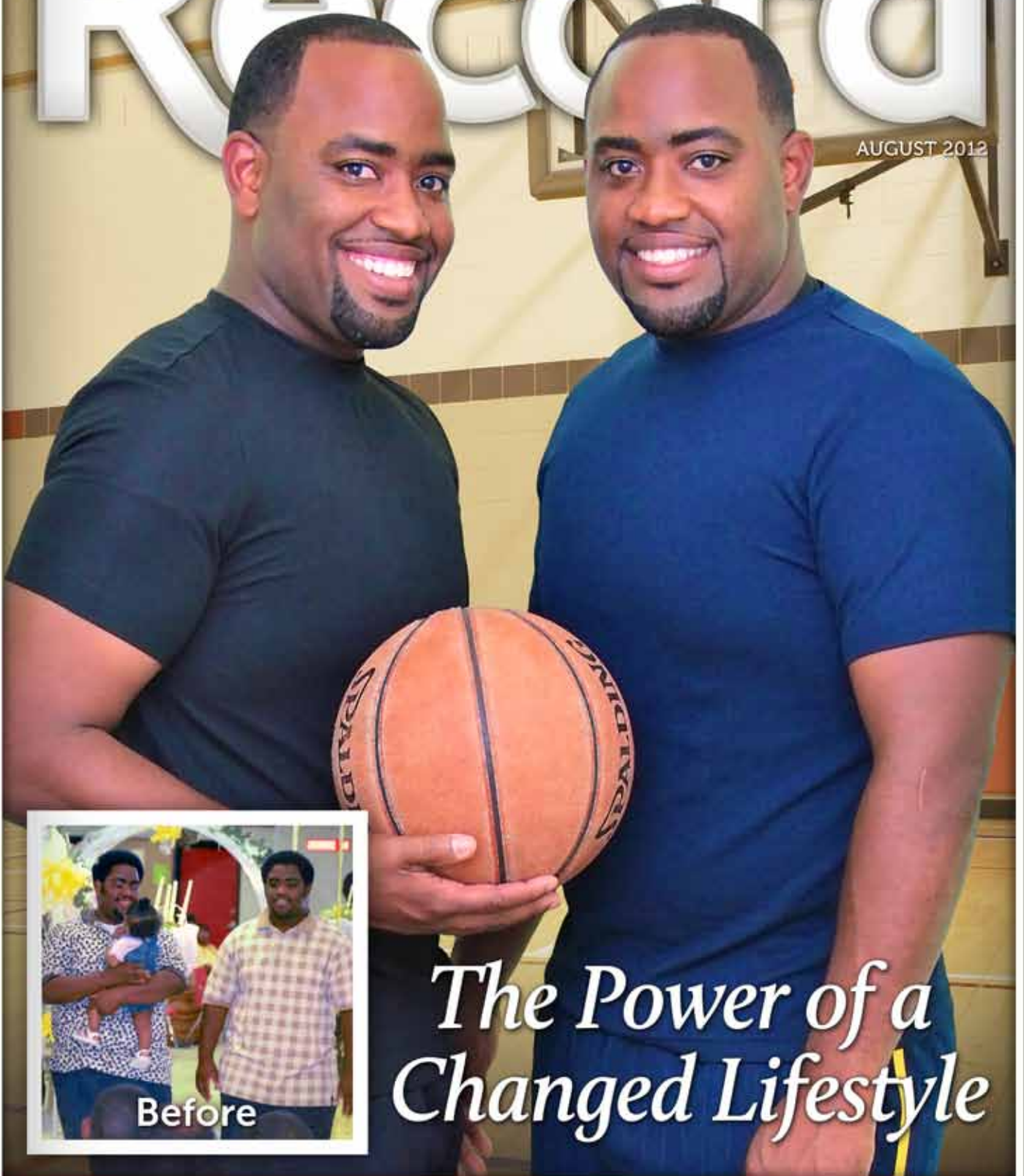


SOUTHWESTERN UNION

Record

AUGUST 2012



*The Power of a
Changed Lifestyle*

HEALTHFUL LIVING MAKES A DIFFERENCE!



8

A BATTLE TWICE WON

CHEW ON THIS

10



Adventist pastor and chef runs his own restaurant serving healthy, vegan food

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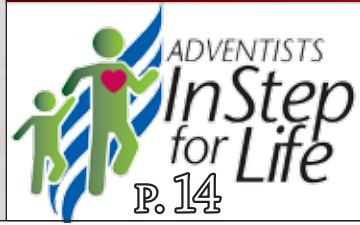
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A "SMART" WAY TO EVANGELIZE—P. 12

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On the Cover

Featured on this month's cover are Herman and Sherman Smith of the Westbank United Adventist Church in New Orleans. Known as the "Subway Twins," the brothers were featured in an advertising campaign for Subway restaurants after having lost more than 200 pounds combined. A major setback following Hurricane Katrina resulted in a relapse during which they gained the weight back, but with God's help and determination, they not only got "back on track," but are helping others to reach their weight loss goals, as well. Read their inspiring story inside. [Photo by David Richardson]



Point of View»

BY LARRY MOORE » SOUTHWESTERN UNION CONFERENCE PRESIDENT



Health—A Wonderful Tool for Sharing

Achieving and maintaining optimal health has never been more in vogue than it is today. Everywhere you turn, there are seminars, advertisements, TV and radio programs, and other types of media touting the benefits of following a healthy lifestyle. Seventh-day Adventists have long recognized that the Bible and Spirit of Prophecy counsels on health will benefit us immensely if we follow them carefully. These sources are credible and balanced in their approach to healthful living. Now, modern science substantiates what we've known for years.

When my family decided to follow a vegetarian lifestyle, it was considered to be a little strange by our extended family and friends. It was difficult to eat out because choices were limited. Our former church family, the pastor included, could not understand why we would become vegetarians. They could only shake their heads in disbelief. Now, however, the vegetarian lifestyle is practiced by many people, and opportunities abound for dining out.

I don't know where my former pastor stands today with regard to the vegetarian diet, but let me tell you a little story that illustrates how things change. A few years ago, I was on a plane headed to Israel. A pastor from the denomination that our family had left was seated next to me. When the meals were served, he saw my tray with a vegetarian entrée and said, "That really looks good to me. I wish I had ordered the veggie option!" I smiled inwardly, thinking about my experience years before when my family and I switched to a vegetarian diet.

Certainly, when it comes to practicing good health, there is more involved than simply what we eat. There are many more aspects of health that we should be aware of and help

others to understand. Sharing what we have learned about health with others can be an important tool we can use to make friends for eternity. By introducing people to principles of healthful living *and* to the One who can give them abundant life now *as well as* eternal life, we are doing the very work we have been called to do. This issue of the *Record* contains a wealth of information that will be a blessing to you and those you share it with. May God bless you with great health and many opportunities to share!

Larry Moore





CREATION Health

BY LYNELL LAMOUNTAIN » SENIOR MANAGER OF MISSION DEVELOPMENT, FLORIDA HOSPITAL

Five Things You Don't Know About Water

A close family member of mine does not care for water, or any other liquid for that matter (yes, I'm calling you out, Mom).

If I believed in reincarnation, I could be convinced that she was a camel in a former life. On a good day, she might drink four glasses of water. I, on the other hand (insert smug tone), drink close to a gallon.

Water is awesome. Here are five amazing things about water that I think you will love hearing:

1. Falling water, whether from a waterfall, creek, or a rain shower, gives off negative ions. So? Well, research reveals that breathing in these negative ions boosts our immune system, and has a tranquilizing effect on our mood.

2. Hydrotherapy—something as simple as a hot bath—reduces the stress hormone cortisol. Additionally, in a German study conducted in Bavaria, researchers explored the positive effects of hydrotherapy and found that it triggers a significant increase in lymphocytes, which aids the immune system in better fighting off disease.

3. Adequate water intake reduces the risk of three of the four most common cancers: breast, large bowel, and prostate (but not lung cancer). Drinking at least five glasses of water daily may reduce the risk of colon cancer by 45 percent in women, and 32 percent in men compared to people who only drink two or less. And, get this: drinking enough water daily can reduce the risk of breast cancer by 79 percent in post-menopausal women and 33 percent in pre-menopausal women.

4. Water can decrease your risk of stroke and heart attack. When dehydrated, our blood is thicker and likelier to clot, which increases our risk of stroke and heart attack. One epidemiologic study demonstrated that heart attack risk decreased about 50 percent in

people who drank at least five cups of water daily.

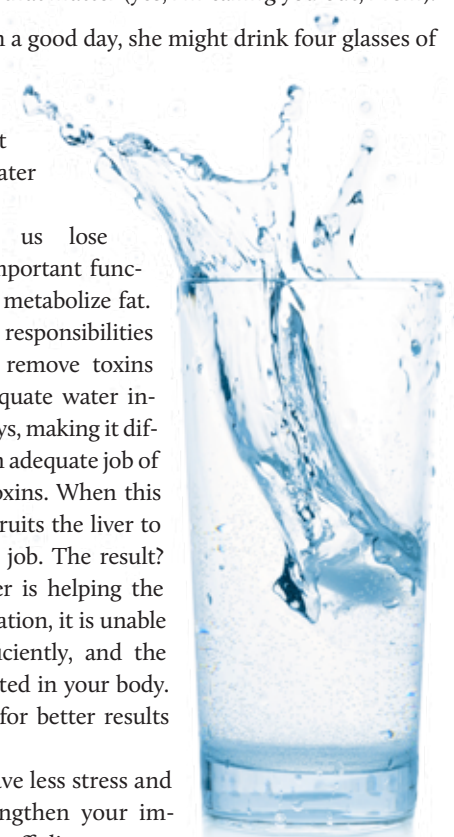
5. Water helps us lose weight! One of the important functions of the liver is to metabolize fat. And one of the main responsibilities of the kidneys is to remove toxins from the body. Inadequate water intake stresses the kidneys, making it difficult for them to do an adequate job of ridding the body of toxins. When this happens, the body recruits the liver to assist in this essential job. The result? Well, because the liver is helping the kidneys with detoxification, it is unable to metabolize fat efficiently, and the “leftover” fat is deposited in your body. So, drink your water for better results on the scales!

If you want to have less stress and feel calmer, *and* strengthen your immune system to fight off disease more effectively while reducing your risk of three of the four most common cancers, *and* decrease your risk of stroke and heart attack, *and* have help in losing or maintaining a healthy weight, then make the adequate usage of water a part of your daily lifestyle (*Mom*).

So play in the water, relax in the water, enjoy the mood-enhancing ionizing effects of water by visiting a waterfall, bubbling brook, the ocean, or by taking in a gentle summer rain shower, and drink at least eight to ten glasses of water daily.

You will feel better, stronger, and happier, and your body will function at its best.

Now if you will excuse me, I'm going to get a glass of water, because writing this article has made me *very* thirsty. In fact, why don't you join me?



- C** Choice
- R** Rest
- E** Environment
- A** Activity
- T** Trust
- I** Interpersonal RELATIONSHIPS
- O** Outlook
- N** Nutrition

CREATIONhealth.com

Lynell LaMountain writes from Florida Hospital in Orlando, Fla.



Lead Your World»»»

BY PAUL HUNT » PASTOR, ACTS TWO CHURCH, PLANO, TEX.



Break Something!

There's an amazing story of a man with a crippling disease who is blessed with four astounding friends. When these men get wind that there is someone who could provide a miracle cure, filled with hope and zeal, they literally carry their broken friend to meet Him. When they get to the location, there is a serious obstacle. The place is so overcrowded they can't get in through the doors or windows. Instead of becoming frustrated and leaving, they do something a little outrageous. Mark 2:4 puts it this way:

"They couldn't carry him through the crowd, so they tore off part of the roof above where Jesus was. When they had made an opening, they lowered the mat on which the paralyzed man was lying" (CEB).

The action of these men was not just unconventional, it was daring. Some might say it was borderline *criminal*. Who breaks through a roof to get a friend the help they need? History tells us that although their action was shocking, it was 100 percent effective! Think for a moment, What would have happened if they simply followed normal standards of behavior and just left? If nothing else, this story teaches us that we should never take health for granted and that we should be aggressive about maintaining it, or when necessary, getting it back. Break something!

A great deal of information and advice about being healthy can be easily accessed today, but what do we mean when we use the word "health?" Does health have anything to do with leadership?

The basic meaning of health is not just an absence of physical disease, but includes other areas of our lives, as well, including mental, emotional, and spiritual. Perhaps the best definition of health was coined more than 60 years ago in the official records of the World Health Organization. It stated that, "Health is a state of complete physical, mental, and social well being, and not merely the absence of disease or infirmity."

This definition has not changed since 1948, and it rings true in the story of the man lowered through the roof to meet Jesus. Interestingly, the first thing Jesus says to this broken person is, "Child, your sins are forgiven" (Mark 2:5, CEB). Why didn't Jesus simply say "be healed" in that situation?

An essential part of leading our world is taking charge of our total health—our mental, physical, emotional, and spiritual worlds. In fact, our capacity to lead others is built on a foundation of wholeness in not just one, but all areas of our life. Now we can certainly get away with being proficient at the tasks of life for a

while, but our physical condition will affect our mental and emotional state. Imbalance in any of these important areas will limit our capacity to deal with stress, make sound moral judgements and lead our world responsibly.

The truth is that while we may strive for health, we will all meet with illness at some time. We will experience the shock, fear, and uncertainty it brings, but there are at least four self-leadership lessons we can learn from the story of the broken man:

First, the four friends were alert and active when they found out that Jesus could provide a cure. Never be ignorant on the issues and lifestyles that can promote health.

Second, when they met with obstacles, the four friends didn't politely give up, they got radical! Roadblocks to good health in life are inevitable. Be persistent and open to break with old patterns of thinking and behavior in attempting to restore your health.

