Holy Spirit impressed Jordy from the Grupo Hispano de Sedona group to come forward to be baptized. Jordy's grandmother had been baptized into the group three years ago, becoming the only Adventist in her family. Jordy was impacted by her testimony for Christ, and when the appeal was made, he responded immediately.

After the last baptism took place, Victor approached with his daughter, Anastasia. They were part of the group that had been swimming and had stepped aside to watch the baptisms take place. Anastasia wanted to learn more about Jesus. Victor expressed that he hadn't practiced his faith in many years but recently was becoming interested again. They inquired about what church was responsible for the baptisms, and when the response was "Seventh-day Adventist," the father smiled and stated that his wife's grandmother was an Adventist

and attended the Camp Verde church. After exchanging contact information, a family from the Cottonwood church connected with Anastasia's family and shared books with them.

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*By Vincent Woolsey*







## Educators Trained to Build a Spiritual Climate



**T**eachers and principals from Central California Conference's (CCC) 19 schools attended an educators' in-service on Aug. 9 to learn how to build a spiritual climate within the conference schools. This educators' in-service takes place once a year, at the beginning of the school year, to prepare the conference's educators and help create a supportive environment for the upcoming school year.

This year's theme, Building a Spiritual School Climate, came from Acts 2:21: "And everyone who calls on the name of the Lord will be saved" (NIV).

Pastor Don MacLafferty, a discipleship training minister, spoke at the event. MacLafferty is a former conference pastor now based in Tennessee. Along with his team, he provides training for schools that want to learn to be more intentional about providing a spiritual environment.

"We thought and prayed about it and decided he would be a tremendous individual to bring in," said Ken Bullington, vice president of education for the CCC, who coordinated and planned the event along with his team. MacLafferty was the keynote speaker, and he brought Edith Kiggundu and Lynne Macias to help with breakout sessions.

Several conference officers, including Dan Serns, conference president; Ron Rasmussen, executive secretary;





Mayra Thompson, treasurer; and David Hudgens, vice president for Human Resources, attended the program and were involved in the dedication service at the end. Bullington added, “They’ve done this a couple times with us, and it’s been wonderful to work with them.” Lisa Plasencia, child ministries director for the conference, was also instrumental in communicating the spiritual action plan.

### **The call, the partnership, and growing with God**

Bullington explained that the schools are being accredited on more than just their academics. The accreditation process also includes how much spiritual support the school is providing to its students. “Our goal is to educate our young people for eternity,” he added.

“The rationale behind it is that we normally have our schools develop three action plans for the accreditation process,” explained Bullington. “One of the action plans we’ve had in the past is looking at what our students are learning spiritually and being more intentional about developing that action plan.”

For this reason, they decided to focus this in-service entirely on spiritual help and support within the school. They developed this into three stages: the Call, the Partnership, and Growing with God. The Call involves being called by Jesus to minister to students. The Partnership focuses on the connection between the church, the home, and the school. And Growing with God involves supporting and teaching our young people to continue and enhance their walk with God as well as communicating that to others.

“When a school develops a spiritual action plan, it is something they can get people connected to—not just their administration, staff, and students,” Bullington explained. They can also get the stakeholders in their community connected: the parents, pastors, and other groups who are involved. They can all become a partner

in growing and supporting their school spiritually. This will have more than a long-term impact on the school; it can provide an eternal impact.

### **Church, school, home**

This in-service is intended to be more than a one-day event. “Sometimes with in-services you bring in a great program and you hope something comes out of it. But this time we decided to give them additional help and support with how to build their spiritual climate on their campus,” said Bullington.

MacLafferty continues to be involved with the conference schools throughout the school year via Zoom. The schools were asked if they would like more support going forward and the opportunity to meet throughout the year. Of the 19 schools, 11 requested additional help and support. They are: Armona Union Academy, Bakersfield Adventist Academy, Foothill SDA Elementary School, Hollister SDA Christian School, Los Banos Adventist School, Mother Lode Adventist Junior Academy, Peninsula Adventist School, San Francisco Adventist School, Templeton Hills Adventist School, Valley View Junior Academy, and VHM Christian School. There will be four meetings during the school year offering additional training and support. The first meeting was Oct. 6.

This event was about more than just teachers and administration. Bullington stated, “It’s not only within the school walls but outside, dealing with mission trips, community service, churches, opportunities for young people to be more involved—whether that be up front or involved in different types of ministries.” It is about creating an environment where our children are part of a church, school, and home environment where everyone is supporting each other.

*By Brennan Hallock*





## The Camp Wawona Road Update Is Approved

**M**ariposa County, located in central California, approved the submitted plans for Camp Wawona and the Central California Conference to move forward with their requested updates, including replacing Camp Wawona's main road. This long-awaited approval will allow Camp Wawona, nestled inside the Yosemite National Park, to begin building a two-lane road to the camp with all new infrastructure, a new dining hall, a new medical building, a new chapel, and new cabins.

Camp Wawona's road was the first priority. "The road's infrastructure is dilapidated because it is about 85 years old," explained Jackie Phillips, capital campaign director for the Central California Conference.

Right now, the tentative plan is to complete the road before next year's summer camp begins. There are contingencies in place as well, because the timeline will depend on how quickly the team of contractors can begin the project.

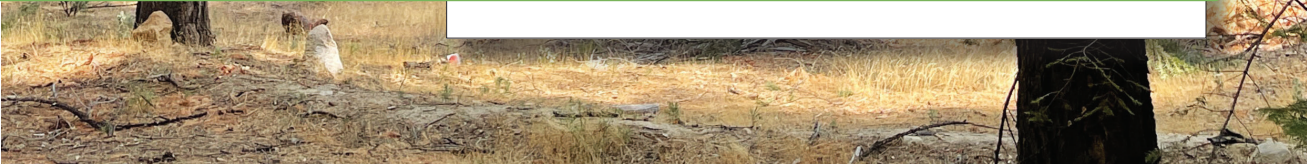
### Camp Wawona Capital Campaign Updates

*Watch an informational video about the new road as well as a virtual reality tour of the new road at: [www.cccadventist.org/capitalwawona](http://www.cccadventist.org/capitalwawona).*

Find updates on the progress and support received at: [www.cccadventist.org/capital](http://www.cccadventist.org/capital).

This capital campaign is about more than just Camp Wawona's road. It also includes a new dining hall, a new medical building, a new chapel, and new cabins. They can now move forward with these exciting, much-needed updates.

"This is just the beginning of what we dreamed for 24 years. As soon as the road is done, we are going to build either the medical building or the dining hall, depending on which building has the most money donated," said Phillips.





The plan is to start at the top of the hill—at the end of the road—and work down the hill. This will cause the least amount of disruption to the camp after the project is begun, allowing camp programs to continue. “We’re very conscious of trying to get it done as soon as possible,” said Phillips. “The faster we do it, the less expensive it will be. Our plan is to be done by summer camp, but we will keep everyone posted.”

This approval is important to keep the camp up-to-date and safe. The current one-lane road has had many issues requiring repair. But it is also important because of the incredible amount of time and work put into getting to this point—about 24 years of work.

### Twenty-four years of determination

The Central California Conference voted 24 years ago to do a capital campaign for Camp Wawona updates, including the road. Phillips started working for the conference in July 2001, and she has been working on this campaign since.

The conference had to get a permit to build but wasn't in compliance with the county. “We found out we are on National Park Service (NPS) property in a few places. We have encroachments we have to take care of, causing legal complications,” explained Phillips. In addition, a few people from the Wawona community wanted to stop the camp from building, saying they believed the camp would expand to a resort-style location and sell off.

The conference had to attend hearings and meet with Mariposa County to address this issue. Finally, in 2007 the plan was approved—but with a number of conditions that had to be met any time they did construction. It looked like things were moving forward for the camp, but then there was a lawsuit from some homeowners of the Wawona community against NPS for allowing the permit. This meant the camp couldn't move forward with their plans while the lawsuit was pending.

And then—to add to the struggles—during the lawsuit there was a change in government in Mariposa County and the conditional permit was pulled. This meant the conference had to start all over.

Undeterred, they worked on new plans once the lawsuit was settled. “The contractor was working with Mariposa County and had received pre-approval,” explained Phillips. “They were tweaking the plans before doing the final submission. Then we drew up the plans, made the changes, and submitted the plans to the county.” Then the coronavirus pandemic hit.

The plans waited at the county office for almost three years. “We kept checking with them, but we couldn't talk to them face-to-face because of COVID,” said Phillips. “In the meantime, the road has been getting continually worse and worse. We've been patching the road for years to keep it safe.” Finally, September 1, 2022, Wawona County approved the updates.



### Moving forward

Camp Wawona will begin construction by correcting the encroachments that are on NPS property. These include a couple of points in the road, the carport, and part of the Nature Building.

The original Nature Building was not on NPS property, but there was an addition added to the back. Twenty-four years ago, when the conference started working on the permit, they were told they'd have to remove the back half of the Nature Building.

“As soon as we get the encroachments taken care of and the Nature Building done, we'll have the bids for the

road,” said Phillips. The conference wasn't allowed to request bids on the road until they received approval for the project.

“I just keep wondering, from a spiritual perspective, why it has gone this way,” said Phillips. “I don't know why we've been delayed. I've asked God that many, many times. I do not have an answer.” But despite the many frustrations and delays in this project, it is now moving forward and will go on to bless the camp, its staff, attendees, and others for years to come.

*By Brennan Hallock*





## Called to the Presence of God



Church members across the islands have a new commitment to love Jesus Christ and to love His community.

It is one of our fundamental beliefs as Christians that prayer changes things. At the Hawaii Conference we've felt our great need of prayer in the midst of uncertain times. Recently our Hawaii Ohana gathered for an island-wide prayer conference to seek the Lord in prayer. We were blessed with a powerful gathering that knitted us together stronger than before, for when we pray together, we expect together in hope.

The prayer conference, with the theme "Called to the Presence of God," was held August 4-6, 2022, at the Honolulu Central church. Together we co-labored with Christ for the manifestation of His plan, purpose, and power. God called men, women, and children to know Christ Jesus! We are not alone in these chaotic and confusing times. His Holy Spirit is there when we are lonely, when we experience loss of purpose, and when we have a sincere longing for authentic encounters.

At our prayer conference we called upon Jesus, and He answered us mightily, revealing Himself through praise and worship. Pastor Pavel Goia





new commitment to love Jesus Christ and to love His community. Testimony continues of revival in prayer meetings, text groups, phone/ Zoom conferences, and youth joining prayer lines. At

presented inspiring workshops with Pacific Union prayer leaders. The fervent prayers of each ministry permeated the Honolulu Central church. Hearts were open to receive God's promised Holy Spirit for forgiveness, cleansing, and a renewed surrender and commitment to God's will.

As God's people, we experienced His tender mercies with miracle after miracle. No obstacle was impossible for Him as He met every need for such things as mainland and neighbor island travel, accommodations, printed materials, and over 900 meals. We're grateful for the leadership of those who organized the gathering.

The Holy Spirit continues to move as hearts are renewed. Church members across the islands have a

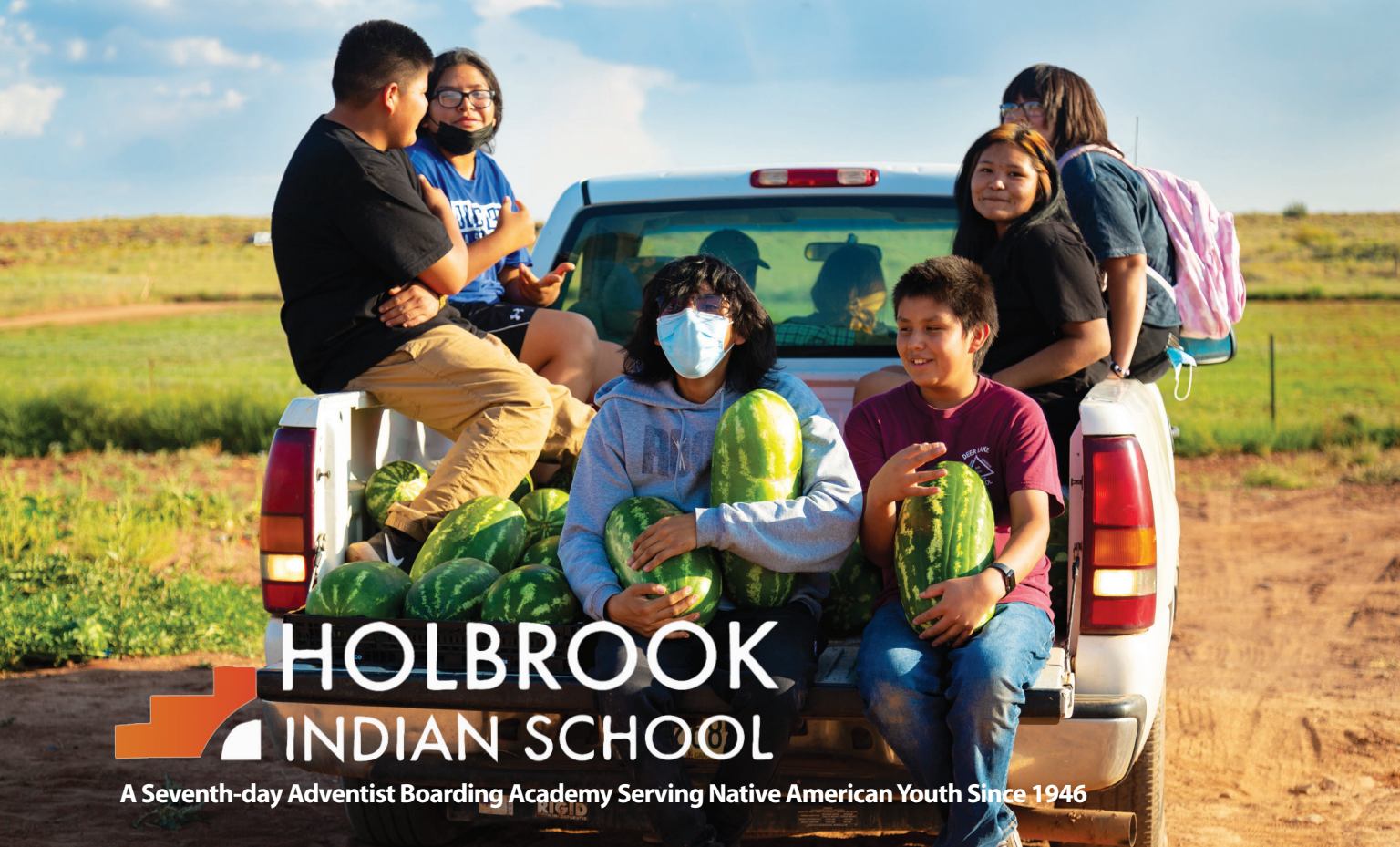
each gathering we have the opportunity to surrender and commit our lives to Jesus as we seek His plan for our lives through prayer.

"You must not for a moment doubt Him and dishonor Him thereby. When you have sought to know His will, your part in the operation with God is to believe that you will be led and guided and blessed in the doing of His will. We may mistrust ourselves lest we misinterpret His teachings, but make even this a subject of prayer, and trust Him, still trust Him to the uttermost, that His Holy Spirit will lead you to interpret aright His plans and the working of His providence" (Ellen G. White, *Manuscript Releases*, vol. 6, p. 225).

*By Michele Seibel*







# Diné: Preserving the Culture

**N**ovember is most widely known in the U.S. for Thanksgiving and the start of the shopping/giving season, but November is also Native American heritage month. If you follow Holbrook Indian School (HIS), you get a glimpse into Native American culture (particularly as it is currently) throughout the year. Every November, however, the school goes a little deeper into sharing aspects of the culture of its students—primarily the Navajo.

This year, the focus is on four aspects of Diné or Navajo culture: Navajo farming, food, and diet; Native neighbors of the Navajo; the Navajo homestead; and Navajo government. We will explore these aspects and their relationship to what students at HIS learn and reinforce in their classes.

## **Navajo farming, food, and diet**

This semester, high school students in the HIS Navajo language class have created food menus for their fictitious restaurant businesses. Senior Ariana and junior Jenesis have come up with Grandma's Strong Stuff as their food business. On their menu is a list of traditional Navajo beverages, along with some more modern options like various mutton





(sheep and goat meat) dishes. The diet and food practices of the Navajo have evolved over the years, yet even with these changes, Navajo cuisine remains unique, reflecting the history of its people.

Corn, beans, and squash are “the Three Sisters who sustain Native America,” a phrase used by Navajo journalist Andi Murphy in her PBS article to describe the three core indigenous crops of many Native tribes. These three crops are called sisters because of the symbiotic relationship in how the Navajos farm them.

The three sisters are plants indigenous to the Americas, as are onions, various melons, and piñons, a pine nut that only blossoms every three or four years. For the Navajo, these plant foods, among others, have made up most of their “plate” since time immemorial, according to HIS Navajo language teacher Sam Hubbard. Deer was the leading big game food, with turkey being another meat option. Because of the effort required to hunt, meat, in general, was used as a treat for special occasions.

Sheep and goats were introduced when the Spaniards first made contact in the 1500s. Today mutton in its various forms is a big part of the Navajo diet and culture. Fry bread is another noteworthy Navajo delicacy used today in Navajo tacos, Navajo burritos, and other meals. Fry bread and other flour-based foods originated in the 1860s when the U.S. government introduced flour to the Navajo. “I think it goes back to the long walk in 1864-1868,” said Mr. Hubbard. “The government gave us flour, and we had to do something with it. I don’t think we made bread before that.”

This shows the resilience and innovation of the Navajo people who, during this time, were displaced from their homeland. Upon returning, they had to make do with the resources they were given.

“I tell my students, we are always creating new traditions, and fry bread is part of that,” Mr. Hubbard said.



*Holbrook Indian School (HIS) is a first- through twelfth-grade boarding academy operated by the Pacific Union Conference of the Seventh-day Adventist Church. HIS also manages a first- through eighth-grade day school on the Navajo reservation in Chinle, Arizona. Eighty-seven percent of funding comes from individuals who have a desire to support Native American ministries and Christian education. Your generosity makes a difference in the lives of our students, their families, and the communities they serve.*

***Thank you for your support.***

## **DEVELOPMENT DEPARTMENT**

P.O. Box 910 • Holbrook, Arizona 86025-0910  
(928) 524-6845 (Ext. 109) • [Development@hissda.org](mailto:Development@hissda.org)  
[HolbrookIndianSchool.org](http://HolbrookIndianSchool.org)



### **The Navajo homestead**

This year, the elementary students at HIS are reinforcing another essential aspect of Navajo culture. They are building models of a traditional hogan, filling them with furniture while learning the names in the Navajo language.

Some of the items in a hogan include a wood stove or fire of some kind and sheepskins used as a mattress. Every hogan is built facing east toward the rising sun. Hogans are a sacred place as well as a home. Next semester, Mr. Hubbard will introduce the Hebrew sanctuary to compare it to the Navajo hogan. There are many similarities between the Hebrew sanctuary and hogan.

### **Native neighbors of the Navajo**

The Navajo government class and Navajo language

class provide students with important connections to their Native culture and roots. "Part of the Navajo language class is learning about our culture," Mr. Hubbard said, "and comparing our culture to other tribes and languages."

Once a year, students take a field trip to the Apache Museum on the White Mountain Apache Reservation, which is slightly over 90 miles south of the Navajo Nation. Some of the students who have attended HIS are Apache. The Apache are closely related to the Navajo; the languages are similar, and Mr. Hubbard says he can understand some of what they say when listening to them talk.

Some of the nations and tribes close to the Navajo Nation are the Ute and the Mountain Ute Tribe (both along the northern borders); the Jicarilla Apache Tribe to the east; the Zuni Pueblo to the south; and the Hualapai Bands in the west.

### Navajo Government

The Navajo Nation is a sovereign nation and holds four sessions throughout the year during which they pass laws. They do that in the Nation's capital, Window Rock. The HIS Navajo government class has gone to Window Rock to watch the speeches and see the procedures.

Mr. Hubbard shared one application from Navajo history that shows the sovereignty of the Navajo Nation:

"One of the things I've taught in class is we have been to war with Spain, Mexico, and the United States. Mexico and Spain did not defeat us [Navajo Nation]. The United States finally defeated us in 1864 and forced relocation. Our ultimate destination was Oklahoma, moving from Arizona/New Mexico and the Four Corners area. But in 1868 we signed a treaty with the U.S., and because of that treaty, we returned to our original area.



The main reason I bring that out to the students is to show that we are recognized as a nation. Treaties are only signed between nations, so I tell the students we are a nation within a nation."

The Navajo Nation government is set up similarly to the U.S. government, with legislative, judicial, and executive branches. Within the Navajo Nation, there are 110 chapters that can be compared to something like a local city government. They are different from U.S. city governments in that they don't really have to consult the state for local laws and policies. They also have their own elections for city officials. In the Navajo Nation, local chapters answer to the Navajo government in order to make any laws as well as elect officials. It's a bit more communal.

This year is a presidential election year, and the process is similar to the U.S. elections.

Thanks to the generous supporters of HIS, Navajo students have a place in the Pacific Union where they can live, learn, and grow in Christ, while preserving and celebrating their heritage.

Consider supporting this month by visiting [HolbrookIndianSchool.org](http://HolbrookIndianSchool.org).

*By Chevon Petgrave*





# PUC Hosts Publication Workshop

Pacific Union College hosted the 32nd annual Publication Workshop from September 11-13. The workshop hadn't been in person since 2019, and PUC was excited to welcome 12 academies from California and Oregon. The workshop offered training and valuable tips for jump-starting a yearbook, newspaper, or video yearbook. Participants got practical, hands-on information from college educators, student leaders, and industry professionals. Through workshops and worship, students could network with advisers, editors, designers, photographers, videographers, and editorial staff.

Sponsors of the Publication Workshop are the visual arts, communication, and English departments at PUC. Tim de la Torre, a visual arts instructor, was this year's Publication Workshop director. The enrollment department helped with logistics, treating the workshop like another College Days.

Andrianna Massena, PUC campus visit coordinator, said, "Publication Workshop allowed the students to take what they were learning and apply it right then and there to their projects." Throughout the three-day workshop, there were raffles for prizes, like PUC merch. A pancake breakfast for participants was prepared by PUC's cross country team, enrollment counselors, and admissions team. Admissions and marketing staff served ice cream sundaes during Monday's movie night. "The thing that I enjoyed most was making connections with the students and sponsors from every academy," Massena shared. "I think they could see that PUC's faculty and staff really enjoyed having the students on campus!"

De la Torre, his team, and the enrollment team

worked hard to create a Christian learning environment that would inspire. Of all the workshops, keynotes, and sessions, de la Torre felt that students probably most enjoyed their assignment to interview someone on campus. Students built an editorial spread about the person they interviewed, and many teams worked late to make their spread the best it could be. "Also, I think the following morning's critique session was really appreciated by the students," said de la Torre. "We were blunt and honest with our praise and criticism of their work. I don't think most of them are used to that kind of feedback, and many of them said how impactful that was."

PUC was extra pleased to welcome students from Tualatin Valley Academy, who traveled from Portland, Oregon, to attend the workshop. Having schools from further away attend was important to de la Torre and his team. "I'm sad to lose the schools that would have joined us online," he shared. "But this event would not have worked in a hybrid fashion; however, we made some significant changes to the format this year, and there's potential to do something hybrid in the future."

The main things de la Torre hopes participants take from the experience is to "feel more confident working together as a team and learn to trust each other and push each other to do their best work." He continued, "They left with some valuable feedback related to design, photography, and writing that will be helpful to them as they work on their own school publications this upcoming year."

*By Ally Romanes*



Presidential Award honorees and their representatives gather for a group photo following the La Sierra University Centennial Gala on Oct. 3 at the Riverside Convention Center.



## Hundreds Celebrate La Sierra University's 100th Birthday

**W**ith an air of excitement, they began arriving as soon as the doors opened to the Riverside Convention Center on Oct. 3—around 600 guests altogether, anticipating the celebration of La Sierra University's 100th birthday through stories of the past, recognitions, music, and fellowship.