Third, Jesus admired the great faith He saw—faith requiring the kind of action displayed by these faithful friends. They did what was necessary to see their broken colleague made whole. In fact, they broke something. Whether attitudes, lifestyles, habits, or ideas, you may have to break something, too. Faith in God is the foundation for health and healing. Act on your health today and, where possible, help others.

The final lesson we learn when Jesus speaks directly to the heart of the sick man. "Child, your sins are forgiven!" When faced with challenges to your health, Jesus wants more for us than a healthy body. Seek for more than physical relief; what good is health without inner peace, freedom from sin, and the acceptance of God?

Good health takes self-leadership—there are no shortcuts! Why not take a cue from the great friends in this ancient story? But, be warned, you may have to get radical and "break something" to get full access to God.

Paul Hunt writes from Plano, Tex..



Pass it On...

A Monthly Focus on Evangelism in the Southwest

BY GINA JENKINS » HEALTH MINISTRIES LEADER, FORT WORTH FIRST CHURCH

Power for the Journey

A few years ago, the Fort Worth First church's pastor, Tyler Bower, introduced the idea of inspiring community through small groups, and he wrote a handy how-to book that explained the steps to get the ministry off the ground. The seed he planted grew in my heart far beyond our initial small group experience. We tried it at our church, but for some reason, one by one our small groups fizzled out. Whatever the reason, I was left with many questions.

While attending one of Errol Bryce, M.D.'s seminars, presented for his patients and the community at Baylor All Saints Medical Center, we had the opportunity to experience the benefit of dividing the class into small groups. Since it was a six-week workshop, we had time to bond, and the small groups were a real comfort to each of us. One of the ladies in our group made a comment that she didn't know what she was going to do after the seminar was over. All of us in the group felt her sentiment, and the idea of having care groups in the community for continued health support was born. I soon realized that small groups must consist of new individuals coming in from the outside, non-church members adding new life in order to grow and multiply.

After another weekend seminar conducted by Bryce at the Fort Worth First church, we attempted to start up the small groups again. We invited individuals from our cooking classes, health movie night, or anyone who had a health problem. I invited people from the YMCA, my Toastmasters Club, and other friends that I'd met over the last year. We started the groups, but only one of the small groups grasped the concept and was able to hang on.

As I continued through this process, I realized several things.

First, there has to be an atmosphere of genuine hospitality where bonding takes place among members; an atmosphere that would cause individuals to buy into their own need for the group, one that gives group members a desire to return. Second, there should be a specific process in place that helps members be successful in bringing in new individuals so the groups will grow. Finally, a critical step is to teach health principles in such a way that leads to members' success. Life buddies and weekly reporting systems help keep individuals accountable for their actions and give them a reason to come back to each meeting.

At one particular meeting, we had a Jewish couple invite their friend, who was also Jewish. The friend shared with the group that she had read two books by Ellen G. White, one called *Counsels on Diet and Foods* and the other *The Ministry of Healing*. She told the group that she had read both of these books from cover to cover and she highly recommended them. I could not have advertised this better and I thanked God for that. Even though our

meetings are not Bible studies, I feel that we can invite these individuals to other events and evangelistic series with success.

I have written a bonding song for our small group called "Power for the Journey." We sing it each time we meet, and it reminds me that our churches can explode with new growth in a short period of time if we learn to work with this method properly. The key is having all leaders and facilitators recognize that it is more about their relationship with God than anything else. You must have a close relationship with God and love the people so much that they fall in love with Jesus.



When health issues are overwhelming, New Steps Care Groups provide loving support and friendship, the key to maintaining long-term fitness and health.



De Joyeros a Joyas

Mi esposo Pedro y yo éramos una familia católica y teníamos casi todo; una joyería, muchos clientes, amigos y cinco hijos. Sólo nos faltaba la salud física. Yo tenía una salud muy frágil y después de visitar a muchos médicos, ninguno encontraba solución a mi caso. Tenía graves problemas en el corazón, baja presión arterial (hipotensión) y vivía mareada al punto que tenía un acompañante para salir por si me caía o perdía el sentido. A mis 28 años de edad pasaba los días sin alivio. El último médico al que consulté me sugirió “le pagara a una ayudante, que yo sólo servía para estar sentada como observadora por que no valía para nada mas.” Un día me enteré que una persona se había curado sólo dejando de comer productos de carne animal. De inmediato le propuse a mi esposo Pedro que dejásemos de consumirlos. Al principio él no quería pero lo convencí y empezamos. Nuestra vida social nos retiró de la iglesia y hasta perdimos el hábito de orar por los alimentos. A la semana de cambiar nuestra dieta los dos nos sentíamos físicamente mejor y volvimos a pedir la bendición por los alimentos, ¡Que maravilla, el Espíritu Santo impartió salud física y espiritual!

A los dos meses nuestra salud estaba fortalecida y pensamos que si era bueno para nosotros sería bueno para nuestros hijos. Una amiga nos informó de un hombre que podría prestarnos la ayuda necesaria para compartir el mensaje y nos aclaró que era un poco raro, un adventista. Todo esto fue motivado por la falta de salud, no sabíamos que faltaba el Cristo verdadero que encontramos en la palabra de Dios. Cuando conocimos a ese hombre y su familia todos eran vegetarianos. Dios iluminó a ese colporteur quien nos habló maravillas de la palabra de Dios durante la visita. Antes de irnos compramos unos libros y una Biblia.

Lo primero que hicimos al llegar a casa fue tratar de leer la Biblia, pero tuvimos que pedir la ayuda del colporteur. El

vino a darnos el primer estudio sobre la inspiración de la Biblia. Le dijimos que nosotros creíamos que era inspirada por Dios, el cura cuando la leía siempre decía “Palabra de Dios.” Entonces nos preguntó si queríamos estudiar los 10 mandamientos. Claro que si, le dije. Todo iba bien hasta que leí el segundo mandamiento, era diferente al del catecismo, y le dije a mi esposo “Pedro ¡tenemos que dejar la joyería! no podemos hacer imágenes y tu no sólo las haces, sino que también ¡las vendes!” Después de leer el cuarto mandamiento dije, “Pedro tenemos que ¡cerrar la joyería el sábado!” A todo esto el colporteur estaba atónito y propuso si queríamos hacer el estudio del sábado. Al final del estudio oramos y antes de partir le pregunté al colporteur, ¿De qué viven los curas de tu iglesia?, el respondió “otro día seguimos.” Yo le insistí, ahora. Después de tener el estudio del diezmo quedamos encantados y desde ese día ¡regresamos el diezmo, dejamos la joyería, y guardamos el sábado con la salud renovada que Dios nos a brindado por mas de 40 años!

El Padre celestial busca la salud completa de sus hijos tanto física como espiritualmente y te guiara en esta búsqueda.

Laura Azor Angulo y Rocío Alejandra Rodríguez



Laura Azor Angulo y Pedro Peralta Subias eran joyeros, pero cerraron su tienda cuando encontraron la verdad del Sábado.

A BATTLE TWICE WON!

“Subway Twins” lose 215 pounds, and after a major setback, do it again!

Pablo Colindres

Our choices make us who we are. In New Orleans, two brothers—twins, actually—embraced that ideal and made a serious change in their lives. Meet Herman and Sherman Smith, otherwise known as the “Subway twins.”

The Smiths’ success story is somewhat legend already. By the time they graduated high school, each weighed in at 300 pounds or more.

Today, both twins are avid spokesmen for the health message and even direct a fitness boot camp, “En-Lighten Up!,” designed to help others to take hold of their fitness.

However, this journey was not easy. Anyone who has endured workout DVDs and impossible diets can attest to the fact that keeping the results is sometimes harder than the actual regimen. How did they do it? Recently I had the privilege of interviewing them to get the full story.

Growing up in New Orleans, life for the Smith twins was filled with pick-up basketball games, school, football in the park, and church. “We sang in church and sometimes took part in the services, as well,” said Sherman Smith.

Herman added, “We kept away from the center of attention so as



not to be exposed.” Sherman finished his twin’s thought, “We accepted certain dreams as just that—dreams. We knew that we couldn’t slam dunk a basketball, for example.”

“We knew it was bad, but we came to accept it as the norm.”

Then, their mom’s plea changed everything.

“She came in crying, and we were watching TV with trays full of food. All she said was, ‘My doctor told me to lose weight—I need your help!’ ”

“We looked at one another, both thinking the same thing: what do you want *us* to do?”

So they devised a plan: At breakfast, lunch, and dinner, each of them would cook a healthy meal. “Easier said than done,” they reminisce. They would also walk a local trail, going further as they got fitter. All they needed was a way to get only 2,000 calories a day.

The plan almost fell apart as soon as it started. One day at the Honda dealership where they worked, each thought the other brought lunch. There were two options: bypass lunch, or head to Subway. The rest, as they say, is history. Thanks to their diet of Subway sandwiches and walking, they ended up losing a combined 215 pounds, earning them a slot on the Oprah

Winfrey show.

During that interview, they received a wake-up call from none other than Oprah herself. “Guys,” she told them on national television, “Subway every day, water, walking—you’d better add new things to your routine or you will be back to where you came from!”

Herman admitted, “We didn’t really know exactly what she meant then, but it soon made sense.”

In September of 2005, Hurricane Katrina hit, and the Smith family found themselves relocated in Houston.

“Frankly,” they agreed, “the last thing on your mind in times like those is ‘Where is the nearest walking trail?’ ”

Relapse came quickly. “It was so easy, and somehow, it felt comfortable being overweight again,” said Herman. Sherman agreed and added, “We justified it in our minds by downplaying it. When we hit 220, we said, ‘at least it’s not 230,’ and so on.”

Living away from home and not knowing whether they would be able to go back at all re-shuffled their priorities. The only thing that they thought about was living for the moment.

“In the meantime we got jobs at a car dealership and a car wash. We looked for places to live. We honestly did not care much to find a health routine,” they admitted.

This experience made them realize that relying on God is fundamental.

“We’re not blaming our relapse on Katrina—our lack of discipline came from us and us alone,” they admit. Their “eureka” moment came in church one day.

Both stayed active in the church, as they had been in New Orleans. They sang at services and even went up to preach a couple of times. Even so, something just didn’t feel *right*.

Said Sherman, “We were only *doing* church—being lazy Christians.” He continued, “Then God spoke to me very clearly. He told me, ‘Son, your physical being is a tangible reflection of your spiritual being.’ I was shocked.”

“Where we were heading scared us,” he added. “We knew what it was to be this unhealthy; we didn’t want to go back—as comfortable as it felt.” Both brothers knew that God’s admonition was true. Herman described it as a matter of love. “We love God,” he said, “and we love our relationship with Him too much for it to be undermined by our own bad choices. We are blessed.”

This time around, though, they added new components into their routine. No longer relying on Subway sandwiches and walk-



Herman and Sherman Smith before losing 215 pounds through a major healthy lifestyle change.

ing, they went to a program designed to help people lose weight. They found they had more success together than apart. Eventually, they also moved back to New Orleans.

God was vital to their transformation. “Faith,” explain Herman and Sherman, “is like health. You have to dedicate time to it. You have to work hard to see it grow and get better. You have to work to have a healthy relationship with God.”

When they had gotten back in shape, they won-

dered how they could share what they knew instead of keeping it to themselves.

They decided to start En-lighten Up! For the Smith twins, it’s information that makes the difference.

Many people don’t know that “diets” just don’t work. It’s a combination of healthy meals and a good exercise regimen, and a strong mind and relationship with God that really delivers results. Yet many Americans diet every day—in fact, according to *Time* magazine, the number one broken New Years’ resolution is “lose weight and get fit” and number four is “eat healthier and diet.”

“The desire to be healthy abounds. But the public is misinformed,” explains Herman. En-Lighten Up doesn’t just give a diagnosis—it gives those who participate the means to fight their problem.

Their main focus? Herman and Sherman explain it best: “We try to teach that health is three-fold: you have to be mentally in shape, spiritually in shape, and physically in shape. You can be physically fit, but mentally overweight and all that leads to is temporary results.”

So far, more than 150 people have registered for the En-lighten Up! program, and in conjunction with the Justice and Police department of New Orleans, more than 80 youth, ages 12-18, are now benefitting from the program that meets three times a week. They also travel cross-country, teaching these principles wherever they go.

In all this, God’s leading has been spot-on. He used a mother’s plea to wake up Herman and Sherman. He turned Katrina into a learning experience for them. What makes the difference is the attitude we take toward His guidance.

You can find out more about Herman and Sherman’s journey and En-lighten Up! at <http://www.facebook.com/Subwaytwins> or e-mail them at hssubwaytwins@gmail.com.

SOMETHING TO CHEW ON

Franklin Morris

Adventist pastors around the globe share plenty of “food for thought” with their congregations on any given Sabbath, but G.W. Chew, pastor of the Fayetteville, Ark., church is giving people a bit more to “chew on.” In December of last year, G.W. and his wife, Tina, opened Something Better, a restaurant offering healthy, vegetarian, gourmet food in downtown

Fayetteville. The restaurant also sells its own line of mock meat and health food products. Since its opening late last year, the restaurant has become a local favorite for vegetarians and non-vegetarians alike. It’s also garnered much local media coverage. The Chews, however, see the restaurant as more than a successful business—it’s also a ministry.





Pastor G.W. Chew, who owns and prepares food at his vegan restaurant, Something Better, presents a well-attended cooking class at his restaurant (previous page) and at a home (above).

where G.W. had been called to pastor by the Arkansas-Louisiana Conference, and to an unexpected opportunity to pursue evangelism through restaurant work.

At a time when various lifestyle diseases--those caused mainly by a lack of proper nutrition and a deficit of exercise--are the number one cause of death in the nation, restaurants such as Something Better have a special opportunity to offer just that—something better.

Besides offering a healthy place to eat, the Chews offer cooking classes and literature to those who are interested. They also offer personal health consultations and meal plans for customers who are looking for a better lifestyle.