La Sierra University's Centennial Gala capped a year of celebrations as the university commemorated 100 years of operation in Riverside. Festivities launched on Feb. 15 with the dedication of a new campus sculpture titled "The Lost Sheep." Special events during alumni weekend on April 29 and 30, which was themed "Celebrating a Century," featured a banquet, Centennial Campus Walk, and fireworks show.

The October gala was anchored by the recognition of 100 Presidential Award honorees, the presentation of a newly published book on La Sierra's history, and a historical overview of the life of the university. Classical pianist and renowned performing artist Alpin Hong riveted the audience, along with an appearance by operatic tenor and La Sierra alumnus Anthony León.

"There are so many people responsible for La Sierra's success over the decades," noted La Sierra University President Joy Fehr in introducing the presidential award recipients. "Simply put, there are

countless people who deserve public recognition and honor. Those of us who have found our lives changed by this institution are truly indebted to them." Dozens of individuals were nominated from across the university's history and included posthumous recognitions of historical figures.

Honorees included scholarship donor and Adventist education supporter Elsie Chan; class of 1958 alumnus and renowned contralto Del Delker; Charles Teel, former religion faculty member; school of religion alumnus and singer Patty Cabrera, Latin Grammy nominee, GMA Dove Awards nominee; Zapara School of Business alumnus Brian Wright, general manager of the NBA's San Antonio Spurs; Seventh-day Adventist philanthropists Thaine B. Price and Tom and Vi Zapara; La Sierra University President Emeritus Larry Geraty; Frank Jobe, alumnus and celebrated sports orthopedic surgeon; 2021-22 Student Association President Lawrence Steven Dorsey III; and León, who performed for the gala audience.

Class of 1992 alumnus and Presidential Awardee George Bryson said that his grandfather Elmer Bryson also attended La Sierra and worked on the college dairy farm during the 1930s. "It was great to hear the history of the dairy farm; I'd heard so many of his stories," Bryson commented. "I feel very connected to the community, so it was nice to be recognized."

*By Darla Martin Tucker*

To read more, go to [lasierra.edu/news](https://lasierra.edu/news)



# New LLUH Research Discovers Treatment for Diabetic Neuropathy

**I**ntraneural Facilitation (INF) treatment effectively restores blood flow to damaged nerves, decreasing pain caused by diabetic peripheral neuropathy (DPN), according to a new study conducted by researchers at Loma Linda University Health. The study shows the quantitative results positively affect diabetes mellitus patients' quality of life whose previous pain treatment option was medication.

In 2017, the International Diabetes Federation estimated that some 650 million adults between the ages of 65 to 99 years had diabetes mellitus, with 90 to 95% of those having type 2 diabetes. Over 50% of patients with type 2 diabetes suffer from DPN.

The previous treatment for DPN consisted of glycemic control, foot care, and pain management. The American Diabetes Association recommends medication utilization for the relief of painful DPN. Despite ongoing research, only modest benefits from pharmacology have been shown to slow disease progression and reduce pain associated with DPN.

Mark Bussell, DPT, developer of INF treatment and one of the lead researchers in this study, hypothesized that INF would decrease perceived pain and improve balance, ambulation, quality of life, and protective sensory function in patients with moderate-to-severe DPN.

Reduced blood flow impacts DPN, and INF utilizes three holds or positions that widen tiny openings in arteries surrounding nerves and improves blood flow to targeted nerves. The improved blood flow in these nerves stimulates healing and reduces or even stops nerve pain.

"There hasn't been treatment to consistently reverse painful symptoms caused by

type 2 diabetes," Bussell said. "It's previously been said that there is no cure for DPN. We wanted to go for something that some people said could never be done."

This single-blind, randomized clinical trial enrolled patients with type 2 diabetes mellitus and moderate-to-severe DPN symptoms below the ankle. Patients were randomly assigned to receive INF or sham treatment. In the INF group, trained INF physical therapists provided therapy for 50 to 60 minutes, three times a week for three weeks. Sham treatment consisted of patients believing they received therapy for three weeks. Pre- and post-treatment data were compared between the two groups for quality of life, balance, gait, protective sensory function, and pain outcome measures.

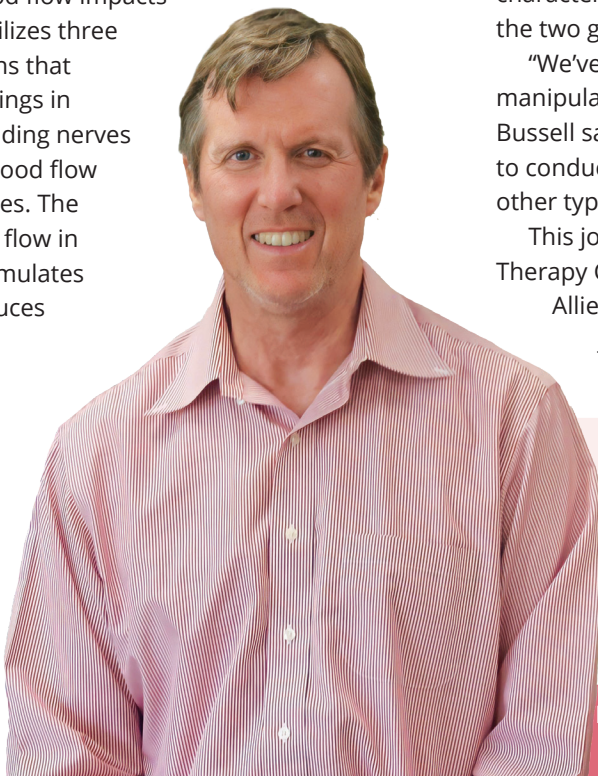
A total of 28 patients were enrolled in the study: 17 in the INF group; 11 in the sham group. Researchers found a significant decrease in the overall pain score in both the INF and sham groups over time, but the decreased pain was greater in the INF group: 1.11 versus 0.82. Between-group comparisons demonstrated significant differences in unpleasant pain and protective sensory function. The INF group showed post-treatment improvements in protective sensory function and composite static balance score. There were no significant differences in the baseline characteristics of age, height, weight, and sex between the two groups.

"We've just discovered a new process toward manipulating the underappreciated vascular system," Bussell said. "This is just the pilot study. We are thrilled to conduct further research showing success in treating other types of neuropathies with INF."

This joint study was conducted by the Neuropathic Therapy Center and Loma Linda University School of Allied Health Professions.

By Molly Smith

See the latest news and Health & Wellness stories from Loma Linda University Health at [news.llu.edu](https://news.llu.edu).





PHOTOS: KEITH HENRY AND NEAT RANDRIMALLISON

Pacific Union Conference President Bradford Newton offers a prayer of consecration to new officers and their spouses. Samantha Camacho, Carlos Camacho, Keith Henry, Chanda Nunes-Henry, Karen Schneider, Benjamin Carballo, Veronica Carballo, and Oneil Madden.

# Nevada-Utah Conference 35th Constituency Meeting Report

**T**he Nevada-Utah Conference held its 35th Constituency Session on Sunday, Oct. 2, 2022, in Las Vegas, Nevada. The meeting began with worship, singing, and prayer seeking God's guidance in all matters.

All items on the agenda passed, including voting of the officers and the Executive Committee. The officers are Carlos A. Camacho, president; Chanda M. Nunes-Henry, executive secretary; Karen E. Schneider, treasurer; Oneil Madden, regional ministries coordinator; and Benjamin Carballo, Hispanic ministries coordinator.

One of the notable changes to the bylaws was an amendment that moves the constituency meeting from every four years to every five years. Part of the amendment will also allow for delegates, at the sole discretion of Executive Committee, to participate in constituency meetings electronically via a real-time video conferencing platform that allows delegates the opportunity to view and hear the proceedings concurrently with the occurrence of the proceedings, and to vote, pose questions, and make comments. A delegate participating electronically will be considered



LEFT: Pastor Pedro Pozo during the morning season of prayer. RIGHT: One of the many pauses for prayer asking for the leading of the Holy Spirit throughout the proceedings.



present at the meeting. Until now, the bylaws did not allow for livestreaming or electronic participation.

An amendment to Article V, section 5.1 of the bylaws regarding the selection of delegates states that each church is entitled to appoint two delegates and one additional delegate for each 75 members. This representation is to be based on the average membership for the four quarters ending September 30 of the preceding year. The Conference Executive Committee shall consider equitable representation of companies whose membership is in the Conference Church at the time delegates are selected for the constituency session, and the Conference Executive Committee may appoint delegates from companies as appropriate.

The meeting ran smoothly and was over within a relatively short period of time. After the meeting, a few of the newly re-elected officers shared their thoughts about the meeting and their hopes for future.

"It has been a beautiful, inspiring day," said Chanda Nunes-Henry, executive secretary, after the meeting. "We praise God for each delegate who attended and for their support. May we continue to follow the leading of the Holy Spirit as we move the mission forward of the Nevada-Utah Conference."

"I am humbled by the outpouring of support given to us by those in attendance," said Karen Schneider, treasurer. "We endeavor to continue to do this work for our Lord and Savior and to give Him the honor and glory."

"The 35th Constituency Session began on a high note as we worshiped through song and as Dr. Leon B. Brown Sr., Pacific Union executive vice president, brought us to the throne of God with a very powerful devotional message," concluded Carlos Camacho,



**TOP:** Elder Carlos Camacho addresses the delegates with a presidential challenge to be unified in spirit and service. **BOTTOM:** Newly re-elected officers, from left to right: Oneil Madden, regional coordinator; Benjamin Carballo, Hispanic coordinator; Carlos Camacho, president; Karen Schneider, treasurer; and Chanda Nunes-Henry, executive secretary.

president. "Three and a half hours later, the meeting ended, again in prayer and praise. The presence of God was felt throughout the morning."

The 36th Constituency Session of the Nevada-Utah Conference is scheduled to be held in 2027.

*By Cynthia Mendoza*



Elder Rudy Alvir, NUC children, youth, and young adult director, instructs delegates on use of electronic devices.





## VOTED AT SESSION

### Administrators:

Marc Woodson, *President*  
 Jose Marin, *Executive Secretary*  
 John Rasmussen, *Treasurer*

### Directors:

Barry van Iderstein,  
*Children's Ministries*  
 Kevin Robert,  
*Church Growth/Evangelism*  
 Laurie Trujillo,  
*Communication/Development*  
 Jim Lorenz, *Ministerial*  
 Rich Magnuson,  
*Planned Giving and Trust Services/  
 Property Management*  
 Eddie Heinrich, *Youth Ministries*  
 Albert Miller,  
*Superintendent of Schools*

### Ethnic Coordinators:

James Lim, *Asian/Pacific, Adventist  
 Community Services,  
 and Health Ministries*  
 Rudolph Peters, *African American  
 Ministries, Urban Ministries, Prison  
 Ministries, Men's Ministries*  
 Paul Guevara, *Hispanic Ministries*

## NCC Constituency

**T**hemed "One Body, One Mission," 520 delegates met at the Granite Bay Hilltop church on September 25 for the 2022 Constituency Session of the Northern California Conference.

Tasked with selecting leaders for the next five-year term, the delegates re-elected all the current officers, directors, and ethnic coordinators. (See sidebar.)

President Marc Woodson said, "It has been an honor and a privilege to serve as the Northern California Conference president. I want to thank the members and constituents for the opportunity to serve in this capacity. I look forward to working with an excellent team of leaders as we connect people to Christ and prepare them for the Second Coming."

Woodson continued, "God has richly blessed our conference. With its 165 congregations, 37 schools, and 40,333 members, we have an excellent opportunity and responsibility to reach people in our territory. We will do great things for His kingdom with God's leading and the power of the Holy Spirit. In the days, weeks, months, and even years to come, we will consecrate ourselves to this task and look forward to the coming of our Lord and Savior, Jesus Christ."





Executive Secretary Jose Marin said, "The future of ministry in Northern is exhilarating as we move through the next five years. There will be a significant emphasis on becoming a unified body of believers that leads people through the transformative process of connecting with Jesus and preparing them for His soon return."

Treasurer John Rasmussen stated, "The mission is only accomplished by the faithful giving of our members who support God's work in Northern. It is more important than ever to follow the leading of the Holy Spirit as we venture into the unknown future. I am humbled and blessed to be a part of God's work here."

The delegates also approved the nominating committee's recommendations for the Conference Executive Committee and Bylaws Committee for the next five-year term. (See sidebar.)

In the afternoon session, Woodson described a new initiative "to help create a future where homelessness is rare and brief." By working with community leaders and teaming with established services, Woodson enthusiastically explained how our churches, schools, and members can tackle "that one big thing you know only God can help you fulfill."

He likened this initiative to John F. Kennedy's dream to put a man on the moon. Woodson stated, "This is our 'moon-shot' or big goal to reduce homelessness measurably and significantly in every county where we are present by 2032."

By Ken Miller and Laurie Trujillo



View NCC  
Video  
Reports



## Conference Executive Committee

### Bay Area

Brenda Brandy  
Oscar Davalos  
Tyler Kraft

### Delta

Steve Griffin  
Phyllis Hernandez

### Lower Northeast

Brian Dudar  
Maya Mupundu

### Northern California Conference

Marc Woodson  
Jose Marin  
John Rasmussen

### Pacific Union College Area

Ted Calkins  
Heather Denton

### Redwood

Laurie Pettey  
Mason Philpot

### Sacramento

Jaime Calvo  
Fred Dana  
Melissa Howell  
Ella Tolliver

### Sierra Foothills

Darrin Dee  
Laurie Longo

### Upper Northeast

Carrie Copithorne

### West Central

William Cude  
Susan Jen

## Bylaws Committee

Jose Marin (Chair)  
Steve Allred  
Garrett Anderson  
Tracy Baerg  
Pamela Ditto  
Larry Elam  
Greg Fayard  
Melissa Gheen  
Brad Heisler  
Judy Iversen



## North Highlands Company Becomes a Church

**O**n Sabbath, September 12, the North Highlands Spanish group became a church! Pastor Jaime Calvo said, “Achieving church status on Sabbath is a testament to our members’ dedication, time, and effort to God’s cause. He has truly blessed us.”

In 2009, Sacramento Spanish planted the group in Fair Oaks, and by 2016, the group became the North

Highlands Spanish Company. It has grown over the years by being community relevant. Members have been active with in-home visitations, VBS, health, and evangelism seminars. Member Guillermo Arevalo said, “It is an overwhelming experience to become a church after years of work growing our membership.”

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*By Ken Miller*

## 75-Year Ministry Restarts

**O**n August 24, cars lined up outside the newly remodeled Placerville church ACS Center. Each driver was met by a friendly volunteer and a box filled with nutritious food.

Displaced by the Caldor fire, one driver explained, “I’ve been struggling because food is so expensive. The only other food bank is down the hill, but with gas so high, I limit how often I go. This food place is close and a great help.”

Teresa Contreras, ACS co-leader, described the first distribution day after eight months of being closed, “Our wonderful volunteers cheerily unpacked food donations and easily organized them without bumping into one another—a common occurrence in the old pantry space. In the front area, others waited with full wagons. Everybody was ready to serve, and the community was happy to see us back.”

At the ribbon-cutting ceremony on September 15,



Andrew Uyeyama, head pastor, explained, “For over 75 years—40 years at this location—the Placerville church has been serving food-insecure families. Because it is such an important ministry, our church was committed

to reopening as soon as possible.” Wendy Thomas, El Dorado County supervisor, expressed her gratitude and clarified that ACS plays a vital role because Placerville is considered a food desert, and many experience food insecurity. James Lim, NCC ACS director, and Derrick Lee, NAD ACS director, announced that they had approved a \$10,000 grant to support the work of ACS in Placerville. The El Dorado County Food Bank director stressed the importance of the partnership and donated \$2,000 worth of gift cards to the center.

“Our ACS was a beacon of hope to the community,” Contreras said, “and now, through the grace of God, our light will shine again, and our services will be a blessing to our community as we connect them to Christ.”

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*By Laurie Trujillo*





## Feria de Salud

**M**ission-driven and community-relevant, the Napa Spanish church hosted its second annual health fair (Feria de Salud) in August. The event brought together the church with the St. Helena Hospital Foundation, Napa County Health Department, Open Doors, and Feeding It Forward.

The health fair focused on the Hispanic community's healthy living, cooking, and self-sufficiency. Additionally, enthusiastic youth delivered food to those who requested it, pushing wheeled carts with friendly smiles.

According to Jose Diaz, pastor of Napa Spanish church, "We had about 200 people attend our second health fair, and we thank all of our volunteers and the entities for their support of this important service."

*By Ken Miller*

## "Courage and Positivity Amidst Incredible Hardship"

**O**ne would expect a school campus to be quiet in the summer while teachers and students are away. This summer Sacramento Adventist Academy (SAA) was anything but quiet.

In July, Pixie, a member of the Granite Bay Hilltop church, walked through the doors of SAA with a mother and her three sons. Iulia and her family came to Sacramento from Moldova, seeking asylum from the war in Ukraine.

Currently, SAA has ten students displaced by the war enrolled from kindergarten to high school. Despite the language barrier, these students have built connections and friendships with their classmates in the first few months of school.

"Sometimes God works in our lives in unexpected ways. Although we have been given the opportunity to practice our school theme, 'More than Me,' I feel that I am gaining more of a blessing from my relationships with these families than they have gained from us," said Michelle Piner, registrar. "I am impressed by their courage and positivity amidst incredible hardship."

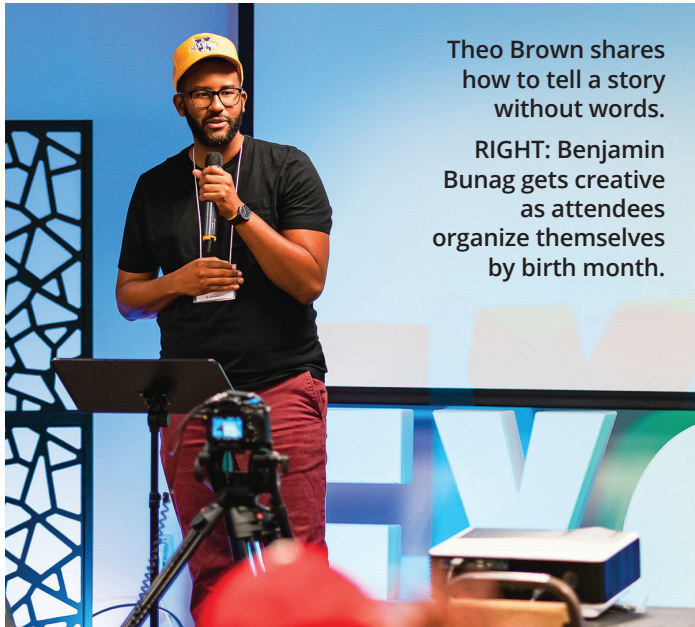
"At first, some students felt unsure about 'the new kid who speaks no English,'" said Kat Schroer, vice principal of K-5. "Now you see this same student running happily

with classmates and making the motions for 'I've Got a River of Life.'"

In faith, the SAA community committed to raising \$50,000 to help with the tuition for these eight students. A month after school started, Iulia emailed the school to let us know that her very shy kindergartner said (in English), "Bye, Mom!" as he ran off to class. A small miracle.

*By Jenni Glass*





Theo Brown shares how to tell a story without words.

RIGHT: Benjamin Bunag gets creative as attendees organize themselves by birth month.



Attendees enjoy the EXCEL Media Conference.

## SECC Hosts First EXCEL Media Conference

Attending a typical conference usually means leaving the phones on silent, but the Southeastern California Conference (SECC) welcomed phones, tablets, and laptops with open arms at their first EXCEL Media Conference on August 28. Over 60 pastors and church media team members from across SECC gathered to learn how to take their media to the next level and connect with other media teams.

SECC Director of Communication & Media Andrea King kicked off the event with an opening thought and fun ice breakers to hype up the crowd and start the mingling, which would be much needed to prepare for the social media challenge to occur later.

Theo Brown, LA-based director and in-house filmmaker and website manager of the Mt. Rubidoux church, was the keynote speaker and shared how churches can express their story without a single written word. Brown tackled everything from branding and social media to websites and videos. Attendees laughed at his insistence on the horror of the font comic sans.

From there, everyone joined their break-out seminar sessions. It was almost too hard to choose between all the great topics, including low-budget marketing, videography, photography, live-streaming, website management, and social media. "I learned a lot and got a ton of resources that I can utilize hopefully," said one attendee.

To put all the seminars' lessons to good use, EXCEL mixed in some hands-on fun. The social media

challenge saw participants scrambling to form groups of three with members of other churches in order to create a 20-second TikTok about church life. The catch? It had to include two of five given words: star, party, friend, water, or rule. Although all the videos were awesome and received some great laughs, there could only be one winner. Peter Miguelez, Klenth Sasil, and Daniel Opuni Mensah took home the winning prize of \$300 for their team!

EXCEL was a welcoming, safe space for pastors and media team members to learn how they can continue their digital ministry and engage with other churches. "Networking with others helped expand my mind in terms of our media ministry's impact and role in kingdom work," said Shiphrah Fepulea'i, associate pastor of Campus Hill church. "My team got closer to each other while finding encouragement in the wisdom that was shared and fellowship we experienced." Many are already looking forward to the next event. Another attendee assured, "I will bring more members of my media team next time!"

The SECC Communications & Media Department strives to offer great resources and events like EXCEL for our churches to enhance their media outreach. To keep up with the latest happenings and stay engaged with your fellow church media teams, sign up for SECC's Media Mob at [seccadventist.com/media-mob](http://seccadventist.com/media-mob).

*By Megan Jacobs*



# City Officials Honor Corona Main at Anniversary Dedication and Mortgage Burning

**T**his past August, more than 200 church members gathered at Corona Main Spanish church to celebrate its 20th anniversary and dedicate the building to Christ. In celebration of paying off the \$1.15M mortgage in December 2019, church officials also symbolically burned several mortgage documents.

When an elder suggested that Corona Main host this dedication, Pastor Moises Estrada contacted the Southeastern California Conference, which arranged for conference officials to support and attend the event. Key founding church members were also involved.

The official dedication was a call-and-response ceremonial prayer between officials and the Corona Main congregation.

"It was important to reflect on our church history and founding throughout the program," said Pastor Estrada. "I really enjoyed hearing testimonies and church history from Sister Fuentes. She is one of the founding church members and a true pioneer. Our church started 20 years ago as a small group in her home."

Following stories by Fuentes and others, the church shared a documentary with pictures and footage of the church's origin story and various moments throughout the years. Pastor Alex Soto delivered the sermon, which focused on the gospel and the need to bring good news to the city. Soto emphasized that the life of the church extends beyond

the four walls and incorporates the community.

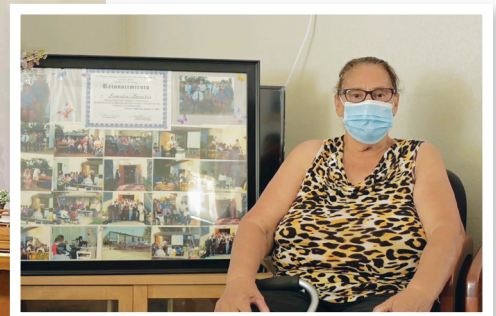
This momentous event in Corona Main's history didn't go unnoticed and drew the attention of city officials. When Paula Mendoza, food pantry leader, and her daughter, Angelica, reached out to Corona Mayor Wes Speake and Councilmember Tom Richins, both attended the event and presented an official document of recognition from the city to Corona Main Spanish church for its community service and involvement with the city.

Councilmember Richins also shared stories about Corona Main's land, explaining its historic roots as part of a former Methodist church and pasture for shepherds feeding sheep.

The city recognition resonated with Corona Main church members. Both the mayor and councilmember highlighted the food pantry and its volunteers who worked fearlessly and tirelessly during the pandemic, putting food on tables in at least 100 homes every week.

"We strived to maintain and develop relationships with our community members through the uncertainty of the pandemic," said Mendoza. "We were one of the few pantries that remained open and continued to meet the needs of our community members. Not only did we help alleviate hunger, but we also provided spiritual and emotional support and connected community members with other local resources."