Earlier this year, the restaurant began offering a lifestyle challenge to the community. What began as a “30-day

G.W. is clear on this point. “Ellen White said the conversion of souls is the one aim and object of restaurant work,” he says. (*Manuscript Releases, vol. 8, p. 171*). “Soul winning is why we’re here. The restaurant is a great tool for connecting with people, really becoming friends and giving them opportunities to ask us questions.” He says that by becoming a true resource and friend to the community, the door has been opened to evangelism.

“One of the easiest ways for us to witness is that we close on Saturdays,” says Tina. “In the restaurant business, Saturdays are big days, so people are always asking why we’re closed. It gives us an easy opportunity to share about the Sabbath and our beliefs.”

The Chews, who humorously refer to themselves as Chefs Chew and Chew, believe that the Adventist church has been commissioned to reach out to the community through the teaching of good health practices. Recently married, the Chews each feel that they have each been led to the health ministry, to each other, and to the restaurant work.

Tina says that as a colporteur, she had noticed a lot of people with common ailments and lifestyle diseases, and wished she had something more to offer them. G.W. also spent time as a colporteur and, along with others, had experimented with creating vegetarian alternative products. He had also opened a vegetarian restaurant in Maryland, which taught him quite a bit about running a business. These experiences led them on a journey to Fayetteville,

health kick start” quickly became a more relevant, 60-day lifestyle and personal growth challenge that included cooking and lifestyle education classes. Something Better’s challenge has now partnered with Sanare Life and Nyse Collins, a culinary expert featured on 3ABN, to include a before-and-after health check that shows the participants how far they’ve come.

In the initial class, 25 people with chronic illnesses, including diabetes, hypertension, and obesity accepted the challenge. G.W. shares that there were many success stories, including that of one man who lost 30 pounds and had stabilized his blood pressure by the end of the challenge.

Another major part of the ministry for the Chews is training others to duplicate their work. In addition to their other responsibilities, they are also operating a program called Missionary Chefs, and have taken on three chefs to teach them how to recreate the business and evangelistic success of Something Better. The program will be ongoing, and the Chews hope to be able to train all who desire to do the work.

The Chews say the restaurant business is not easy—“you have to like hard work,” says G.W. “It’s not just cooking good food—there’s a lot that goes on behind the scenes, including cleaning and thinking about finances.” However, they say that the venture was God-led, and for that reason, the restaurant and its soul-winning endeavors have been successful.



A “SMART” WAY TO EVANGELIZE

Neil Nedley, M.D.

Our family spends one week every year enjoying one another’s company while skiing, snowboarding, tobogganing, or doing other winter recreational activities. One year we invited other families with kids around our own children’s ages (ages 8 through 20) to come along. Together we rented a house in Bachelor Gulch, Colo., at the Beaver Creek Ski Area near Vail, Colo. We had been in this area once before, and had shared the chair lift rides up the mountain with some very influential and even some famous people, such as CEOs of Fortune 500 companies, major league baseball pitchers, university presidents, and politicians.

In preparation for this one-week event, I remembered this quote from the pen of Ellen White: “We talk and write much of the neglected poor; should not some attention be given also to the neglected rich? Many look upon this class as hopeless, and they do little to open the eyes of those who, blinded and dazed by the power of Satan, have lost eternity out of their reckoning. Thousands of wealthy men have gone to their graves unwarned because they have been judged by appearance and passed by as hopeless subjects. But, indifferent as they may appear, I have been shown that most of this class are soul-burdened. There are thousands of

rich men who are starving for spiritual food. Many in official life feel their need of something which they have not” (*Counsels for the Church*, p. 70).

She tells us that this class will rarely, if ever, attend an evangelistic meeting, but must be reached by personal effort, a great avenue being our health message and medical missionary work.

After consulting with my wife, Erica, my sons, and our invited friends, we decided to put on a two-night series called “Optimize Your Brain” at the Ritz Carlton Hotel. The meeting room was discounted, since it was just before Christmas. We printed out a few posters, carried brochures up the mountain, and handed them out to our chair lift or gondola partners, after striking up a conversation with them about the meetings. We all went up in the singles line, as we could get up the mountain faster, which also left more room for chair lift companions (usually three) to hear the message. There were at least several minutes for conversation, and there was no place these companions could run to, at least not without serious injury! The day the meetings began, the local Vail television station interviewed me on the morning news.

On the first night, when we presented the topic “How to Enhance Your I.Q.,” more than 50 people took time out from their family vacation get-togethers and their last-minute holiday shopping to come to the meeting. They were all extremely wealthy, so could they have been among the “neglected



Top right: Neil Nedley, who presented the “Optimize Your Brain” seminar during a family ski trip with his wife Erica, who organized the event.

► The six families involved in the seminar. Many of the participants attended because of the young members’ personal invitations.

◄ The Nedleys at the chair lift, just before splitting into different groups to distribute neatly folded brochures inviting participants to a seminar on optimizing brain function.

rich”? Some brought their teenage children and sat them on the front row, hoping they would apply the knowledge received and get into Ivy League schools. They listened intently for 90 minutes as the role of each lobe of the brain was discussed. They were spellbound when we discussed the frontal lobe of the brain, the seat of spirituality, morality, the will, and good decision-making. They heard about the adverse role of drugs, alcohol, and caffeine on frontal lobe function. They heard about the positive role of many plant-based foods, and the negative role of meat—a carbohydrate deficient food. The role of hypnosis, entertainment television, and movies, and syncopated rhythm rock music in decreasing frontal lobe function and mental abilities was revealed. The positive role of physical exercise, working with your hands, listening to melodious hymns or classical music, and the practice of “early to bed—early to rise” were presented. Then studies on “circaseptan” the seven-day rhythm and how to take advantage of that with a “Sabbath” were presented. Finally, the roles of Bible study, developing kindness, and self-sacrificial love on the frontal lobe were discussed. Each point was backed up by a recent peer review scientific study. At the end, modern, live case studies with results were shared. Each audience member sat with rapt attention,

so much so that I lost track of time, and told more applicable stories. I then apologized for keeping them the entire 90-minute time period and told them they were free to leave, and that those who desired could stay by for questions. Not one person left, and they pumped me for questions for

another 30 minutes. Even the teenagers were inquisitive. I spent about 10 minutes answering questions and helping them to understand circaseptan and the Sabbath.

The next night, I presented “How to Enhance Your Emotional Intelligence” to an even larger group (more than 65 people). Concepts such as managing your emotions, recognizing emotions in others, managing relationships with others, and self-motivation to achieve goals were discussed. Case studies from Scripture illustrating distortions in thoughts and low E.Q. were shared, along with case studies of those with high E.Q. and their accompanying true non-distorted thoughts. Again, the participants were spellbound. They wanted even more!

With all the interest demonstrated by mostly secular people, who are rich with this world’s goods, in improving the ability of their brains, perhaps we as Christians should be even more interested in this vital subject. After all, we are told, “The brain nerves which communicate with the entire system are the only medium through which Heaven can communicate to man, and affect his inmost life. Whatever disturbs the circulation of the electric currents in the nervous system, lessens the strength of the vital powers, and the result is a deadening of the sensibilities of the mind” (*Counsels on Health*, p. 616).

The last two nights we invited those with the most interest over to our vacation rental house for for a cooking school, supper, and additional information on “Nutrition and the Brain.” Seventeen people came two nights before Christmas to spend the evening with us for food, fellowship, and useful nutritional data. We then got brave and invited them back on Christmas Eve, Friday night, for a frontal lobe enhancing exercise (reading and commenting on scripture) and frontal lobe enhancing music with the opening of the Sabbath. Several broke away from their families and came, thoroughly enjoying the evening. More people would have attended, had it not been Christmas Eve.

Proverbs 8:11 says, “Wisdom is better than rubies, and all the things that may be desired are not to be compared to it.” Ellen White writes, “The Lord has given man capacity for continual improvement, and has granted him all possible aid in the work. Through the provisions of divine grace we may attain almost to the excellence of the angels” (*Mind, Character, and Personality*, vol. 1, p. 9). That is my desire, what about you?

Neil Nedley, M.D., is a specialist in internal medicine and author of *Proof Positive: How to Reliably Combat Disease and Achieve Optimal Health Through Nutrition and Lifestyle*, and *Depression: The Way Out*.

If you are interested in learning more about how to optimize your brain, there will be an Emotional Intelligence Summit in the Dallas area in February 2013. Feel free to invite your friends and neighbors. To learn more, contact the Nedley Clinic at 580.226.8007 or log on to www.dnedley.com.



ADVENTISTS IN STEP FOR LIFE!

Katia Reinert, MSN, CRNP, FNP-BC, Director, Adventist Health Ministries

When Jesus was here on earth, He gave us a wonderful example of how to reach people. “Christ’s method alone will give true success in reaching the people,” says the inspired writer. “The Savior mingled with men as one who desired their good. He showed His sympathy for them, ministered to their needs, and won their confidence. Then He bade them, ‘Follow Me’” (*The Ministry of Healing*, p. 143). This powerful passage is at the heart of what Adventist health ministries is all about, as we aim to enable every church to be a center for health, healing, and wholeness in the community. By assessing people’s needs and then taking action to meet those needs, we are working as Christ worked.

But there are so many perceived health needs! Which one is more pressing? The answer to that question may depend on the individual, family, or community. However, there is one health challenge that is present in nearly every community.

The Need: Reversal of the Obesity Epidemic

If you keep close tabs on the media, no doubt you’ve heard about a pressing issue that has gained much attention lately: the epidemic of obesity. Obesity rates have tripled over the last decades, reaching 36 percent in the U.S. population, according to a recent report. The *Weight of the Nation* documentary was launched in May 2012 during an important conference sponsored by the Centers for Disease Control, delineating in detail the problem, its consequences, its root causes, and potential solutions. This documentary points out that 70 percent of adolescents are overweight and/or obese, and kids as young as six are starting to suffer from pre-diabetes, kidney problems, cholesterol issues, and high blood pressure. According to the Committee on Accelerating Progress in Obesity Prevention, if nothing is done, the rate of obesity will reach 42 percent by 2030.

Why is this a problem? Because obesity is related to more than 30 illnesses, in-



Pastor Richard Dye (center) accepted an Adventist In Step for Life award on behalf of the Arkansas-Louisiana Conference during the NAD Health Summit in 2012. Pictured with him, from left: Heidi Christensen, associate director of Faith-based and Neighborhood partnerships; Donna Richardson-Joyner, President’s Council for Fitness, Sports, and Nutrition; U.S. Surgeon General Regina Benjamin, M.D.; and Dan Jackson, NAD president.

cluding Type 2 diabetes, hypertension, cardiovascular disease, and some forms of cancer. Obesity is also associated with stigma and reduced psychological well-being. Current evidence also suggests that people who are severely obese have a greater risk of premature death than those in the normal weight and overweight ranges. Thus, it is easy to see why obesity is considered one of the biggest drivers of preventable chronic diseases, preventable health-care costs, and a leading cause of preventable death (second only to smoking and obesity). It is a huge need that we, as Adventists,

can and must do something about. As a response to this need, Adventists are promoting physical activity and healthy nutrition in innovative ways, as well as recognizing schools, churches, and hospitals for their participation and exceptional involvement.



ADVENTISTS
In Step
for Life

Meeting the Challenge in the Southwestern Union

Looking at the problem from a more local perspective, in Texas, rates of obesity and inactivity are a priority for health care professionals. Out of 50 states, Texas ranks 42 in terms of obesity. That number represents 5.8 million obese adults. As a result, diabetes also follows the same pattern. Among Hispanics the prevalence is high (36 percent) and for non-hispanic Blacks there is also a high incidence of obesity (38.5 percent). However, the Adventist Church is already planning and creating partnerships with the



their families to become more active.

There are a number of ways in which you and your church can participate—it's up to you and your creativity to decide how to implement the activities in your own community. Some churches are partnering with schools, health care institutions, and other community agencies to sponsor a 5K run/walk, others are hosting a “fun day” with a variety of activity stations that encourage kids to move more, and others are initiating community gardens and encouraging community members to get involved.

The entire week of September 23-29 has also been designated by NAD as Let's Move Week, and some churches are planning a week-long emphasis on health, inviting the community to attend the final program on Sabbath.

For more information on how to plan a Let's Move Day event, as well as how to register yourself and your church in the AISFL initiative and to report gardens and miles toward our two million-mile goal, please go to www.AdventistsInStepforLife.org. It's not too late to plan some kind of activity that will encourage your church and community to get fit. Why not get started right away?



A group from the Los Lunas church (Texico Conference) on Let's Move Day 2011!

community to help address this problem. For instance, the Joshua, Texas, church is reaching out to their community, planning for a health expo and a Let's Move Day event, and the Richardson, Texas, church is already reporting miles of activity. Among all the conferences in the Southwestern Union, the Arkansas-Louisiana Conference is leading with the highest number of miles logged and community gardens. Last year, they received the NAD Adventists InStep for Life award from the NAD president, Dan Jackson, and the U.S. Surgeon General, Regina Benjamin, M.D. We hope other conferences will follow the example of the Arkansas-Louisiana Conference and continue to make an impact for kids, families, and communities.

There is no doubt God knew best when He told us that the health message is the right arm of the gospel and an entering wedge. By helping to meet this pressing health need, we are able to use the “right arm” and engage this “entering wedge” in a relevant way, building trusting relationships that can lead to further opportunities to share Jesus' invitation to “Follow Me.”

On September 23, the North American Division (NAD) Health Ministries Department will once again sponsor “Let's Move Day,” a fun-filled day of activities designed to encourage children and

Moving Forward in 2012

The *Adventists InStep for Life* (AISFL) initiative aims to engage kids, youth, parents, schools, and the community in working together to fight obesity while increasing physical activity of adults and kids and helping encourage healthier food choices. If everyone who reads this article registers and reports their activities on the Web site, we will meet the entire country's goal in no time. Are you willing?

The four goals and reporting opportunities for 2012 are:

1. Collectively accumulating two million miles through walking and other activities (including the Let's Move Day miles).
2. Having 60 percent of students in Adventist schools achieve the NAD AISFL lifestyle challenge award and President's Active Lifestyle Awards. For more information, visit <https://www.presidentschallenge.org/celebrate/active-lifestyle.shtml>.
3. Launching 100 summer feeding programs (through VBS, camps, community service activities, etc.), so kids have access to healthy meals when school is out.
4. Starting 100 community vegetable gardens or farmers' markets at schools and churches to invite people who do not have their own space to grow food.

The Greatest Miracle



ARKANSAS-LOUISIANA CONFERENCE

We remember the story of the healing of Hezekiah, King of Judah, because of the miracle associated with his healing. The sign or evidence to Hezekiah that he would indeed be healed of his life-threatening illness was the turning of the sundial back ten degrees (Isaiah 38:7, 8). It was an actual turning back of time that was internationally noted. It really did happen—time went backward! An event counter to natural law, and because of this, we remember a much lesser event of significance—the healing of a boil. However, hidden within the episode of Hezekiah's healing is another miracle that eclipses the miracle of the shadow on the sundial going back ten degrees. It is a miracle of God's love and grace.

The prescribed natural remedy conveyed to Hezekiah by the prophet Isaiah was to apply a poultice of a lump of figs to

the boil. After this was done and the King recovered from his illness, the Scriptures record a personal testimony of gratefulness that he offered up in recognition of the wonderful answer to his prayer for healing. As Hezekiah recounts his experience, he gives an account of his troubles and the eventuality of his early death. Yet, he recognizes God's intervention by granting him healing and the addition of years to his life. It is in Hezekiah's written record of what God did for him that we find the reference to the supreme miracle performed on his behalf.

Hezekiah testified, "But You have lovingly delivered my soul from the pit of corruption, for You have cast all my sins behind Your back" (Isa. 38:17, NKJV). In other words, Hezekiah acknowledges that healing is much more than the elimination of illness. Health is more than the absence of

disease. Total health is about the removal of sickness *and* sin. When Jesus healed the paralytic who had been lowered from the roof of a home to be placed in His presence, the first thing He said to him was, "Son, your sins are forgiven you." Spiritual healing was just as essential in the life of this man as was physical healing—and when Jesus heals, it is always a total healing.

For Him Who created the universe, it is a small thing to hold the earth in its orbit about the sun, but it was no small thing to hang from a cross to ensure the healing and salvation of sin-sick humanity. That is the greatest miracle—the restoration of our physical *and* spiritual well-being.

Steven Orian, president

Slidell Church Holds Vacation Bible School

SLIDELL, LA. » In early June, the Slidell church hosted Vacation Bible School with the theme "Babylon—Daniel's Courage in Captivity." The Lord blessed with 20 children between the ages of two and 12. Denise Deroam was an outstanding leader for the program, and she had several teen and young adult helpers with the nightly format of class, drama, crafts, snacks, games, and music.

The children had a good time making different crafts each night, such as hanging gardens, a prayer journal, picture frames, and acting out Daniel in the lion's den or the fiery furnace. They also enjoyed playing the game of building the tower of Babel, using plastic cups. The object was to see how high each team could build their tower before it would fall. It was impressive to see the different styles and shapes of the towers they created.

The children learned new songs, heard stories about Daniel, and learned a different Bible

verse each night. Many people helped with snacks, decorations, painting, and crafts. Milliken Farms Wildlife Control provided a special highlight by showing the children two litters of baby raccoons. They gave information about raccoons and warned

about the dangers of touching or petting them in the wild. Young people participated in the closing program during the Sabbath worship service. They shared songs, scriptures, and enjoyed a video slide show of the week's activities.

Vernella Rogers



▲ The Slidell church held Vacation Bible School in early June, teaching children new songs about Daniel's courage in Babylon.

◀ One of the activities for Vacation Bible School was building a tower out of plastic cups.

Benton's Pathfinders Help the Community

BENTON, ARK. » The Benton Jesus Warriors Pathfinders Club has been very active in community service this year. They have made several trips to the local Humane Society, where the Pathfinders provide love and attention to animals that don't normally get human interaction. Part of their service includes walking the dogs, feeding the chickens, collecting eggs, and

unfolding newspapers for the kennels. It is a rewarding service, and one that is much needed.

In February, the Pathfinder Club went to the Arkansas Foodbank. First, the group watched a short training video and then went straight to work. Their job was to sort large boxes of food into different categories. They learned to pay attention to

little details, such as watching for expiration dates, opened packages, and packages that didn't have the nutritional value listed. After two hours volunteering in the warehouse, each Pathfinder knew that they were a part of something bigger.

In March and April, the Pathfinder Club served lunch at the Salvation Army homeless shelter. Five Pathfinders were put on the serving line, and two served on the drink line. Once the dinner line was opened, scores of people came through. The Pathfinders were able to see that there is more to life than video games and television. Serving food to someone who has nothing is a very humbling experience—one that will never be forgotten. The Pathfinders are learning how to be Jesus' hands and feet in a world that is mostly self-absorbed.

Francis Caple



▲ The Benton church's Jesus Warriors Pathfinder Club. Back row, from left: Pam, Justin, Jimena, Jerry, and Devin. Front row, from left: Micah, Hector, Camry, Dawn, Hannah, and Laiken.

▼ The Jesus Warriors serving dinner at the homeless shelter.



An Answer to Prayer—After Ten Years!

ROGERS, ARK. » Despite setbacks, disappointments, and challenges throughout our mission trip to Ecuador, “Gideon’s Army,” as we came to call ourselves, fulfilled God’s purposes. Our Maranatha team, having originated from the Rogers church, was eventually comprised of 20 volunteers from seven states and three countries. The group descended upon two little towns in Ecuador on March 30 with the goal of building two One-day Churches.

Working closely with the local congregations, our group completed two One-day Churches, major remodeling on another church facility, and completely painted the inside and outside of a fourth local church. To God’s glory, our efforts motivated them to not only finish the remodeling projects we’d helped them with, but inspired them to plant *another church!* An elder from the Ventanas North church in Central Ecuador told Jeff Riedesel that, “For 10 years our church has been praying earnestly to God to send a Maranatha team to help us, and we know that your group is that answer to our prayer!”

Every night, after a hard, hot, and humid work day, our team hurriedly cleaned up, ate a quick supper of delicious Ecuadorian food prepared by the church ladies, and reconvened at the local auditorium for evening meetings. An average attendance of 175 people made for a rousing song service, followed by alternating nightly health talks and natural remedies presentations

by Nancy Riedesel and Amy Fisher. The people then listened intently to spiritual talks by lay evangelist Stan Ivins. Stan presented the love of Jesus in a most personal and uplifting way, drawing deeply from his life’s experiences. As a result of these meetings and prior Bible study preparation, 16 people were baptized the next Sabbath in the remodeled Ventanas North church.

Our youth were active builders, but their personal involvement changed lives! The team’s four teenage boys made many friends in the local neighborhood. Before long, their new pals were engaged in enthusiastic help with concrete and paint projects at the local church. Our boys’ personal invitations brought the neighborhood kids all back again to the evening meetings! Only Heaven knows the impact these teens made on their peer group!

The group not only left physical reminders of their visit in Ventanas and Quinsalomas, but perhaps more importantly, a personal reminder for each of us that God can eternally influence the souls of many with lasting impressions of encouragement, hope, and friend-

ship through a small group of willing volunteers. Jesus said in Matthew 28:19,20, “Go ye therefore, and teach all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Ghost; teaching them to observe all things whatsoever I have commanded you; and lo, I am with you always, even unto the end of the world.”

Jesus is calling each of us to “go”—not just to other countries, but also to our own neighborhoods, families, and friends. The time is short and the need is now. The harvest is plentiful and the laborers are few. What will you do for Jesus?

Nancy Riedesel



Top right: Nancy Riedesel and Amy Fisher giving health talks.

► Group at Ventanas building One-day Church.

▼ The Ventanas North church before (left) and after (right) the new paint job.



ARKANSAS-LOUISIANA CONFERENCE

Deridder Church's "Singspiration"

DERIDDER, LA. » The Deridder church recently held its "Spring Singspiration," with many members and youth joining in praising God and making beautiful music. Member Shirley Arville enthusiastically said that the program "truly showed how God is working in our lives, with everybody coming together to participate, setting aside their nervousness and shyness, and stepping out in faith to praise God."

Another member, Kathy Holy, commented that she's "always amazed at the talent in our small church. I especially enjoyed this event because of our teenagers blessing us with their music and songs."

There were quite a few participants in the celebration with songs, poetry, and scriptures. Angel Tucker, who did a marvelous job putting the program together, was pleased and thankful that everyone came together as a group to participate, especially the children and teenagers who



performed so beautifully.

"Many of our members are military families, and we are always sad to hear they may be moving because of retirement or transferring to a new base," Kathy Holy said. "God always blesses us with new families with many different talents."

Nell Newhouse-Miller

▲ Deridder's children's choir participated in the "singspiration."

Above left: From left: Angel Tucker and Eric Brown perform for the Deridder church's musical event.

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ARK/LA

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This event is sponsored by **Adventist Community Services**. For more information, please contact:

Lavidia Whitson Adventist Community Services/Disaster Response Director
(501) 317-0997
lbwhitson@yahoo.com

or
Sylvia Downs Adventist Community Service/ Disaster Response Secretary
(318) 631-6240
sdowns@arklac.org

Healthy Lifestyles

Preach it! Teach it! Talk it! Live it! Adventist education encourages its students to explore and research relevant and complicated topics—including health! Read what some of our Adventist School students have to say on the topic:

Eat Organic

Jarret Randall, fourth grade, Randall Elementary

Nobody likes eating a whole bowl of greens, right? But, you don't need to eat a whole bowl of greens to get the nutrients your body needs. To tell you the truth, all you need is some vegetables each day. Leafy green vegetables have more nutrition than any other food! You can use just about any green plant in your food, like spinach, kale, and many other greens. In fact, kale is said to, "enhance the function of immune cells in the skin and the gut. This is particularly important because these cells form the body's first line of defense against germs that cause colds and flu" (*Prevention*, March 2012).

Let's take this a step further. What kind of chemicals are on (and sometimes in) your greens or any other fruit or vegetable? Some of these include pesticides, additives, and preservatives. Many food products contain GMOs, which stands for "genetically modified organisms." Organic food has no chemicals on them, but non-organic food has all kinds of junk on it.

When we need to store any food for a longer time than usual, it should be pro-



cessed properly. During this process, substances and chemicals known as additives are added to the food. The goal of this chemical adding is to preserve and keep the food "fresh," but this process harms the consumers. These days, most people

tend to eat ready-made food that's full of additives and other harmful chemicals. A farmer reported that when he gave his pigs the choice of GMO and non-GMO food, they picked the non-GMO food! So, my final word of advice is to *eat organic!*

The Power of Sleep

Jade Magluyan, eighth grade, Parkview Adventist Academy

Have you ever wondered how sleeping can affect you, your body, and your everyday life? Well, we are going to find out.

The way you sleep and the amount of sleep can affect your day. If you don't get enough sleep during the night, you don't do as well on your work. You will have less speed and accuracy in doing schoolwork. You will be less creative and you won't be in a good mood, either. If you get a good night's sleep, your energy level will increase and you will feel more alert. You can learn faster and it increases your memory. You have a more positive attitude in doing work, and your speed and accuracy will be better, as well.

There are five stages of sleep. Stage 1 is a light, transition sleep which is between



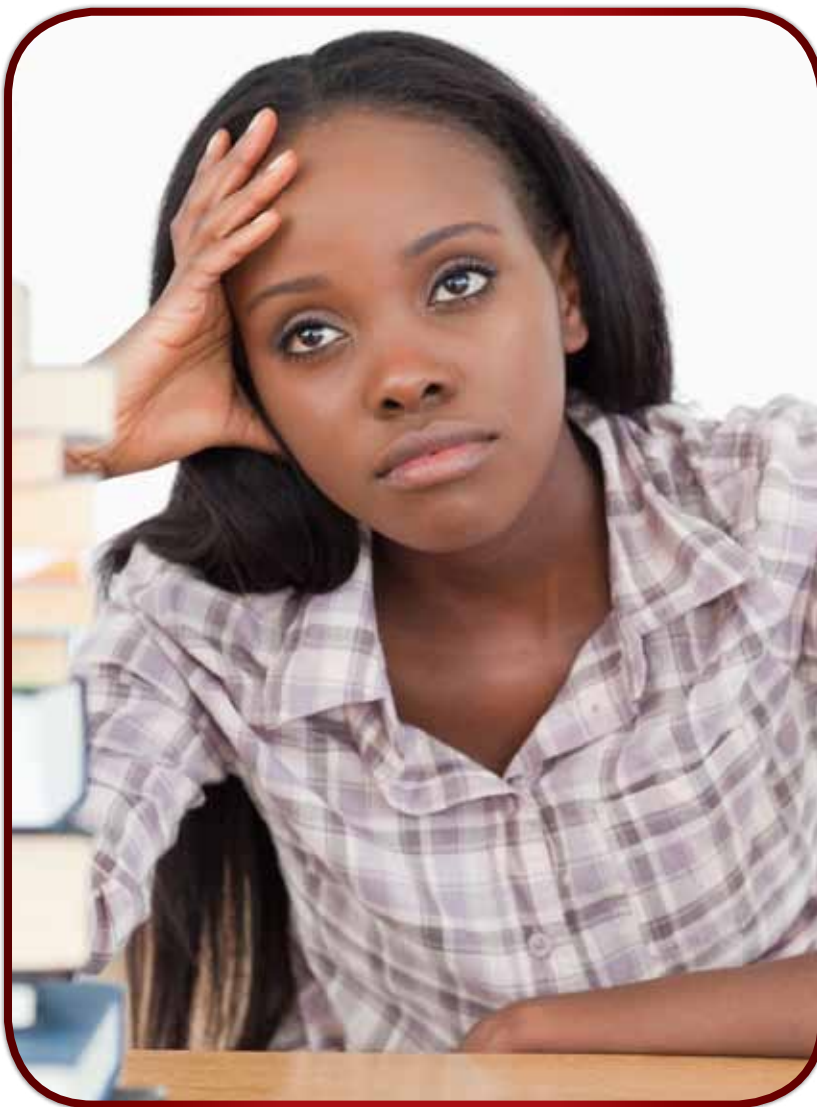
OKLAHOMA CONFERENCE

when you are awake and when you are really asleep. This lasts for only a short amount of time, about five to 10 minutes. Stage 2 is when your temperature starts to decrease and your heart rate begins to slow down. This lasts for only 20 minutes. Stage 3 is also a transitional sleep. It is a transition between light sleep and deep sleep. Stage 4 is a deep sleep, which lasts for about 30 minutes. Stage 5 is when dreams usually happen. It is also known as REM, or rapid eye movement. This cycle repeats itself four or five times during the night. If you don't go through all of these stages, you won't get a good night's sleep.