*By Danni Thaw*



**LEFT:** City officials and SECC officers gather for the Corona Main mortgage burning.

**ABOVE:** Sister Fuentes shares her story of becoming one of the founding members of the church.

**RIGHT:** The Elias family cuts the ribbon. Left to right: Mayor Darcy McNaboe, SECC President Jonathan Park, Dee Elias, Grace Elias Talya, Intithar Elias, and Senior Pastor Tara VinCross.

**BELOW:** Pastors, church and community leaders, and the Elias family gather to celebrate.



## Reflecting a Legacy: Azure Hills Opens Elias Community Center

The life and legacy of an Adventist church is reflected in the life-changing impact it brings to its congregation and the community it serves. At the Azure Hills church in Grand Terrace, Calif., this legacy was exemplified in the life and service of Pastor Salim and Alice Elias. On August 27, 2022, the Azure Hills congregation, Southeastern California Conference, and community leaders came together to dedicate the Elias Community Center as a place where this legacy of love and ministry can continue in the Grand Terrace community.

The Eliases came to America from the Middle East, where he had served as a pastor and church administrator before joining the Azure Hills pastoral staff in 1976. Pastor Elias' annual Christmas greeting calls, hospital visits, Bible studies, invocations for local community meetings, and gracious hospitality left a lasting legacy of compassion and Christian love. Pastor Elias retired in 2014 and remained the patriarch pastor of the congregation during retirement until he went to his rest in 2021.

In the fall of 2020, plans were made to renovate the 4,000 sq. ft. building with a vision of better serving and loving the surrounding community. The congregation worked alongside contractors to create a space for young adult and community engagement ministries.

The Center provides three large multi-purpose classrooms, a kitchenette, ADA restroom, shower, and laundry. It also supports outdoor ministries and recreational activities.

During the dedication service, Intithar Elias, speaking

on behalf of the family, thanked the Azure Hills church for honoring their parents' legacy and the love of Jesus they shared in this community. The Honorable Darcy McNaboe, Grand Terrace mayor, thanked the congregation for being a welcoming place where neighbors, community groups, and service organizations can gather throughout the year.

Senior Pastor Tara VinCross emphasized, "We are committed to utilizing our campus to its fullest potential, collaborating with neighborhood partners as we serve our Grand Terrace community. We want all to experience the welcome and love of God here."

This fall, the Elias Community Center will offer space for a community grief group, clothing give-away, and young adult ministry gatherings. In January 2023, the Community Center will host the Complete Health Improvement Program (CHIP) with Dr. Hans Diehl and his team from the Lifestyle Medicine Institute, as Azure Hills church provides support for those seeking to thrive in their health—emotionally, physically, and mentally.

*By Arthur F. Blinci*





# More Than 200 Attend DVELiP Leadership Conference Hosted by Two Percent Ministry

**A**t the end of August, The Two Percent Ministry hosted the second annual DVELiP Leadership Conference at the La Mesa Community church, drawing more than 200 attendees from New Zealand, Canada, Hawaii, and other American states. The conference culminated with seven souls giving their lives to Christ, with plans for baptism at their local churches.

DVELiP is a first-of-its-kind, wholistic leadership program providing Pacific Islander and Indigenous communities and churches with resources for ministry. The DVELiP acronym stands for Discipleship, Vocation, Evangelism, Leadership, indigenous, and Preaching. The leadership conference featured workshops on these topics as well as a children's program and an anointing service.

There were also keynote addresses by Robert Edwards, SECC vice president of Black ministries, and James Black, CEO/president of The DeVan Group Publishing and the Black Family Kingdom Business Network.

"We've never had a conference within the North American Division (NAD) specifically aimed at empowering our pastors, leaders, and youth from the Pacific Islands," explained Meshach Soli, associate youth director, board chair, and co-founder of The Two Percent Ministry. "Our ministry provides a platform for Pacific Islander leaders of every generation to use their unique gifts to bless local churches and communities."

In 2017, Soli noted that Native/Other represent a mere 2% of the NAD's ethnic makeup—just 25,000 people in a division of more than 1.2 million. By 2020, The Two Percent Ministry was born with the help of Pastors Rome Ulia, Nemaia Faletogo, Abishai Aiolupotea, and Elizabeth Adams.

"This year's conference was off the chain," exclaimed Black. "God is about to do wonders through the two percent. Next year, my wife and I will sponsor 12 individuals who might not have access to this kind of learning opportunity. I've also committed to recruiting 100 attendees to join us for an incredible experience."

"We can appreciate our Polynesian culture and raise our children with a foundation in Jesus," shared one conference attendee. "I hope this ministry continues to grow and creates a new future for our culture and heavenly mission."

"God used Gideon and just 300 men," said Soli. "In

the same way, God can use the two percent to impact our indigenous churches and communities to be a blessing to the larger communities around us."

Next year, Two Percent Ministry is taking DVELiP 2023 to Hawaii on Aug. 11-13, 2023. To learn more about The Two Percent Ministry and register for DVELiP 2023, visit [thetwopercentpi.com](http://thetwopercentpi.com).

*By Danni Thaw*



**TOP:** Fred Toailoa and James Black pray over Meshach Soli with Rome Ulia as they prepare for the anointing ceremony.

**MIDDLE:** Orlando and Liz Pule facilitate the leadership workshop.

**BOTTOM:** The Two Percent board of directors gathers at the conference. Left to right: Abishai Aiolupotea, Meshach Soli, Elizabeth Adams, Rome Ulia, and Nemaia Faletogo.



PHOTOS: LAUREN LACSON

# San Fernando Valley Academy Celebrates 120 Years of God's Leading

**T**his September, San Fernando Valley Academy (SFVA) celebrated 120 years of providing quality Christian education.

In 1902, The Fernando College became the first Adventist secondary school in the Southern California Conference territory, with 37 students. With the opening of La Sierra College in 1923, The Fernando College closed and continued to operate as an elementary school, adding more grades through the years, until the first high school class graduated in 1961.

The theme for the 120th celebration was rooted in 1 Samuel 7:12: "Samuel took a single rock and...named it 'Ebenezer' (Rock of Help), saying, 'This marks the place where God helped us'" (MSG).

This theme echoed throughout the event, and many alumni and friends of the school came together for the momentous occasion. The program was filled with thanks to God for His leading throughout the school's history.

As the program kicked off, Southern California Conference (SCC) President Velino A. Salazar recounted Ellen White's visit to the San Fernando property when she was attending the 1901 camp meeting and her subsequent visit to speak to the students. Salazar then



Salazar speaks to SFVA's history in a segment entitled "Down Memory Lane."



Rugless directs a mass choir of current and former students.

read from an article in the *Review and Herald*: "The best education that can be given to children and youth is that which bears the closest relation to the future, immortal life. This kind of education should be given by godly parents, by devoted teachers, and by the church" (Ellen G. White, "The Best Education and Its Purpose," Nov. 21, 1893).

Salazar highlighted the vital role of the school and its faculty and staff in the lives of SFVA students. "Three institutions working together to raise a child," he reflected. "This is the village that [Bible and music] teacher Lee [Rugless] was mentioning a few minutes ago!"

Current and former students shared their musical talents throughout the program, and many joined in a mass choir directed by Rugless. Graduates of years ending in 2 and 7 were honored, and time was dedicated to recognize those who have been instrumental in the history of SFVA and the lives of its many students. The sermon was shared by Tony Anobile, vice president of the Southwestern Union Conference.

Many entities recognized this milestone in different ways. "It wouldn't be a birthday party celebration if there were no gifts," remarked Kathleen Diaz, SCC



treasurer, as she presented a check for \$10,000 on behalf of SCC.

Further congratulations came from around the denomination. Letters of congratulations from the Southern California Conference, the Pacific Union Conference, the North American Division, a former SFVA board chairman, and more were read. General Conference President Ted N.C. Wilson also shared his greetings and encouragement via video.

The city of Los Angeles also recognized SFVA's

impact, and SCC Vice President for Education James P. Willis II presented a certificate from councilmember John S. Lee to congratulate the school on "more than a century of excellence."

The celebration closed with a dedication of the special anniversary rock created for the occasion, set in the quad with a plaque commemorating the theme found in 1 Samuel.

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*By Lauren Lacson*

## Van Nuys Church Welcomes Five New Members Through Baptism

**T**he unique stories of five individuals all converged on one day this August in a special baptism event, as Van Nuys church welcomed five new members into the faith. Over the course of a few months, Ron Park, pastor of the Van Nuys church, studied the Bible individually with each baptismal candidate via Zoom and in person.

**Michael** corresponded with Cindy, who lives in Texas and works with prison ministries, for 10 years while he was incarcerated. When he was released in Van Nuys, Cindy facilitated connecting Michael with Park, who began studying with him.

**Celin** never set foot in a church. Then one day, he found Adventist TV programs, such as 3ABN, Hope Channel, and Amazing Facts. Since his first visit to Van Nuys church, he has attended consistently and participated in various church activities. Just a few weeks after visiting, he began studies with Park.

**Hasitha** showed up at the church with her stepmother last March after coming across the Sabbath message and looking for an Adventist church. The young adults of the church immediately embraced her. She later began a few months of studies with Park.

**Rachelle** was introduced to the Adventist message by her husband, James. After about a year of attending the church, she expressed her desire to be baptized and began studies with Park.

**Yohan's** relative, John, has been attending Van Nuys church for years. Yohan studied the Bible with John and expressed his desire to be baptized before also studying with Park.

As the studies each ended within a few weeks of each other, Park began to contemplate how they could all be baptized together. Upon learning that Cindy,

who did correspondence study with Michael, would be in town that weekend, everything fell into place.

"The church went through difficult times for the last couple years due to COVID and conflicts in the church," shared Park. "Faithful members had been discouraged by various challenges. Then they saw how God worked in different people's lives even in those dark times, and it was very encouraging to them. Now they are very motivated to be involved in ministries."

These five new members are already involved in different ways, including collecting offerings, giving announcements, serving as greeters, and more.

"Now we offer Adventist 101 class for those newly baptized members as well as the newcomers who would be interested in getting to know our church," Park shared. "For 10 weeks, we teach topics including, 'Who are Seventh-day Adventists?' 'Salvation Through Jesus Christ Alone,' 'Sabbath,' 'A Historical Look at the SDA Church,' 'Belief in Action,' and many more."

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*By Lauren Lacson*



(Left to right) Southern California Conference West Region Director Greg Hoenes, Yohan, Hasitha, Michael, Cindy, Rachelle, Celin, and Park on the day of the baptism.

PHOTO: RON PARK



ABOVE: Norton (left) hands a certificate to Maribel Arteaga (right), member of La Voz Sylmar Spanish church. Of the 80 graduates, 15 were women.

RIGHT: Graduates are gathered outside of Spanish-American church after receiving their certificates.

BELOW: Gonzalez (left) and Heras (right) are pictured with Jhon Ruge (center), member of El Sereno Spanish church.



PHOTOS: JAIME HERAS

## Lay Pastors Ministry Training Recognizes 80 Graduates

This summer, 80 students graduated from the Southern California Conference (SCC) Hispanic Region's annual lay ministry training.

Each year's training emphasizes a specific area of ministry for lay members. This year's preaching training was certified through Andrews University, which "provides training to advance the mission of the Seventh-day Adventist church through Hispanic ministries in North America."

The motivation was simple: "We want to win more people for Christ," said Ezequiel Gonzalez, Hollywood Spanish pastor and leader of the lay ministry training for the SCC Hispanic Region. "The church is growing, and we want to prepare more lay people for preaching and sharing the gospel."

There are many districts within the Hispanic Region, where several pastors lead two, even three, congregations. "Pastors sometimes have a hard time finding preachers when they have multiple churches," said Jaime Heras, SCC Hispanic Region director. "To supply that need, we decided to give this training on preaching."

The program began in March, and participants spent a weekend at Camp Cedar Falls. There, Ricardo Norton, director of the Institute of Hispanic Ministry at Andrews University, taught three classes on homiletics. The following classes were then offered once a month for eight months at Spanish-American and Hollywood Spanish churches. To accommodate commuting participants, this year was the first time classes were hybrid—in person and livestreamed. Classes were taught on topics such as evangelistic preaching,

prophetic preaching, foundations for healthy preaching, evangelistic strategies, and more.