The amount of sleep you get is important. One night's lack of sleep can lead to lack of sleep every night. This lack of sleep will weaken your immune system. Your white blood cells will decrease and their activity will decrease, as well. This raises the level of inflammation, which can lead to heart disease, and this leads to death.

A good amount of sleep every night is good for you. It increases your chances for another good night's sleep. It will strengthen your immune system. Your heart will be healthier. It increases your life by reducing the risk of heart attacks, heart disease, cancer, tumors, and other health diseases. If you are injured, it helps you heal faster. It also reduces stress and depression.

See what sleeping can do for you. It can increase your life or decrease it. It will give you better health. I want to get a good night's sleep every night so I can be alert and healthy. Do you?



loss, change, and even constant stress can play a rather big part in depression.

Studies have shown that clinical depression is much more common in women than in men. In fact, only 2-5 percent of men will experience a depression-caused episode, while 5-10 percent of women will experience this episode.

Sometimes, when depression goes untreated, it can lead to suicide. Half of all suicides are caused by clinical depression. Although suicide could be the result of depression, 80 percent of Americans who have gotten medical attention for their clinical depression tend to significantly improve their lives.

There are different kinds of depression, including postpartum depression, dysthymia, and bipolar disorder. Postpartum depression is caused by the birth of

Depression

Caleb Phillips, eighth grade, Ardmore Adventist Academy

Nineteen million Americans suffer from clinical depression each year. Two out of three of these people will never seek medical attention. Some symptoms of depression include loss of interest in activities, feelings of worthlessness and guilt, feeling tired or fatigued, and having sad emotions. Certain kinds of depression can even be hereditary.

Certain personality traits can cause depression. Some of these traits include overdependence, low self-esteem, and stress. Biochemicals called neurotransmitters affect brain activity, which can cause clinical depression. Difficult life events,

a new baby. Dysthymia is a less severe kind of depression, but is usually longer-lasting. Bipolar disorder is not nearly as common as the other two. This disorder involves chronic mood swings and rapid emotional episodes.

Depression is a pretty scary thing. Those who are diagnosed with it sometimes endure mood swings, fatigue, and maybe even suicide. If you ever see a person who seems sad, do your best to comfort them, so that they do not have to endure the pain of depression.

Seventh-day Adventist schools—is it a *fantastic* place for our young people? You bet your child's life it is!

Jack Francisco, education superintendent

Antlers Church Active in the Community

ANTLERS » The Antlers church may be small in numbers, but they are mighty in their desire to serve God and the neighbors in their community. The church has had many recent events in which they have been able to witness God's blessings.

During a homecoming parade, the church handed out more than 5,000 copies of *The Great Controversy*, as well as other Christ-centered literature. The church also recently held a very successful Vacation Bible School, and is eagerly awaiting next year when they will have the chance to do it again.

In late June, the church hosted a weekend seminar series by Knowing God Ministries called Names of God. The church had been blessed two years to have the ministry at their church, and they were excited to see the ministry return to teach more about God's loving character. The congregation very much appreciated the free seminars and study materials.

The church's most recent faith-building

activity is the construction of a new church building behind the current facility. The church has seen God's blessings in the initial construction phase, and is already

planning a dedication ceremony, praying that it will occur soon.

Tyson Thurman, pastor



From left: Rob Shepperd and Ernie Pyle of Knowing God Ministries; Ollie Dillishaw, Antlers church elder; and Tyson Thurman, Antlers church pastor.

A Whale of a Tale



ANTLERS » The Antlers church Pathfinder club had big plans for the Antlers Annual Homecoming Parade this year. Trying to come up with something that would make a big splash was not easy, but eventually, they chose the theme of "Jonah's Whale." At the parade, the Pathfinders reeled in the children with copies of *Little Friend*, small beach balls, candy, and special pencils.

Adult church members passed out copies of *The Great Controversy*, along with *Signs of the Times*. The group handed out more than 5,000 pieces of literature in about 30 minutes. The Antlers church is proud of its young people's desire to participate, and prays that the hearts of those who received the material will be touched.

Marlene Medina

The Pathfinders of the Antlers church and adult members standing in front of their "Jonah's Whale" float. The group passed out more than 5,000 pieces of literature at the Antlers Homecoming Parade.

Sonny Harmon Begins New Ministry

BROKEN ARROW » Sonny Harmon has learned to respond when God presents opportunities. After all, God did lead him to the Adventist church before he realized that he was a direct descendant of Ellen Harmon White.

Our church congregation also believes that Sonny was led by God when he and his family were presented with an opportunity to move to Broken Arrow and became part of our church family.

A few months ago, the Broken Arrow church was blessed by presentations by Richard Stenbakken, who is renowned for his first-person portrayals of biblical characters. After watching the presentation, Sonny felt that God was again opening doors for him, this time to begin a new



Sonny Harmon as Moses with his make-up artist, Leslie Wagner.

ministry. Stenbakken graciously agreed to mentor Sonny as he developed his characters, right down to the authentic costumes he wears.

The congregation was surprised when the church doors opened on Easter Sabbath, and Sonny walked in dressed as Moses with a robe, sandals, and carrying the Ten Commandments. He then gave a stirring portrayal of Moses receiving the Ten Commandments.

Sonny continues to study biblical history and work with Richard Stenbakken as he grows in the ministry of first-person portrayals.

Judy Marquette

Creation Exists!

ARDMORE » Creation really does exist! This was proven daily throughout a week's time at Ardmore Adventist Academy, as the school was opened to the community for Science Camp: Camp Creation. The school brought in several teachers and children's ministries leaders from Texas, Arkansas and Oklahoma.

Each day, students were submerged in a completely hands-on, experiential opportunity to prove the truths of Creation through scientific experiments, projects, games, crafts, and more. They realized that an artist is known by his works, and the beauty of all creation is known by the works of the Master Artist, our Lord.

Our desire for a science camp was the first of its kind, and a venture into the unknown as it combined school recruitment and child evangelism.

The school used various forms of advertisement. The best response came from handing out personal invitations to families at the local Walmart. The community responded very well as the school opened its doors and sent kids "back to school" for the most fantastic summer school opportunity of all.

Children not only heard the story of Creation, as told throughout the Bible, and



▲ A young visitor to the science camp learning about God's Creation.

Above left: A participant in Ardmore Adventist Academy's science camp enjoys creating giant bubbles.

memorized scripture, they also proved the relevance of a loving Creator. They were fascinated with human-sized bubbles, prismatic glasses, the magnificence of the stars, gravity, animal behavior, the mysteries of the human body, and the fragile balance of everything being interdependent on each other. Mostly, they learned that God, their Creator, loves them with an everlasting, all-eternal love that cannot be snuffed out by current schools of thought on the existence and purpose of man. They found purpose for their own lives and grew to understand the hope of salvation through the personal relationship between God and man.

This proved to be a great success, and has opened doors for future contact with

new families and friends. The community responded with a total of 46 children, with ages ranging from kindergarten through eighth grade. High school students were also present each day, and were utilized as youth mentors and leaders.

This program was the beginning of the Ardmore church's children's evangelism for the summer. The church continued with a children's Sabbath and breakfast, and then a full week of Vacation Bible School.

Kimberly Bokovoy

Live Well, Love, and Laugh



SOUTHWEST REGION CONFERENCE

The Lord says in 3 John 1:2, “Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers” (NKJV). Let’s make it clear why the Lord wants us to be healthy. It is a principle of stewardship for our body temples in order that we can give maximum service for His kingdom. God never intended for health and eating to become a religion for us.

That being said, I am probably the last individual on earth one would expect to be writing on health with all the personal issues that I have experienced in my lifetime. I have had surgery on both of my knees, an appendectomy, a quadruple heart by-pass, and diabetes for 24 years.

After a doctor’s examination years ago

when my family history was taken, he informed me that, with my genetic predisposition, if I had not adopted the Adventist lifestyle, I probably would have “checked out” of here many years previously.

It is not a guarded secret that our choices play a major factor in the quality of our health. However, they are not the only factors in this day and age which affect our health. Along with the previously mentioned family predispositions are environmental factors, food processing, our occupations, and the sinful deterioration of the body. Often, our best choices to maintain optimal health are counterproductive because of things beyond our control.

I am a firm believer that God wants us to take care of our health, because He has a

purpose for each person that is born. I also believe that when we submit ourselves to God’s will for our lives, then He will sustain us to discover, practice, and live out that purpose, in spite of our health, until His purpose has been fulfilled through us. This is borne out in Luke 2:26, where Simeon declared that it had been revealed to him by the Holy Spirit that he would not die until he had seen Jesus.

Therefore, live well as God directs (Matthew 5:16), love as much as possible (1 John 3:11), and laugh often for a merry heart does good like medicine (Proverbs 15:13).

Sam Green, president

Celebrating Newly Baptized Members and Mothers Day

ALBUQUERQUE, N. MEX. » The Bethesda church honored mothers, new members, and recent graduates in a grand celebration on May 12. The church held a special Mother’s Day potluck and gave gifts to the mothers. The baptismal candidates were Lisa Smith, Bijou Carriaga, Hayley Bonuelos, Sofia Griego, Lorraine Sisneros, and Jennie Griego. Tony Brown, Sr., pastor, and Alpha Young-Brown officiated the baptisms.

Pamela Gurule



Jennie Griego about to be baptized by Tony Brown, Sr., with Roger Mbala, elder, at the back.



The Bethesda church celebrated newly baptized members, new graduates, and mothers on a very special Sabbath.

NEWSTART Shared at Hospital Training

CORSICANA, TEX. » Lorraine Stiggers, the Bethel church’s health and education and NEWSTART director, was recently invited to present at Hickory Trail Hospital’s continuing education unit training session. Licensed and certified professionals in the health and education fields are often invited to speak at the hospital’s monthly training for an audience of social workers, counselors, teachers, administrators, foster

parents, nurses, and nutritionists. Stiggers presented an overview of the NEWSTART program during the two-hour training session to approximately 60 attendees, several of whom stayed afterward to acquire more information and to request presentations at other programs and events. Stiggers also shared information about the benefits of charcoal, colon cleansing, and proven ways to lower blood pressure and reverse

diabetes naturally. Many resource materials and books, such as *The Ministry of Healing*, and the *Natural Remedies Encyclopedia* were available for purchase. One attendant was very grateful for the information, and requested that the hospital have more dynamic speakers with such valuable information.

Lorraine Stiggers

Westbank United Holy Spirit Revival

NEW ORLEANS, LA. » Psalm 127:1 tells us, “Except the Lord build the house, they labour in vain that build it: except the Lord keep the city, the watchman waketh but in vain.” (Psalm 127:1). Evangelist Oscar Lane, Jr., helped break down the negative spiritual climate of the city.

From June 2-24, the Westbank United church experienced an evangelistic explosion like none other. Nearly every evening, the church was filled with members and visitors to listen to Lane. Approximately 300 people attended the meetings each night.

June 22 was decision day—it was the night that Lane spoke about the Mark of the Beast. First, he identified the beast, and then he read Bible texts to describe it. At the end of the service, he made an appeal, and approximately 60 people decided to become baptized in Christ.

The three-week evangelistic series was a

Spirit-filled event. David Hinds, pastor of the Westbank United church, commented, “The presence of the Holy Ghost is in this place. Yes, we have fulfilled the text that says ‘Go ye therefore, and teach all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Ghost.’ May God be praised!”

Mathieu Cherenfant

Top right: Edward Buckner is being baptized by David Hinds (left) and Hezekiah Brinson, Jr. (right).

▶ Alyssa Hinds is being baptized by her father, David Hinds (left), and Hezekiah Brinson, Jr. (right).

▼ Ruth Thibodeaux is being baptized by David Hinds (left) and Mathieu



Berean's Youth Service Day

BATON ROUGE, LA. » Recently, America's youth observed a weekend of service appropriately titled "National and Global Youth Days," a period when youth were encouraged to give back. And, of course, the Berean church got involved. However, never needing to wait on the next national directive, the congregation recently hosted its own day of service. It was three weeks

to serve those around you?" were taped on the entrance doors, as well as throughout the church's foyer. Service choices included the traditional hospital visit, as well as trips to the Baton Rouge CATS bus terminal and the first district Baton Rouge police department.

Following worship, participants headed next door to the fellowship hall, where

loaves of whole wheat bread, jars of peanut butter and jelly, cookies, beverages, and packages of assorted crackers all awaited an assembly line, ready to spread, sort, and package them into individual lunch bags. With boxes of lunch bags and trays of cookies in hand, volunteers headed to their cars enroute to their various destinations.