Following the graduation, a group of lay preachers had an opportunity to put their learning into practice in October through a week-long evangelistic campaign in the Dominican Republic. Next spring, the graduates will host evangelistic campaigns in their own territories.

"I want them to get exposed to public evangelism," said Heras. "By going to a place where evangelism is strong, we can learn how to apply the principles here to make our church grow. Not everything will apply to us, but I want the lay people to get excited about evangelism."

Gonzalez hopes this training will inspire more collaboration between pastors and lay people. "We are motivating the pastors to work together with lay people and to involve them in preaching," he added. "The Bible tells us to go into the world and preach the gospel. The more people who are prepared to preach, the better."

By Araya Moss





# “Soaring Together With Christ”

## Central Filipino Church Celebrates 65th Anniversary

Central Filipino church (CFC) commemorated both the past and present with a 65th anniversary celebration at which newly retired Simeon Rosete, who served as CFC senior pastor for 30 years, preached his final sermon in that role.

At the start of the divine worship service, Wilmore Villanueva, head elder, recognized charter and former members who were present. Villanueva spoke of the historic and significant milestone, citing the church's humble beginnings, rapid growth, and how “the Lord's invisible hands carried this church in a miraculous way.”

Villanueva compared the church's 65-year history to retirement age, when many slow down and step back. However, he encouraged the congregation to reject that thinking. “No, CFC brothers and sisters,” Villanueva said. “It's time to spread the wings and soar high with Jesus and prove once again that we sincerely carry out our mission statement: CFC exists to prepare a people for the soon return of Jesus Christ.”

Southern California Conference President Velino A. Salazar congratulated the congregation for its historic impact and faithful ministry. “The Central Filipino church is the great-grandma of all Filipino churches in the Southern California Conference,” Salazar said. “We want to praise God for the ministry that this church has done for 65 years. As we celebrate, keep in mind two things: The Lord has guided you in the past, and the Lord will continue to guide you in the future—until



From left to right: Salazar, Rosete, Ellen Rosete, and Esther Salazar pose for a picture after the service to congratulate Rosete in retirement.



PHOTOS: ARAYA MOSS

The praise team leads the congregation in singing “Wings of an Eagle,” the 65th anniversary theme song, which was performed various times throughout the day.

the moment when Jesus Christ returns.”

The Central Filipino church began in the 1950s with a small group of Filipino Adventists meeting Sabbath afternoons in their homes. The group quickly grew and saw the need for a church facility in Wilmington. On Sept. 21, 1957, the congregation of 85 members was formally organized as the first Filipino Adventist church in America. From Wilmington, the church relocated to Compton and Highland Park before settling in Eagle Rock, adopting the name “Central Filipino.” However, the move to Eagle Rock presented many challenges. Amid delayed construction due to insufficient funds, a demolition order from City Hall, and offers from neighboring businesses to buy the property, the congregation remained faithful to God, who, in turn, rewarded their faithfulness. The congregation moved into the new church building Dec. 14, 1991, eleven years after construction began.

The celebratory day continued with a potluck and an afternoon program and concluded with a retirement party for Rosete. The following Sabbath, Christopher Manlongat was installed as the new senior pastor.

Rosete left the congregation with three imperatives. “Do not be afraid, stand still and stand firm in the foundation of your faith,” he said. “And lastly, go forward in proclamation of the gospel.”

By Araya Moss

# Calendar

## Central California Conference

**San Francisco Junior Academy Alumni Homecoming** (Nov. 11-12). Come enjoy fellowship, food, and fun at SFJA's First Annual Alumni Homecoming. Current students plus alumni and faculty from all years are welcome. Festivities begin on Friday, Nov. 11, vespers and supper begin at 7:00 p.m., and continue on Sabbath, Nov. 12 at 11:00 a.m. with worship, food, and other activities. For more information, email SFJAhomecoming@gmail.com. We hope to see you!

**On the Rock** Hispanic men's retreat (Nov. 18-20). Men! You won't want to miss a moment of this event featuring guest speaker Dr. Efrain Duany Jr. The conference is presented by the CCC Hispanic Ministries

## Advertising

Advertising is accepted as a service to Seventh-day Adventist church members in the Pacific Union. The *Recorder* management reserves the right to refuse any advertisement, especially ads not related to the needs and practices of the church membership. Acceptance of any advertising shall be considered a matter of accommodation and not a matter of right, nor shall it be construed to constitute approval of the product or service advertised.

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### Upcoming Deadlines

These are the advertising deadlines for the *Recorder*. Your local conference news deadlines will be earlier.  
December: *November 3* • January: *December 1*

### Contributions

The *Recorder* pages are assigned to the local conferences, colleges, and health care institutions, and all content comes through the communication departments in those organizations. If you have a news story/idea, calendar announcement, etc., please contact your local communication department. See the masthead for contact information. Want tips for writing for us? See [www.dailywritingtips.com/the-art-of-writing-news](http://www.dailywritingtips.com/the-art-of-writing-news).

team and held at the Camp Wawona. For more information, go to [CCCAdventist.org/events](http://CCCAdventist.org/events).

**Sobre la Roca retiro de hombres hispanos** (Nov. 18-20). ¡Hombres! No querrá perderse ni un momento de este evento con el orador invitado Dr. Efrain Duany Jr. La conferencia es presentada por el equipo del Ministerios Hispanos de la CCC y se llevará a cabo en Camp Wawona. Para obtener más información, visite [CCCAdventist.org/events](http://CCCAdventist.org/events).

## Southern California Conference

**Whittier Church Blood Drive** (Nov. 13) 9 a.m.-3 p.m. To register, visit [redcrossblood.org](http://redcrossblood.org) and use sponsor code WHITTIERSDA or call 1-800-RED-CROSS.

## La Sierra University

**Archaeology Discovery Weekend.** The Center for Near Eastern Archaeology will host the 14th Annual Archaeology Discovery Weekend on Nov. 12-13. Learn about the ancient pharaohs of Egypt, including the iconic King Tut, from international scholars. Enjoy family activities. Presented in person and online. Info: [archaeology@lasierra.edu](mailto:archaeology@lasierra.edu), 951-785-2632, or <https://lasierra.edu/cnea/discovery-weekend/>

**World Museum of Natural History.** The World Museum of Natural History is open the third Sabbath of the month, 2-5 p.m. View amphibians, birds, mammals, gems, American Indian artifacts, and many others, including one of the largest collections of mineral spheres. Free. Up to 10 guests at a time. Information: [Advancement@lasierra.edu](mailto:Advancement@lasierra.edu), 951-785-2500, or <https://lasierra.edu/world-museum-of-natural-history/>

**Wind Ensemble Concert.** The La Sierra University Wind Ensemble will present a performance on Nov. 12 at 7 p.m. in Hole Memorial Auditorium. Admission is free. For further information, email [music@lasierra.edu](mailto:music@lasierra.edu) or call 951-785-2036.

**75th Annual Candlelight Concert.** La Sierra University's Candlelight Concert featuring various performance groups and soloists will be held December 2 and December 3 at 7 p.m. and 4 p.m., respectively, at the La Sierra University church, 4937 Sierra Vista Ave., Riverside. For further information, email [music@lasierra.edu](mailto:music@lasierra.edu) or call 951-785-2036.

**The La Sierra Report.** Stay in the know and sign up to receive The La Sierra Report, a monthly e-newsletter of the interesting news and events of La Sierra University. To subscribe, send your email address and subscription request to [pr@lasierra.edu](mailto:pr@lasierra.edu).

## Pacific Union College

**PUC's Fall Festival**, Sunday, Nov. 6. Families and friends are invited to Pacific Union College for their annual





Fall Festival on Sunday, Nov. 6. Booths will be full of food and items to purchase, and there will also be performances by PUC students. The Pioneers family looks forward to welcoming those far and near.

**PUC Hosts College Days for Pacific Union Conference Academy Seniors**, Sunday, Nov. 6 to Monday, Nov. 7. Pacific Union Conference Academy seniors are invited to PUC to have the opportunity to get a campus tour, sit-in on a desired class, meet professors and students, attend social activities, and more. Contact PUC's visiting coordinator at [visit@puc.edu](mailto:visit@puc.edu), or call 707-965-6313.

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### Employment

**Adventist Media Ministries** is seeking a full-time Human Resources Director to develop, update, administrate, and communicate Human Resources policies and programs. For more information you may email [hr@sdamedia.com](mailto:hr@sdamedia.com) or apply at <https://www.adventistmediaministries.com/available-positions/>.

**Caregiver needed, as soon as possible:** We are asking the Lord to send us a kind, healthy, strong woman with a good sense of humor who has experience caregiving for the very feeble elderly requiring 24/7 care; who knows proper body mechanics to prevent self-injury; who is looking for a place to live out of the city; who is interested in working for room and board plus \$2,500 a month, with 10 days off a month; who feels called to provide spiritual care along with caregiving for an elderly Adventist couple so they may have their wish to die in their own home. If this is you, please call Lalita Brinckhaus at 707-671-5086 or email: [amanecer.rl@gmail.com](mailto:amanecer.rl@gmail.com).

**Central California Conference is seeking a full-time Director of Communication.** The successful candidate will be able to operate in a fast-paced, highly collaborative environment. Will have significant experience in communication, public relations, or marketing. Must have exceptional messaging and positioning skills. Strong cross-group coordination across all levels. Ability to build compelling speeches, videos, emails, and other communications. Flexible and capable of dealing with ambiguity, adversity, change, and real-time adjustments to projects and plans. Ability to work effectively, gain respect of diverse groups, and have sound judgment. Must be a member of the Seventh-day Adventist Church in regular standing and maintain consistent, active church attendance. To apply, please send cover letter, application and résumé to Human Resources. Position open until filled. Link for application: <https://www.cccadventist.org/hrforms> By e-mail: [lbarron@cccsda.org](mailto:lbarron@cccsda.org) or mail: 2820 Willow Ave., Clovis, CA 93612

**Adventist Media Ministries** is seeking a full-time IS Department Director to oversee the daily operation of the Information Systems Department and support the IS functions of the various ministries served by AMMS. For more information, you may email [hr@sdamedia.com](mailto:hr@sdamedia.com) or apply at <https://www.adventistmediaministries.com/available-positions/>.



**Holbrook Indian School is currently in need of** a Food Service Director and a Cafeteria Assistant. These are paid positions. If you or someone you know are mission-minded and would like to serve Native American children, please see or share our jobs page at [HolbrookIndianSchool.org/jobs](http://HolbrookIndianSchool.org/jobs).

**Stallant Health Rural Health Clinic is accepting applications for full-time NPs, PAs, or physicians** at our Weimar and Crescent City, Calif., locations. Competitive pay, benefits, and ministry opportunity. Send CV to Marva at: [marva@stallanthhealth.com](mailto:marva@stallanthhealth.com) or call 530-637-4025, ext. 263.

**Indonesian-American church in Azusa, Calif., is seeking a full-time associate/youth pastor** who is spiritual, mission-minded, friendly, and passionate about working with children, youth and young adults, and young families to guide them in developing a personal relationship with Jesus. A team player with excellent communication and interpersonal skills and the ability to maintain strict confidentiality. Bachelor's degree in theology/religion from an SDA college/university is required; a master's in divinity is preferred. Minimum of two years' experience as a youth or associate pastor. Detailed job description available upon request. Please submit a cover letter and résumé to [iasdacazusa@gmail.com](mailto:iasdcazusa@gmail.com).

**Camp Cedar Falls positions available immediately.** Assistant cook, general kitchen worker—full time. Cafeteria, weekend staff—part time. Please visit the Southern California Conference website ([www.scc.adventist.org](http://www.scc.adventist.org)) and click on Human Resources (under the "Departments" tab) for information and job descriptions. Please contact Jesse Guardado, camp manager, at [campcedarfalls@sbcglobal.net](mailto:campcedarfalls@sbcglobal.net) or call 360-823-3932 or 909-805-4104 for more information.