At the bus terminal—the central arrival



earlier that youth director Paula Adams had announced to the congregation how it would devote the designated Sabbath to community outreach. Berean's pastor, Robert Davis, agreed to the proposed abbreviated worship service that would begin at 9:15 a.m. and end at 10:45 a.m. on the designated Sabbath.

The day arrived, and with it, the much anticipated day of service. Even though it was billed as "Youth Service Day," there was no ignoring the many adults who, along with the youth, eagerly awaited their service choices. The flyers, which asked, "What can you do—right where you are—



The Berean church's youth and adult members were involved in a day of community service, passing out sack lunches to bus passengers, praying with police officers and singing at a hospital pediatric ward.

and departure station for transit passengers—children, young adults, and adults passed out sack lunches to receptive and appreciative passengers, who overwhelmingly tore into their bags and began eating the lunches. “Thank you so much,” said a group of college-age students waiting for the discounted fare bus to take them to New Orleans. Some of the passengers upon receiving the lunches also permitted us to pray with them. At the end of the distribution, more than 100 lunches had been passed out.

On the other side of town, another group was visiting with the first district police department, passing out bakery-prepared cookies and praying with the officers. Members Carolyn Blevins and Jacqueline Esco led out in this service.

“It was so rewarding that the officers would pause from their desk work and actually let us pray for them,” an excited Blevins reported. “Even though we didn’t have the number of officers we expected—

because many were away on duty—it was still a blessing,” added Esco. Refusing to be defeated, the two gathered the remaining cookies and headed to the Greyhound bus station and to a soup kitchen where they passed out the remaining balance of cookies. “We were determined to share those cookies,” laughed Blevins.

The largest group of volunteers converged on the Bluebonnet Baton Rouge General Hospital. Their plan was to visit patients in the burn unit; however, because of the popularity of the ministry, their number was too large for the visitation. Thus, they were directed to the pediatric floor where the group stood out in the hall and sang. “The Jesus in Me Loves the Jesus in You,” “This Little Light of Mine,” and “Oh, How I Love Jesus” resonated throughout that floor and around the corner to a

wing that housed cancer patients that the group was not allowed to visit. According to youth director Paula Adams, “The Lord was determined that our songs be heard and allowed them to penetrate brick walls and travel into other units.”

Children who were mobile were permitted to leave their hospital beds and stand in their doorways to listen and join in the singing. Berean’s youth distributed donated coloring books with crayons and stuffed animals to the eager group of pediatric patients. The hospital chaplain was so impressed with the group’s spirit of giving that she has already invited them to return. “Glory to God! We have a standing invitation,” said Adams.

Evelyn M. Edwards

I Discovered Intemperance is a Sin



TEXAS CONFERENCE

The Word of God exhorts us, "Whatever you do, do it all for the glory of God" (1 Cor. 10:31, NIV). Clearly, whatever we eat, drink, watch, wear, accept, and endorse is either to the glory of God, or defines us as supporters of the archenemy of God.

I have struggled over the past 32 years with the issues of diet and exercise. Does God hold His physical laws for the health and happiness of human beings as highly as He does His moral law? Notice the words of the prophet of God, Ellen White, "The transgression of the physical law is the transgression of God's law. Our Creator is Jesus Christ. He is the Author of our being. The human being who is careless and reckless with the habits and practices that concern his/her physical life and health, sins against God. A continual transgression of nature's laws is a continual transgression of the law of God!" (*Counsels on Diet and Health*, p. 43).

I shivered when I read that. Have I been in violation of God's sacred laws for all

these years? Pair the words of Ellen White with the statement made by the apostle Paul in Hebrews 10:26, "For if we sin willfully after we have received the knowledge of the truth, there no longer remains a sacrifice for those sins." Those are some serious thoughts! I went back to my childhood and upbringing. I was brought up a vegetarian and have never eaten meat. I haven't smoked or consumed alcohol. Before the age of 18, I was given ice cream only once in a great while, and was not allowed to eat chocolates or candy. I wasn't allowed to drink soda but was religiously given what my mom called "pot liquor," which is simply the broth taken from the bottom of the pot when you boil or steam vegetables. But, when I turned 18, I began college and had more control of my life. I bolted out of the stable of diet safety that my mother had built around me. I began to indulge heavily in sweets and goodies—in essence, I went wild on sugar. There was a time between 10 and 20 years ago when I probably consumed over a liter of soda a day!

In the early 2000's, my life was inter-

rupted by a bout with pancreatitis that hospitalized me for 10 days. At one point, I felt my life seeping out of me and I cried out to God to spare my life. One of my attending physicians even asked if I was an alcoholic, which I emphatically refuted. Returning the next day, he said he had figured it out. I had consumed milk and sugary cereal almost every night before bed for years, meaning the milk and sugar fermented in my stomach overnight and led to pancreatic paralysis.

Today, I have diabetes as a direct result of my disregard for God's health laws. Once again, the words of Ellen White ring in my ears: "A large proportion of all the infirmities that afflict the human family are the results of their own wrong habits, because of their willing ignorance, or of their disregard of the light which God has given. It is not possible for us to glorify God while living in violation of the laws of life" (*Counsels on Diet and Foods*, p. 42,44).

Carlos J. Craig, Texas Conference President

Prophecy Seminar in Kerrville

KERRVILLE » Members of the Kerrville church recently welcomed evangelist Mark Fox, who came with a burden for souls. Although new to the congregation, he greeted each person warmly and with a big smile.

Fox presented the scriptures with visually dramatic presentations, and shared numerous Bible prophecies about end-time events and God's plan for the future. He, along with Forever Free Ministries, has been presenting dynamic, fascinating, and relevant messages of Bible prophecies for more than 30 years, both in the U.S. and abroad.

When the last sermon was preached and the last prayer was spoken, Fox made the appeal to accept Christ and His great sacrifice. It was a time for participants to know what it's like to be saved and to come out of a world of sin to receive the blessings of God.

Ben Guerrero, Kerrville pastor, was very involved in leading the congregation in prayer and praise each night before Fox began the prophecy meetings. Guerrero baptized two school children, Mia Ochoa Scheineman and Gabriel Castillo. He and Ed Stacey both administered the baptisms of the nine candidates that came forward.

Betty Blair



▲ Gabriel Castillo, right, was one of nine people who were baptized following the prophecy seminar conducted by evangelist Mark Fox in Kerrville.

◀ Mark Fox, evangelist, his wife, Hope, and their two children, Caleb, right, and Jordan.

Arlington Church Hosts Committed2Christ Youth Festival

ARLINGTON » “I loved the passion and devotion displayed—it was Christ-centered,” said young professional Jessica Sandquist, “Jesus is the focus.”

More than 3,000 people came from across the Southwestern Union and beyond to attend the first Committed2Christ: Young Adult Festival of Worship (C2C), hosted at the Arlington church.

Joey Pollom and Roger Wade, youth directors for the Texas Conference and the Southwest Region Conference, respectively, each addressed C2C delegates in the morning worship sessions. The Burton Adventist Academy chorale and the Younger Generation church’s worship band offered inspiration in music.

The afternoon featured spiritual growth seminars by Pollom and Wade, as well as a community service opportunity at the North Texas Food Bank. Teamed with members of the North Dallas Youth Fed-

eration, C2C delegates prepared thousands of pounds of food to benefit families in need. And, to the surprise of many, they were joined by Committed, season two champions of NBC’s *The Sing Off*. Committed sang for the group before joining in sorting food and preparing meal boxes.

At the close of Sabbath, Committed member Geston Pierre shared his testimony of being part of the nationally televised, a cappella music contest. Like the biblical Daniel, he said that he and Committed saw God’s faithfulness and how He used the group’s commitment to Christ as a witness to others. Following Pierre’s testimony, Committed performed a free concert to a full house at the church.

“Committed was really good, and I’m very glad they were worshipping along with us, instead of just performing for us,” said one attendee. “The speakers were phenomenal—motivational and insightful.

The music was off the chart and inspirational. Everyone involved was Christ-centered, and there was a genuine attitude of kindness, love, courteousness, and caring.”

Beyond a T-shirt, C2C delegates went home with discipleship materials, books, and online resources to encourage them to continue to deepen their devotion to Jesus. With such a positive response and the strong support of the youth departments and local sponsors, there are high hopes to make the festival an annual gathering.

“Committed2Christ was an amazing worship experience,” said Teshorn Jackson. “If you doubted the existence of Christ prior to that day, you left knowing He is alive and in the hearts of His people.”

Allan Martin

► Committed, NBC’s *The Sing Off* season two champions, performs for a full house. The concert was a great finale to the first Committed2Christ: Young Adult Festival of Worship, hosted at the Arlington church.

Far right: Young adult Chanelle Strand enjoys the packed Committed concert.

▼ The church fills as Committed prepares to perform.



Josue Murillo

TEXAS CONFERENCE

Go for the Gold: Striving for a Crown

LEANDER » On April 22, approximately 300 fifth- and sixth-graders, along with 85 adults, excitedly converged at Nameless Valley Ranch for outdoor school. This annual event has been a well-attended ad-

activities, as well as morning and evening worship. Twelve classes were offered throughout the week, with three two-hour classes occurring each day. The curriculum was written and implemented by Texas

Conference teachers and volunteers. The classes—art, Bible, birdwatching, canoeing, crafts, cruise control, horsemanship, money math, photography, rock-etry, swimming, and teamwork—provided a busy and produc-

tive learning experience for everyone. The theme for 2012's outdoor school was, "Go for the Gold," and was based on the Bible passage, "Do you not know that those who run in a race all run, but one receives the prize? Run in such a way that you may obtain it" (1 Cor. 9:24, NKJV).

Kent Rufo, pastor of youth ministry at the Arlington church, led out in interesting, thought-provoking, age-appropriate worship each morning and evening. His worship talks helped the students to understand the importance of running the race and reaching the goal.

Carol Bradley and John Hopps, associate superintendents of schools



Far left: Birdwatching was one of the many activities in which students participated this past April at outdoor school.

◀ Approximately 300 fifth- and sixth-graders attended outdoor school in April.

venture for students for nearly 30 years, with the 2012 event drawing 20 schools to participate. Even with crowded conditions and large class sizes, the campers began each day with excitement and anticipation.

The daily schedule included activity classes, unit responsibilities, recreational

Women's Ministries at Gulfhaven

HOUSTON » The Gulfhaven church recently presented an inspiring and heartfelt program with an evangelistic touch during Sabbath worship.

The women's ministries director, Debbie Sasser, was one of three women who presented messages on three different stories of the Bible. Paula Gerstle was first, covering Proverbs 31 and Titus 2. Next was Joanne Willie's message on Abigail, and last was Debbie Sasser, who expressed her thoughts on the story of Mary and Martha.

Jean Hagen organized and narrated a dramatic skit for the service, as well. The skit portrayed four different scenarios to the congregation while Bible verses were being read. All of the parts followed the theme of John 13:35,

which says, "By this shall all men know you are my disciples if you have love for one another." The skit involved eight women, who each did an amazing portrayal of the presentations. The first scenario showed a woman sitting on a park bench, cold and hungry, who was then cared for by a

Christian woman who saw her need. The second scenario showed an elderly woman carrying a sack of groceries who lost her balance and dropped the sack, spilling everything on the street. Another woman came to her aid. The third scenario showed a kind woman who runs a soup kitchen as she helped two homeless women with food. The last scenario was of a woman who was reading her Bible, and then looked up to God in thankfulness for His great love. At the end, all eight women walked up on the platform to demonstrate how everyone should love one another as Jesus demonstrated.

Jean Hagen



The Gulfhaven women presented four scenarios that portrayed God's love.

Keep It Flying

NACOGDOCHES » The Wright brothers, and other like-minded inventors before them, faced two major problems when it came to inventing a flying machine. The first obvious problem was getting the contraption off the ground. The second problem, equally as obvious, was to keep it flying.

Adventist education has definitely gotten off the ground in Nacogdoches. A group of dedicated church members from the Lufkin and Nacogdoches churches have succeeded in implementing their plan to provide Christ-centered, biblically-sound education to the children of the two churches.

The multi-purpose extension of the Nacogdoches church underwent a major transformation to a safe and appropriate environment for education. The two teachers worked diligently to prepare their rooms and their hearts to fulfill their mission as Adventist educators. It was a momentous occasion when on August 15, 2011, the first student, Andrew James Garcia, walked through the door of Pineywoods Adventist Christian School. Seventeen

other students followed him through that door over the course of the first year of the school's existence.

The value of this investment is not measured by the newness of the building, the number of computers, or the size of the gymnasium (if you are blessed enough to have one). The value of the investment is measured by its eternal impact on our young people—who may well be the last generation before the Lord's return. Are we preparing them to rightly represent Christ in this world and to meet Him when He returns? Are we preparing them to help others be equally prepared?

Launching Pineywoods Adventist Christian School (affectionately known as PACS to the local constituency) took a lot of work, prayer, time, money, and faith. But keeping it flying will take even more of the same. This is equally true, not just of the schools



Young graduates of Pineywood Adventist Christian School.

in our conference or union, but also of every one of the almost 8,000 Adventist educational facilities around the world.

If you live near an Adventist school, regardless of the size, please pray for the people who are directly involved in the education of our children. In addition to your prayers, look for ways to invest your time, talents, and yes, your money, to keep that educational facility flying. We mustn't allow Adventist education to crash and burn!

Sharon Clark, principal, Pineywoods Adventist Christian School

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Miracle in Your Shoes



TEXICO CONFERENCE

I was attending a conference of health professionals and leaders a few months ago.

During a break in one of the presentations, I began a casual conversation with one of the physicians that was sitting next to me. We began to talk about the importance of exercise. Most of the things the physician told me were things I had heard, like many of you, for the past 30 years. As we continued to converse during the break, he made a statement that caught my attention. He said, "A person that exercises regularly and doesn't have a good diet is still better off than a person who is a vegan and doesn't exercise at all." I looked at him and was stunned. I asked him to repeat that and he did.