**Director of University Records for Loma Linda University.** Responsible for maintaining the academic records of students, including those concerned with admissions and registration, and for coordinating the registration process. The director also cooperates with the individual schools in carrying out functions of a joint nature for which the schools are primarily responsible. Position requires a bachelor's degree and five (5) years of related work experience. Apply at <https://lluh.referrals.selectminds.com/jobs/director-university-records-27376>.

**Clinical Nurses at Loma Linda University Health.** Hiring on all units for all shifts—20k sign-on bonus with 2 years of recent, relevant experience for all bedside RN positions! Join us as we continue the teaching and healing ministry of Jesus Christ to make man whole! <https://bit.ly/32CM8Gt>

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[f](#) [p](#)

**Certified Nurse Assistant (CNA) at Loma Linda University Health.** Also called a Patient Care Assistant (PCA). Hiring on all units for all shifts. Performs designated direct and indirect age-specific and developmentally appropriate patient care under the direct supervision of the Registered Nurse (RN). Utilizes interpersonal skills to maximize customer service in a manner that supports excellence in safe patient care and professionalism. Contributes to a work environment of caring and cooperation among a culturally diverse workforce and patient population. Requires a high school diploma or GED, successful completion of an approved Certified Nursing Assistant (CNA) program or completion of School of Nursing Fundamentals, and a Basic Life Support (BLS) certification from American Heart Association.

**Assistant Professor Nurse Practitioner at Loma Linda University School of Nursing.** Responsibility encompasses education, research, and/or service. Demonstrates loyalty to the mission, policies, standards, and regulations of his/her department, school, and the University, and follows the administrative policies set up by the University and the individual school. Requires a Nurse Practitioner degree from an accredited institution, two years post-master's teaching experience or closely related professional experience, and a nationally certified Acute Care Pediatric NP.

**Delta Eye Medical group** in Stockton, Calif., is looking for an ophthalmologist to join thriving practice. 209-334-5886.

**Pacific Union College is seeking a full-time Housing Coordinator.** Major duties include coordination of PUC faculty/staff housing, moving arrangements, and monitoring of commercial leases/master leases and utility charges for all College-managed leases. Must be customer-service oriented and able to multi-task with numerous projects. Must be able to maintain organization and be team player. Salary position. For more information or to apply, please call Human Resources at 707-965-6231 or visit our website at [www.PUC.edu/campus-services/human-resources/current-job-postings](http://www.PUC.edu/campus-services/human-resources/current-job-postings).

**Marketing & Communication at Pacific Union College is seeking a part-time Front-end Web Developer** to assist the webmaster. Duties include general website updates, preparing analytics and SEO reports, and building HTML emails. This person should have proven experience in web development, including in-depth knowledge of HTML, CSS, and javascript. They should be skilled in modern responsive design practices, know SEO and accessibility, have graphics skills, and have a marketing mindset. Position open until filled. Apply at

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**Pacific Union College is seeking a full-time Associate Vice President of Finance for Financial Administration.** Major duties include provision of leadership and guidance for all financial aspects of PUC and Howell Mountain Enterprises, ability to develop and implement long- and short-term financial goals consistent with the mission of PUC, budget and balance analysis, and development of strategic tools and systems for critical financial and operational goals. Also must work in conjunction with the Vice President of Financial Administration in engaging the Board of Directors and other members of cabinet in matters of finance, auditing, and investment issues. For more information or to apply, please call Human Resources at 707-965-6231 or visit our website at [www.PUC.edu/campus-services/human-resources/current-job-postings](http://www.PUC.edu/campus-services/human-resources/current-job-postings).

**Looking for certified teachers to join us in Christian online education** (grades 1–12). Work part time from home tutoring “live” in a Zoom environment. If interested, please call us at 817-645-0895.

**IMPACT HOPE is seeking an enthusiastic Development Director** with expertise in fundraising and major donor relationship-building, who can bring creativity and resourcefulness to the fundraising operations of a mission-driven nonprofit that supports refugee youth in Rwanda. Email [liz@impact-hope.org](mailto:liz@impact-hope.org). [Impact-hope.org](http://Impact-hope.org)

**The General Conference is looking for individuals with work experience at all levels in Human Resources, software development and technology, and TV and social media.** Must be an Adventist church member in good standing. For additional information on current openings, go to <https://tinyurl.com/gcjobpostings> or contact Johanna Prestol-Dominguez at [prestoljd@gc.adventist.org](mailto:prestoljd@gc.adventist.org).

**Creations Northwest, a regional construction company** of multi-family housing and commercial space. We are looking to hire talented and motivated individuals for the following positions: Construction Superintendents, Project Managers, Project Coordinators and Project Engineers. We are hiring for projects located in Central Oregon; Eugene area; Medford; Salem; Vancouver, Washington; and Auburn, Washington. Projects average from \$20 to \$50 million in size. Compensation based on experience. Benefits: health and dental insurance, life insurance, paid time off, retirement plan, employee assistance program. Projects are located close to primary and secondary Adventist education. For more information, please email [HR@htiipllc.com](mailto:HR@htiipllc.com).

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## Real Estate

**Northern California, Manton, country living:** 10-acre property, 3-bdrm, 3-bath, 2,100 sq. ft., solar, well and gravity mountain spring ditch water, big garden area, good soil, grape and fruit trees, barn, chicken coop, greenhouse, woodshed, quiet Adventist neighborhood, ideal place for county living or retirement. Call 530-474-3162 email [nhutor@yahoo.com](mailto:nhutor@yahoo.com).

**Choice mountain land** inside Cherokee National Forest in beautiful East Tennessee. Four tracts ranging in size from 10-50 acres. Large creek, cleared land, mixed forest, mature trees. On county-maintained road, utilities on site. 50 miles to Southern Adventist University. 60 miles to Great Smoky Mountains National Park. Near scenic rivers, lakes, trails. Ideal retreat, country living, retirement. Call, text, email for info and pictures. 301-332-8237 or [Kathyr777@gmail.com](mailto:Kathyr777@gmail.com).

**Great opportunity in Idaho** for \$275K. Do you want to experience country living while operating an outpost/ministry or operate your own business? Here is your opportunity to own an 8,000 sq. ft. 2-story building featuring: large open country-themed banquet area, renovated separate living space/office with bathroom/shower, 180-seat auditorium, stage, baby grand piano. SDA church 20 minutes away. 11 S. Main St., Kooskia, ID 83539. Price reduced to sell. For

## Recorder Membership

The *Pacific Union Recorder* is provided as a free service to members of the conferences that are part of the Pacific Union Conference (Arizona, Hawaii, Northern California, Central California, Southern California, Southeastern California, and Nevada-Utah). Each conference maintains the list of members, based on the reports from their churches. If you would like to make a change to your subscription (name, address, cancellation), please contact your local conference. The staff of the *Recorder* does not have access to the circulation lists, other than the paid subscriptions.

information: [bit.ly/3iiG47R](https://bit.ly/3iiG47R) or Theresa Reynold 208-798-7822.

**Settle into your own beautiful mountain cabin retreat.** In the heart of nature on 9 acres near the Salmon River in Siskiyou County. Awesome scenery, hiking, rafting, swimming. Supplies w/wood heat and hydroelectricity. Sleeps 8 comfortably (3 bdrm), shop building, orchard, and garden. Less than 1 hr drive to active SDA church. \$258,000. Wanda, 707-445-1156.

**For Sale:** Amazing California land with water; Incredible Hawaii land; House in mainland; 36' Islander sailboat in Waikiki. Due to COVID and Paradise Camp Fire we are interested in exploring options. Facing tax foreclosures. Call us at 209-507-9686, email us at: [health.by.choice.120@gmail.com](mailto:health.by.choice.120@gmail.com), or text me at 530-353-5561.

**Southern Oregon, country setting,** 3 acres, easy I-5 access. Modified A-frame, 3-bdrm, 3-bath, ample living areas, grapes, trees, pool, outbuildings, well, septic. SDA church and school, close to Milo Adventist Academy. 541-430-2710.

**Office building for lease in Nashville.** Kentucky-Tennessee Conference is leasing a free-standing building ideal for medical, dentistry, or counseling practices. The building was recently renovated and measures 3,000 square feet. It is located immediately off the interstate exit in a highly trafficked upscale commercial area, and it is only 30 minutes from Nashville—a growing city with a booming economy. For more information, contact Terri Jenks at 615-859-1391, ext.1006.

**Costa Rica country property with two homes on 16 acres.** Several water sources, including a year-round creek, spring, and a well. More than 100 fruit trees, 2 greenhouses, and many additional structures. \$595,000. 760-305-9929.

**4-bdrm, 3-bath home in the foothills of Central California,** in Coarsegold, 60 miles south of Yosemite. Almost 20 acres. Greenhouse, chicken coop, canning/craft room. 74 GPM well. Established fruit trees (apricot, apple, pear, peach, nectarine, plum, pomegranate, olive, and lemon) and various types of berries. Second residence on the property—2 bdrm, 1 bath—needs TLC. Horse friendly. \$498,000. Johnny & Darlene

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**6+ acres of beautiful land** that is attached to our homestead. We're located rurally, 1 mile north of the Prescott National Forest in north-central Arizona. The land is a mix of native grasses and juniper and pinyon pine trees. Several super building sites give 80-mile views of the San Francisco Peaks, north of Flagstaff, AZ. The property is completely fenced. Good soil, and unlimited water (30 GPM natural hydrostatic pressure) from an underground aquifer, make it an extremely valuable location in terms of growing gardens, fruit trees, or keeping animals. Our 5,300 ft. elevation and low humidity give you 4 seasons that are very livable! We're offering you off-the-beaten-path seclusion and safety! So if you're ready to act on the counsel given to us by Sister White, give us a call! Mike and Karen Craig, 928-607-4674, [livingforHim@gmx.com](mailto:livingforHim@gmx.com).

## For Sale

**Houseboat at Lake Don Pedro,** Fleming Meadows, 35 minutes east of Modesto, Calif. Master bedroom with bathroom and shower, guest bathroom, living room with hide-a-bed and two recliners, TV, gas fireplace, full kitchen with two refrigerators/freezers covered upper deck for family, Pathfinder events, etc. Can sleep 20 in sleeping bags. Twin engine power and Sea-Doo personal watercraft. \$110,000 for 1/3 ownership, plus monthly dues of \$375 to cover slip rental, insurances, taxes, and routine repairs and maintenance. Call: Dan García 209-968-7979. Leave a message and I will return your call.

**SDA Physical Therapist in western WA selling practice.** Small (1.5 FTE) but with growth potential, if motivated. Longstanding, solid reputation. Broad referral base. Consistently profitable (even through COVID). Turn-key business. Training provided. Local K-12 SDA school and active SDA church. Small town with mountains and ocean nearby. Inquire: [sdanwptclinic4sale@gmail.com](mailto:sdanwptclinic4sale@gmail.com).

**Baldwin 7' ebony concert grand** with adjustable artist bench. Exquisite condition.

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**Piano for sale by owner:** \$29,999 or best offer. 1926 Steinway Model M 5'7" ebony with original ivory. Completely restored in 1990. 2005 appraisal for \$25,000. Looks brand new. Please call 209-931-9619. Email: bhmbm1959@gmail.com.

**For Sale** 2 plots at Rose Hill Memorial Park, Skyrose Terrace Lawn, Whittier, CA. \$15,000 for each. Contact 559-347-3129.

## Vacation Opportunities

**Sunriver, Central Oregon.** Four-bedroom vacation home on the North Woodlands golf course. Two master king suites, two queens, one bunk set, hot tub, loft, Jacuzzi bath, gas log fireplace, BBQ, W/D, bikes, all resort amenities, sleeps 10, no smoking, no pets. For rates, photos, and reservations, call: 541-279-9553, or email: schultz@crestviewcable.com.

**Angwin home:** Five-bedroom, three-bathroom

vacation home 2 miles from PUC. Fully furnished, large kitchen, dining room, living room, family room, piano, vineyard views, WiFi, washer and dryer, BBQ, sleeps 10. Call for rates, photos, and reservations: 415-539-7980 or email nroger1965@gmail.com.

**Steps of Paul and Egypt Bible Tours** with Dr. Carl Cosaert, New Testament Professor at Walla Walla University. Follow Paul's journey in beautiful Greece and Turkey, April 18-May 5, 2023, or experience an Egypt Bible Tour Dec. 11-23, 2022. For more information, email Carl at info@adventtours.org or visit www.adventtours.org.

**Truckee cabin at Donner Lake:** Three bedroom, 2.5 bath cabin at Donner Lake. Perfect for retreats, family time, reunions, or relaxing. Access to private beach on lake. Fully furnished, can sleep up to 10 in beds with loft for kids. Email for rates, photos, and availability: jake@jscheideman.com.

## Missing Members

**Campbell Seventh-day Adventist Church,** Alexis Catala, 600 West Campbell Ave, Campbell, CA 95008, 408-866-4625, campbellsdachurch@gmail.com. Thank you for helping us contact the following missing members: Abigail Alba, Daniel Alba, Raul

### November 2022 Sunset Calendar

City/Location	NOV 4	NOV 11	NOV 18	NOV 25
Angwin	6:06	4:59	4:54	4:50
Bakersfield	5:58	4:52	4:47	4:44
Calexico	5:48	4:43	4:39	4:36
Chico	6:01	4:54	4:49	4:45
Death Valley (Furnace Ck)	5:47	4:41	4:36	4:33
Eureka	6:09	5:01	4:55	4:51
Four Corners [E]	6:15	5:09	5:04	5:01
Fresno	5:58	4:52	4:47	4:44
Grand Canyon (South Rim)	5:29	5:23	5:18	5:15
Half Dome	5:56	4:49	4:44	4:41
Hilo	5:44	5:41	5:40	5:39
Holbrook	5:23	5:17	5:13	5:10
Honolulu	5:53	5:50	5:48	5:48
Joshua Tree	5:49	4:43	4:39	4:36
Lake Tahoe	5:55	4:49	4:43	4:39
Las Vegas	5:41	4:35	4:30	4:27
Lodi-Stockton	6:02	4:55	4:50	4:47
Loma Linda	5:53	4:47	4:43	4:40
Los Angeles	5:57	4:51	4:47	4:44
McDermitt [N]	5:40	4:33	4:27	4:22
Moab	6:14	5:08	5:02	4:59
Monterey Bay	6:07	5:01	4:56	4:53
Mt. Whitney	5:54	4:49	4:45	4:42
Napa	6:06	4:59	4:54	4:50
Nogales [S]	5:32	5:27	5:23	5:21
Oakland	6:07	5:00	4:55	4:52
Paradise, CA	5:41	4:35	4:30	4:27
Phoenix	5:33	5:28	5:24	5:21
Pu'uwaiau, Ni'ihau [W]	5:46	5:43	5:41	5:41
Reno	5:54	4:47	4:41	4:37
Riverside	5:54	4:48	4:44	4:41
Sacramento	6:02	4:55	4:50	4:46
Salt Lake City	6:20	5:12	5:06	5:02
San Diego	7:44	7:37	7:30	7:21
San Francisco	6:07	5:01	4:56	4:52
San Jose	6:06	5:00	4:55	4:51
Santa Rosa	6:07	5:01	4:55	4:52
Sunset Beach	6:06	5:00	4:55	4:52
Thousand Oaks	6:06	5:00	4:55	4:51
Tucson	5:30	5:25	5:21	5:19

[N]=Northernmost [S]=Southernmost [E]=Easternmost [W]=Westernmost point in the Pacific Union

"So there remains a Sabbath rest for the people of God." Hebrews 4:9

### December 2022 Sunset Calendar

City/Location	DEC 2	DEC 9	DEC 16	DEC 23	DEC 30
Angwin	4:48	4:48	4:50	4:53	4:57
Bakersfield	4:43	4:43	4:45	4:48	4:52
Calexico	4:35	4:36	4:38	4:41	4:45
Chico	4:43	4:42	4:44	4:47	4:52
Death Valley (Furnace Ck)	4:43	4:42	4:43	4:46	4:51
Eureka	4:49	4:48	4:50	4:53	4:58
Four Corners [E]	4:59	4:59	5:00	5:04	5:08
Fresno	4:42	4:42	4:44	4:47	4:52
Grand Canyon (South Rim)	6:10	6:00	5:51	5:42	5:34
Half Dome	4:39	4:39	4:40	4:43	4:48
Hilo	5:40	5:41	5:44	5:47	5:51
Holbrook	5:16	5:17	5:18	5:22	5:26
Honolulu	5:48	5:50	5:52	5:55	5:59
Joshua Tree	4:35	4:35	4:37	4:40	4:45
Lake Tahoe	4:37	4:37	4:39	4:42	4:46
Las Vegas	4:26	4:26	4:27	4:30	4:35
Lodi-Stockton	4:45	4:45	4:46	4:49	4:54
Loma Linda	4:39	4:39	4:41	4:44	4:49
Los Angeles	4:43	4:43	4:45	4:48	4:53
McDermitt [N]	4:20	4:19	4:20	4:23	4:28
Moab	4:57	4:56	4:58	5:01	5:06
Monterey Bay	4:51	4:51	4:53	4:56	5:01
Mt. Whitney	4:41	4:41	4:43	4:46	4:51
Napa	4:48	4:48	4:50	4:53	4:57
Nogales [S]	5:21	5:22	5:24	5:27	5:31
Oakland	4:50	4:49	4:51	4:54	4:59
Paradise, CA	4:42	4:41	4:43	4:46	4:51
Phoenix	5:20	5:20	5:22	5:25	5:30
Pu'uwaiau, Ni'ihau [W]	5:43	5:45	5:47	5:50	5:54
Reno	4:35	4:35	4:36	4:39	4:44
Riverside	4:40	4:40	4:42	4:45	4:50
Sacramento	4:44	4:44	4:46	4:49	4:54
Salt Lake City	5:00	4:59	5:01	5:04	5:09
San Diego	4:42	4:42	4:44	4:47	4:52
San Francisco	4:50	4:50	4:52	4:55	4:59
San Jose	4:49	4:49	4:51	4:54	4:59
Santa Rosa	4:50	4:49	4:51	4:54	4:59
Sunset Beach	4:50	4:50	4:52	4:55	5:00
Thousand Oaks	4:50	4:50	4:52	4:55	5:00
Tucson	5:18	5:18	5:20	5:24	5:28

[N]=Northernmost [S]=Southernmost [E]=Easternmost [W]=Westernmost point in the Pacific Union

"So there remains a Sabbath rest for the people of God." Hebrews 4:9

Alba, Jordan Baker, Davidian Charisse, Debora De Amorim, Jack Dot, Tina Flores, Roger Frias, Eliminated Fura, Edwin David Glover, Susan Guy, Russell Louis Harmon, Jeffrey Scott, Sandra Lee Hernandez, Sherie Kay Horner, Pascal Kapumpu, Gladys Kennell, Armando Lopez, Sandra Marks, Michelle Martineau, Victoria Louise McDonald, David Morehead, David Keith Morris, Agnes Mutezimana, Daphne Joy Neuenheim, Christopher Tuan Nguyen, Kimberly Meylin Orellana, Jerri Ortega, David Scott Phelan, Christin Denise Porter, Yong Rainey, Christiana Rattay, David Register, Vuki Rokorasei, Claudia Santellano, Cailin Patricia Scaglione, Glen Alexander Simmons, Ramona Stanciu, Cosmin Stanciu, Derise R. Suggars, Reza Tali, Daniela Tank, Sheila Turpen, Guerin Wade, Augusta Williams, Doug Williams.

## At Rest

**Barrett, Emmy Lou (Poss)** – b. Sept. 11, 1952; d. Sept. 14, 2022, Taft, Calif. Survivors: daughter, Kimberly McClanahan; two grandchildren.

**DeGroot, Jacqueline June** – d. Sept. 17, 2022, Longmont, Colo. Survivors: son, Don DeGroot; daughter-in-law, Raquel; niece, Erika Lorenz; two grandchildren. Jacqueline taught religious education at Broadview Academy and Calexico Mission School and worked as dean of girls in several boarding academies.

**Goans, Ronald** – b. Aug. 28, 1943, Modesto, Calif.; d. July 6, 2022, Lodi, Calif. Survivors: wife, Diane; sons, Kevin, Jason; six grandchildren; five great-grandchildren. He served for many years as a faithful deacon for the church.

**Lukens, Rosemary Carol (Pierson)** – b. Aug. 8, 1940, Wichita, Kan.; d. July 25, 2022, Bolivar, Mo. Survivors: sons, Phillip Lambert, Nolen Lambert; two grandchildren; four great-grandchildren. Rosemary worked as a radiation therapist for over 40 years. She served her church as a deaconess and in the children's divisions.

**Manuel (Dunken), Carol** – b. March 12, 1943; d. July 20, 2022, Redding, Calif. She attended Pacific Union College and Walla Walla College.

**Martin, Russell** – b. Oct. 8, 1927, Manitoba, Canada; d. June 1, 2022. Survivors: wife, Alberta; son, Bradford; daughters, Kerry Montgomery, Kelly Smith; seven grandchildren. He joined the Royal Canadian Navy at age 17 and fought in WWII and the Korean War.

**Orr, Gail** – b. June 10, 1950; d. Sept. 29, 2022, Savannah, Ga. Survivors: sisters, Joyce Orr Washington, Linda Orr DeLoach; six nieces and

nephews; many grandnieces and grandnephews. Gail worked for the church as a teacher, guidance counselor, and vice principal in California and Washington State.

**Rhynus, Edith** – b. May 16, 1927, Poughkeepsie, N.Y.; d. Sept. 21, 2022, Loma Linda, Calif. Survivors: son, Roland Rhynus Jr.; daughters, Rolinda Luevano, Cynthia Halladay; four grandchildren; ten great-grandchildren; two great-great-grandchildren.

**Rhynus, Linda** – b. July 25, 1947, Poughkeepsie, N.Y.; d. Aug. 7, 2022, Loma Linda, Calif. Survivors: siblings, Rolinda Luevano, Cynthia Halladay, Roland Rhynus Jr. She enjoyed 40+ years working at Loma Linda University.

**Ruiz-Hall, Tanya** – b. 1972; d. Sept. 22, 2022, Kauai, Hawaii. Tanya was member of the Lompoc church.

**Shankel, Stewart** – b. Oct. 3, 1931, Lacombe, Alberta, Canada; d. Sept. 29, 2022, Loma Linda, Calif. Survivors: spouse, Joyce; sons, Stewart, Jeffrey; daughter, Marti Ward; sibling, Clinton Shankel; six grandchildren; two great-grandchildren.

**Sharman, Alice** – b. Jan. 22, 1924, Calif; d. Aug. 20, 2022, Calif. Survivors: sons, Daryl, Don; daughter, Kathy Melgar; 13 grandchildren, 11 great-grandchildren. Alice devoted her life to helping children as a mother, teacher, and through the children's ministries at church. As a minister's wife, she was very active in the church, well known for her blacklight drawings at evangelistic meetings.

**Stephens, Ted** – b. May 21, 1930, Loma Linda, Calif.; d. July 25, 2022, San Juan Bautista, Calif. Survivors: wife, Geraldine; sons, Doug, Greg, Mark, Kent; stepson, Rob Tucker; stepdaughter, Janelle Hillard; 13 grandchildren; 10 great-grandchildren; five great-great-grandchildren. As a member of the Hollister church for 61 years, Ted made many trips overseas as a volunteer dentist.

**Unterseher, Calvin** – b. Feb. 21, 1925, Dupree, S.D.; d. Sept. 14, 2022; Lodi, Calif. Survivors: son, Gary; sister, Darleen Frankie; two grandchildren; two great-grandchildren. He taught English for many years in our academies in Hawaii, Modesto, Newbury Park, Fresno, and Lodi.

**Wein, Berniece Norene (Houck)** – b. May 13, 1928, Lake of the Woods County, Minn.; d. Jan. 25, 2022, Modesto, Calif. Survivors: son, Daryl; daughters, Jan Moorehouse, Pati Tresenriter; six grandchildren; one great-granddaughter. She spent much time volunteering as church clerk and in community services at Modesto Central church.



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