That brief conversation got me to thinking and doing a bit of research. I concluded that he has a point. One of the biggest challenges in our society today is that we are too sedentary. I have discovered that only 20 to 30 percent of our population gets any exercise at all. Some would say that is sad. I call it an epidemic.

The lack of exercise and poor dietary habits has contributed to the epidemic conditions of heart disease, obesity, diabetes, and a host of other medical conditions.

You and I have heard a lot about proper diet and exercise, and there are many experts who can give great counsel and direction about diet. We need to become more active and get moving on a regular basis—4 or 5 times a week. While it is important to seek out the specific guidance of your physician or health provider, I recommend something simple. I recommend the simple exercise of walking.

Walking has some incredible benefits. For example, according to the *New England Journal of Medicine*, half an hour a day of walking cuts the risk of heart attack by 50 percent. That is incredible! *The Journal of the American Medical Association* reveals that walking 30-45 minutes a day cuts the risk of hip fracture nearly in half. In one study by *Medicine and Science in Sports and Exercise*, we learn that moderate exercise cuts the risk of stroke by 66 percent.

The simple fact is: walking is medicine!

There are some great benefits from walking. Those who walk regularly are less likely to catch a cold or the flu. They are happier, have less depression and are less likely to be overweight. They tend to be more optimistic, sleep better, have less arthritis and joint pain, and have more energy. According to the *Journal of the American Medical Association*, active people getting regular exercise cut their risk of death from any cause between 50 and 73 percent! And the good thing about walking is that nearly everyone can walk. It's safe, inexpensive, and encourages social interaction.

The apostle John, in his letters to the church says, "Beloved, I pray that in all respects you may prosper and *be in good health*, just as your soul prospers" (3 John 1:2, NASB, emphasis supplied).

So let me encourage you and challenge you, like the physician I visited with at the conference. "See two good doctors every day—your right leg and your left leg!" Your miracle in your shoes!

Richard C. Dye, Sr., health ministries director

The Newest Church in the Texico Conference

RUIDOSO, N. MEX. » The new Ruidoso Downs church passed the building inspector's Friday visit, just in time for the new district pastor, Chuck Workman, to preach his first sermon on Sabbath morning. For the first service in the church, Nancy Rocky helped with both the children's story and the Sabbath School lesson. The kindergarten children also joined the celebra-



tion by doing a presentation.

Many present and past members, as well as previous pastors, spent the past six years working and sacrificing for this special day when they could officially worship in the new sanctuary. Head elder Manuel Moya invited the entire church over to his house for a celebratory potluck following the service.

Now that the new church is built, the next project will be to convert the old church into a fellowship hall, where the members can socialize and gather for additional meetings and events.

Chuck Workman, pastor



▲ The inside of the beautiful new church building during church services.

◀ The new Ruidoso church, with the old sanctuary to the far left.

Bible Students Reach Out During the Walk of Suffering

SANTA FE, N. MEX. » Recently, Bible study students of Eric Martinez, personal ministries coordinator of the Santa Fe Southwest church, completed Amazing Facts Bible studies 1-12. As they graduated from their studies, Daniel Villalva, pastor, and Martinez presented them with beau-

tiful plaques for the students' outstanding commitment and attendance. Seven students graduated, and three accepted Christ as their personal Savior and were baptized. These three students pushed on to complete the additional studies.

Martinez and these students teamed up to provide outreach during the Santuario de Chimayo walk. Many people come from all over the country to participate in this walk of suffering in Chimayo, New Mexico. During this walk, one can see numerous people carrying or dragging a big, heavy cross. They feel that by carrying this cross they will have

a closer relationship with Christ and their sins will be forgiven. From the Bible, we know it is not necessary or required since Christ has already paid the price for our sins. The Bible promises in Matthew 11:28, "Come unto Me, all ye that labor and are heavy laden and I will give you rest."

"I am so glad that we do not have to sacrifice an animal or walk carrying a heavy cross that weighs 50-100 pounds to pay the price for our sins. Jesus has paid the price and all we are asked to do is come to Him daily and ask for forgiveness," says Martinez. "However, we must learn from our mistakes, turn away from sin and do His will. What a loving Savior! God has given us a beautiful promise that He will be with us until the end, as we pick up the cross for Him—not literally—but with our daily trials."

There were so many walkers that the students had to form an assembly line so they wouldn't miss anyone. They gave out 300 copies of the book, *At Jesus' Feet*, 16 cases of water, and a large box of cut oranges to those who were walking.

"Continue to pray for our brothers and sisters who accepted these powerful books so they will also have a chance of knowing the truth and join us on the trip to heaven," requests Martinez.

Eric Martinez



Above left: A Bible study course at Santa Fe Southwest church ended with three baptisms.

◀ Santa Fe church members reached out during the Santuario de Chimayo walk.

TEXICO CONFERENCE

Santa Fe Church Wins New Members Through ESL Classes

SANTA FE » Last year, the Santa Fe Airport company started offering free English as a Second Language classes to church members and the community. About 30 people registered for these classes, and a large group faithfully continues to attend the classes. The classes were supported by Santa Fe Community College, and the teachers were very well prepared. The group and church have been very blessed to have such an excellent team of ESL teachers in Allen and Andrea Steel, from the Santa Fe English church.

This wonderful program not only



▲ Aracely, Elizabeth, and Oscar Rodriguez, Jr. stand for the Lord and are baptized.

◀ Proud graduates of the Santa Fe Airport company's ESL classes hold their completion certificates.

members become more interested in learning about God. In October 2011, the first group of students ended their classes and participated in a small recognition of achievement program. In addition, there was the beautiful baptism of a family who had been attending the ESL classes. Aracely Rodriguez, an ESL student, decided to return to Jesus after many years of being far from God. Not only did she decide to follow Jesus, but her husband, daughter and step-son also decided to give their lives to Christ.

The ESL program continues, and the desire of the church is that God continues using the members and this ministry in bringing more people close to Him.

Leonard Cummings, pastor

helped the members and non-members to learn to read and speak English, but also helped the non-

members to learn to read and speak English, but also helped the non-



I Was in Prison and You Came to Me

LAS CRUCES, N.MEX. » In Matthew 25:36, Jesus says of those who will inherit the Kingdom, "I was in prison, and you came to visit me" (NIV). Hortencia Valenzuela and Jeff Lory have been bringing God's Word into the Southern New Mexico Correctional Facility (SNMCF) for the past 10 years. For more than 20 years, members of the Las Cruces Central church have been sharing God's Word by conducting Bible studies and worship services at the state prison complex west of Las Cruces. Jeff and his wife, Kara, joined the team shortly after they were married 12 years ago. Currently, Hortencia and Jeff are occasionally accompanied by James Duarte and Ian Timoll from the Las Cruces Philathea church.

The team holds meetings in the facility's chapel six times a month, three each for levels two and three of the prison complex.

An average of three to four inmates attend each meeting. Because inmate rotation occurs every two to five years, there is a need to continue this ministry, as well as bring it into the other prison facilities in the state. Recently, some inmates that were strongly interested were transferred out of SNMCF to other state prison facilities with no known Adventist program volunteers. If you have an interest in volunteering, please contact the facility closest to you. Consider sharing the love of Jesus and changing lives for someone who is in prison.

Jeff Lory



Hortencia Valenzuela (left) and Jeff Lory have been bringing God's Word into the Southern New Mexico Correctional Facility for the past ten years.

Silver City Celebrates Graduates

SILVER CITY, N. MEX. » The Silver City church recently honored three Western New Mexico State University graduates with fellowship and encouragement. The entire church was invited to the country home of Joe and Norma Gonzalez for a delicious lunch, followed by a mock graduation service conducted by Chuck Workman, pastor. "Diplomas," signed by church members wishing them blessed and bright futures, were handed to the proud graduates, followed by many hugs and congratulations for their accomplishments.

Chuck Workman, pastor



The Silver City church honored three Western New Mexico State University graduates.

Deming Church is Blessed with New Signs

DEMING, N. MEX. » The Deming church received a gift of two new, much-needed signs from Grafix by Galvan, a graphic design company in San Diego, Calif. Jesse Galvan, the owner, saw the need for the church to have a new sign after seeing that the existing sign was not very visible to the passing traffic. The new signs contain a very visible church name, the church ad-

dress, worship hours, and the telephone number. Galvan previously made and donated a church sign for the Dulzura, Calif., church.

Mary Mackey

The Deming church is happy to display its new sign.



Texico Women's Retreats



**Texico Conference
Women's *English* Regional Retreat
August 18, 2012
Albuquerque Heights SDA Church
4920 Wyoming Blvd. NE
Key Note Speaker
Janet Page**

General Conference Ministerial Associate Secretary for Prayer,
Pastoral Spouses and Families,
A Matter of Prayer



**Texico Conference
Women's *Spanish* Regional Retreat
August 25, 2012
El Paso SDA Jr Academy
3510 George Dieter Drive
Key Note Speaker
Carmen Griffith**



SW Union Women's Ministries Director
The Power of Prayer

\$30 Registration Fee by Credit Card - \$25 Registration Fee Check or Cash
To Register email: texicowomen@yahoo.com **No later than August 10th**

NO ONSITE REGISTRATION!

Exciting Changes as Southwestern Welcomes New Faculty

Eric Anderson, president, announced the appointment of a new academic dean (vice president for academic affairs) at Southwestern Adventist University, effective July 1, 2012. Amy Rebok Rosenthal has agreed to serve in this critical position, according to Anderson. The academic dean, who is “second-in-command on campus,” has the responsibility of “maintaining a strong teaching faculty,” he says.

Formerly chairman of the history department at Pacific Union College, Rosenthal is a specialist in British social history, with a particular interest in the history of the family. Educated at Pacific Union College and Indiana University, she has been a college professor for the past ten years.

According to Anderson, “This appointment is the result of a thorough search process. An experienced, knowledgeable, and hard-to-impress committee was, in fact, deeply impressed by Rosenthal.” He adds, “I have never seen a group so enthusiastic about a candidate.”

With her husband, Greg, and two daughters, Rosenthal will be moving to Texas in August. “I am delighted to have such a talented young leader join our administrative team,” says Anderson.

In addition to chairing a department, she has been an active scholar, researching subjects ranging from the history of asylums to Victorian manners. She recently served as a consultant for the history and politics program at La Sierra University.



New vice president for academic affairs, Amy Rosenthal.



New vice president for spiritual development, Russ Laughlin.

Russ Laughlin has been appointed vice president for spiritual development at Southwestern. Currently the youth pastor at the Keene church, Laughlin “knows our campus well,” according to Anderson, and has been an adjunct faculty member for 15 years.

The vice president for spiritual development is “a hybrid position,” says Anderson, a job that includes teaching as well as administration. “Laughlin has both academic credibility and spiritual authenticity.”

Laughlin is committed to continuing the work of the retiring vice president for spiritual development, Bill Kilgore, who is returning to the classroom. “Both of these men are committed to teaching discipleship,” says Anderson. “They are particularly interested in encouraging faculty members to be spiritual leaders.”

Laughlin’s two children have attended Keene Adventist Elementary School, graduated from Chisholm Trail Academy, and attended Southwestern. His son, Andrew, graduated from Southwestern this May. “I am proud of the education and the opportunities that Southwestern has offered my children and look forward to joining the staff and faculty family,” says Laughlin.

Both Bill Kilgore and Ben McArthur, the previous vice president for academic affairs, will return to the classroom.

Darcy Force, director of marketing and public relations, Southwestern Adventist University

Always in His Presence **2013 Southwestern Union Women's Retreat**

Have the following questions ever crossed your mind? What does it mean to always be in the presence of God? How do I relate to that thought in my everyday living? Is God there with me in every circumstance? How do I know when God is present in my life? Is there something I have to do in order for His Presence to be with me? Are there any steps that I have to take in order for God's presence to be with me? What about when I'm having financial problems? Marital problems? Health problems?

Come to the Southwestern Union Women's Retreat to find answers to these questions and many others. The retreat will be held August 2-4, 2013, at the Embassy Suites in Frisco, Texas.

Every woman, at some point in her life, has experienced challenging circumstances, wondering why God wasn't there to stop the heartache and pain that often arise from difficult situations. Why didn't

He hear us? Did He turn His back on us because of some sin?

You won't want to miss this retreat. You will be blessed by such speakers as Elizabeth Talbot, former associate speaker of the Voice of Prophecy; Donna Jackson, wife of NAD president Dan Jackson; Ella Simmons, General Conference vice president; Raquel Arais, GC assistant director of women's ministries; Carla Baker, NAD director of women's ministries; author Susie Hill of Texas Conference; Shirley Benton from the Columbia Union; our own Vivian Johnson, Rocio Rodriguez, Suzanna Facundo, and Pat Humphrey from our union, plus our conference women's ministries directors, Rose Carr, Roxanne Smyth, Sandy Reyes, Linda Francisco, and Melody Radde, and many others. You will enjoy fellowshiping with women from all backgrounds and feel the joy of being one in Christ. Services and breakout sessions will be held in Spanish and English.

You will also feel the closeness of God and His Holy Spirit in the prayer room and enjoy wonderful meals. Plus, you will hear some of the best musicians this side of the Kingdom. We are also offering a special class for our young girls, ages 15-20.

Other plans in the works include a possible outreach activity at the mall involving the G.C.'s "End It Now" initiative, during which we will reach out to women, men, and children. We want the world to know that the abuse toward women, children, and even men, needs to stop!

You don't want to miss what the Lord has in store for the women of the Southwestern Union during this retreat. Registration begins this coming November. May God richly bless you and I'll see you in August of 2013!

Carmen Griffith, Southwestern Union women's ministries director



*Always
in His
Presence*

What does it mean to always be
in the presence of God?

Find out.

**Southwestern Union
Women's Spiritual Retreat**
August 2-4, 2013 • Frisco, Texas

Registration Opens November 2012

www.SouthwesternWomen.org

Society of Adventist Communicators— It's Not for Professionals Only

It seems like a sort of vicious cycle: I'm not employable without experience, but I can't get experience without employment.

As a communication student, I understand the dire need for experience before I can get a job, but finding opportunities to obtain experience *or* a job can be a challenge. So what's a person to do? The Society of Adventist Communicators is the answer.

Created by Seventh-day Adventist communication professionals from all over North America, the society is not just comprised of established professionals. This organization was created for the purpose of nurturing the spiritual, social, and professional growth of its members. A major part of the society is providing mentorship to students interested in a communication career.

As if that weren't enough, the society holds an annual convention in which upwards of 200 individuals—even some from outside North America—attend presentations, workshops, and seminars to foster growth and professionalism within their field.

Workshops are presented by some of the brightest and best communication professionals working for the worldwide church

and outside the church structure in corporate and freelance settings.

This atmosphere is prime for university students to learn the nuances of their fields, and to finally get those much-needed contacts. The convention provides access to otherwise unreachable internships, job opportunities, and professional mentoring relationships.

For all communication professionals and aspiring students, being a part of SAC provides the fellowship and mentorship that can only be attained by associating with like-minded individuals seeking to excel in their fields and spread the gospel wherever they go.

This year, the convention will be held at Hotel Albuquerque Old Town, in Albuquerque, New Mexico. It will run from Thursday, October 18 through Saturday, October 20. While all meetings and exhibits will be held at the hotel, many attractions are within walking distance.

The theme for the convention is "Soaring to New Heights," inviting communicators to "stretch" themselves and reach new heights with the skills they may learn at the convention.

There is a lot more to be said about SAC

and its benefits, but the only way to know for sure is to find out for yourself—especially if you are a student. Consider this your formal invitation to Albuquerque this October, and seize the opportunity to network and get that internship or job that you need.

Pablo Colindres, a junior communication major at Union College in Lincoln, Nebraska, spent this past summer as a student intern in the Southwestern Union Communication Department.

Who Should Attend SAC?

If you are involved in the communication arts, either professionally, in your local church, as a student, or as a hobby, whether your interest is writing, photography, radio, television, the Web, or any other area of communication, you'll find something of interest at this year's Society of Adventist Communicators convention in Albuquerque. To find out more about SAC and the upcoming convention, please visit adventistcommunicator.org.



The Great Hope Encircles the Globe

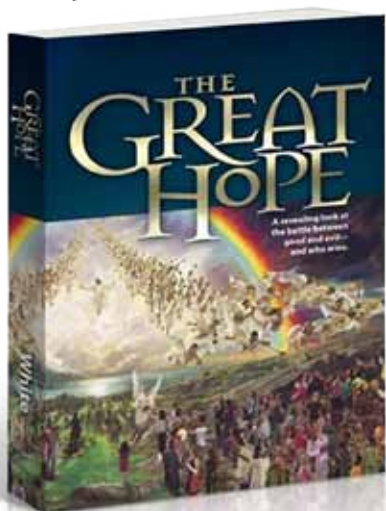
Seventh-day Adventist world church leaders embarked upon a literature sharing campaign two years ago that surpassed in scale any literature project to date. The goal was to share more than 100 million copies of *The Great Hope* around the world.

The Adventist Church is distributing copies of the book *The Great Hope* worldwide.

Written by Adventist Church co-founder Ellen G. White, the abridged version of the book has updated language and in-

cludes 11 chapters of the original *Great Controversy* which was originally written in 1888 and revised in 1911.

Already, tens of millions of copies of the paperback book in more than 80 languages have already been distributed in several parts of the world and nearly as many electronic copies of the book have been downloaded. Most of the church's world regions are still in the early phases of their distribution.



Rumors in some world regions claim that there is litigation involved with *The Great Hope* project. Those rumors are untrue. "We are seeing that tools like e-mail, social media, and SMS text messages can be tools for good."

"If the church encountered legal action against such an important initiative, it would be widely reported through official church news channels, such as the Adventist News Network," Caldwell said.

The distribution project will continue through 2013 with more than 170 million copies marked for sharing. See the project's Web site at <http://greatcontroversyproject.adventist.org>.

Courtesy of Adventist News Network

AdventSource Plans for New Building

LINCOLN, NEB. » AdventSource's board of directors voted on April 19, 2012 to move forward with plans for constructing a new building to house the ministry resource center for the Seventh-day Adventist Church in North America.

"This represents a big step forward for the ministry of AdventSource," said Tom Lemon, Mid-America Union president and chairperson of AdventSource's board of directors.

Founded in 1982 as a partnership between the General Conference Youth Ministries Department and Union College, AdventSource (then NAYM) was created as a one-stop center for Pathfinder Club supplies. Because of the success of this model, all North American

Division ministries now distribute leadership materials through AdventSource. In addition to more than 4,000 resources, AdventSource also provides church and school Web site support and event registration services.

Over the past 30 years AdventSource has relocated twice to accommodate college growth. AdventSource is preparing to move once again following the college's decision to repurpose its current location in the south end of the Don Love Building to house the college's growing physician assistant program.

Because AdventSource provides a significant amount of student labor, Union College has offered AdventSource the option of a long-term land lease to allow for the construction of a new facility at Prescott Avenue and 51st Street on land owned by the college.

"Union College values AdventSource's presence on our campus and we are pleased that this partnership is going to continue," said John Wagner, president of Union College.

The new 17,000 square-foot building will house the contact center, graphic arts, resource development and Web site support, along with operations and warehouse space. AdventSource is financing the \$2 million project through cash reserves, a building loan and support from Union College, the Mid-America Union, and the North American Division.

Brad Forbes, director of AdventSource, presented AdventSource's board of directors with a schedule including plans for breaking ground in May and occupancy by the end of 2012.

Frederick Russell, senior pastor of the Atlanta Berean Seventh-day Adventist Church and AdventSource board member, said, "I'm excited about the future of AdventSource on many fronts. The addition of new facilities is part of a series of progressive steps to ensure that AdventSource continues as the premier place for ministry resources for Seventh-day Adventist churches in North America."

Courtesy of AdventSource



From left: Tom Lemon, Debra Brill, Elaine Hagele, Gary Bollinger, Jerome Lang, Judy Glass and Brad Forbes break ground at the site of AdventSource's future home.

Classified Ads

REAL ESTATE/HOUSING

Summit Ridge Retirement Village is an Adventist community in a rural setting, but close to Oklahoma City medical facilities and shopping. Made up of mostly individual homes, the village has fellowship you'll enjoy. On-site church, assisted living, nursing home and transportation as needed. Web site: <http://www.summitridgevillage.org>, or call Bill Norman, 405.208.1289.

Hawaiian vacation retreat at Kahili Mountain Park on Kauai with free Wi-Fi. Accommodations for single families include comfortable beds and kitchenettes. Gather your friends for an unforgettable family reunion or church retreat, and reserve our fully equipped kitchen/lodge for your meals and activities. Visit www.kahilipark.org for pictures, or call 808.742.9921.

School for Sale: Adventist-owned, faith-based vocational school. Accredited to offer A.S. degree in health-related field. Title IV eligible, offering federal grants and loans to students. Successful, well-branded, presently located in Southern California. Ready for growth. For more information, please call: 951.218.9292.

EMPLOYMENT

Union College is seeking tenure track faculty member to teach foundational level courses and clinical in BSN program. Prior teaching experience and minimum of MSN in Nursing required. Qualified candidates will possess a commitment to Christian Adventist values. E-mail cover letter and resume/curriculum vitae to thstimo@ucollege.edu.

Florida Hospital College of Health Sciences is seeking applicants for the position of Program Director for a new

Physician Assistant program. A Master's degree is required; Doctoral Degree is preferred. Florida Hospital College is a faith-based institution which seeks candidates who fit the unique culture and mission of the college. Please e-mail CV to: Dr. Len M. Archer, Associate Vice President for Academic Administration, Florida Hospital College of Health Sciences, 671 Winyah Drive, Orlando, FL 32803, len.archer@fhchs.edu.

Florida Hospital College of Health Sciences, Orlando, FL is seeking a Physical Therapist Program Director beginning 2013. The Program Director will provide overall academic leadership in developing this program, and salary will be competitive. Qualifications: Minimum doctoral degree from regionally accredited school, senior faculty status, understanding of higher education and contemporary clinical, eligible for FL PT licensure, PT academic experience. Submit

letter of interest, curriculum vitae, three references and/or letters of recommendation to Dr. Don Williams, don.williams@fhchs.edu, or fax 407.303.5671.

Florida Hospital College of Health Sciences is seeking a Curriculum Coordinator to work with both the academic departments and faculty on curriculum, mapping, and course development in a blended learning environment. Qualifications: Ph.D. in Curriculum Development preferred with ten years of successful teaching in higher education. Send inquiries to Dr. Don Williams, Sr. VP Academic Admin., Florida Hospital College, 671 Winyah Drive, Orlando, FL 32803, 407.303.5619, don.williams@fhchs.edu.

ELTERNHAUS, 23-bed, Practicing SDA Assisted-Living Home in Maryland, seeks single, female, live-in volunteers as assistant "House Mothers." Be a friend to every resident through:

LET'S MOVE! DAY

Sunday, September 23, 2012

HELP US REACH OUR 2 MILLION MILE GOAL!

Register at www.AdventistsInStepForLife.org

Whether you host a 5K run/walk, join a community event, or organize other activities, consider how your team can involve as many people as possible in physical activity. Invite your community to join your church, school, or hospital as we move together and promote a healthier lifestyle.

Find resources and information at www.AdventistsInStepForLife.org



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



conversations, counseling, eating together, activities, crafts, games, exercise, walks, music, drives, Bible studies, vespers, church, reading, flower gardening, pets, videos, etc. Helpful: psych nursing, hospital nursing experience. Essential: practicing SDA church member, patient, loving, outgoing personality, teachable in new skills. Provided: Room, board, parking space, and stipend for 1-year commitment. Call Diane Crane, 410.67077071. E-mail: harrellhousecirca1897@gmail.com.

Andrews University seeks Research Coordinator for its Doctor of Physical Therapy Program. Physical therapist preferred, but will consider candidates from other healthcare-related fields with research experience. Apply online at http://www.andrews.edu/HR/emp_jobs_faculty.cgi, or directly to: Dr. Wayne Perry, Chair, Andrews University Physical Therapy Department, Berrien Springs, MI 49104-0420. Telephone: 269.471.6033. E-mail:

perryw@andrews.edu.

Andrews University is searching for a Sous-Chef to join Dining Services. Qualified candidates will have a culinary degree or two years of training/experience. For additional information and to apply please visit: http://www.andrews.edu/HR/emp_jobs_salaries.cgi.

MISCELLANEOUS

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August 2-4, 2013 • Frisco, Texas

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www.texasconferencelegacy.org
- **Texico Conference**, Sean Robinson 800.759.7851
- **Southwestern Adventist University**, Harvey Byram, 817.433.2240, www.swau.edu

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could be the most affordable, beneficial, and spiritual vacation you ever experienced! Get help for hypertension, high cholesterol, arthritis, cancer, obesity, depression, stress, smoking, and other ailments in beautiful NW Arkansas. Visit us at www.WellnessSecrets4u.com, or call 479.752.8555.

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If you've written your life story, want to tell others of God's love, or desire to share your spiritual ideas and want it published, call TEACHServices.com at 518.353.6992 for a FREE manuscript review.

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Would you like a rewarding career in medical ministry? Obtain an A.S. Degree in just 16 months. Full-time day and part-time evening courses start in September. Learn anatomy and physiology, kinesiology, medical massage, hydrotherapy, and other natural remedies in a Christ-centered environment near Loma Linda. Contact: www.handsonmedicalmassage.com, 909.793.4263.

Health Food Store Owners:

Attention! Bon Herbals, a small, growing, SDA-owned company, produces vegan/vegetarian nutritional supplements. Increase what you offer to vegans! To add this upcoming line to your store, contact Bonnie Mattheus, R.N., 423.238.7467, bonnie@bonherbals.com, or Bon Herbals, PO Box 1038, Collegedale, TN 37363. Web site: www.bonherbals.com.

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Announcements

Self-supporting missionary couple needed to run baby home in africa. Cradle of Love Baby Home in Tanzania is in need of new leadership. Founded in 2004, Cradle of Love provides interim care for orphaned and abandoned infants. Attributes needed for this job are: love for small children, administrative skills, adaptability to new culture and language, and capability to be self-supporting. For more information, contact Davona Church at: director@cradleoflove.com.

Oak Park Academy Alumni Weekend will be held September 28-29, 2012, in Gates Hall, 825 15th St., Nevada, Iowa. All alumni and former

faculty and staff are invited to attend. For more information, contact Mary Dassenko Schwantes at 636.527.0955, or maryschwantes@sbcglobal.net. Send us your email—postage is too expensive! Send them to Warren Woledge at warrenw2u@gmail.com, or call 402.570.0346.

Sheyenne River Academy/Dakota Adventist Academy Alumni Weekend, October 5-7 at Dakota Adventist Academy, 15905 Sheyenne Circle, Bismarck, N.D. Come and renew your friendships! Honor Classes: '38, '43, '48, '53, '58, '63, '73, '83, '88, '93, '03, '08. For more information, call 701.258.9000 ext. 236, or visit our Web site at: www.dakotaadventistacademy.org/alumni/alumnievents.

Sandia View Academy Alumni Weekend will be held October 11-13 in the Sandia View Elementary gym, located on Academy Lane, Corrales, N. Mex. All alumni and former faculty and staff are invited. For information, contact Jenny Larsen at 505.453.8152, or Larsen.virginia@gmail.com, or go to the alumni Web site at www.sandiaviewacademy-alumni.org for details.

Milestones

ANNIVERSARIES

Albert and Joan Schaefer celebrated their 65th wedding anniversary on July 4, 2012. They have taught in Illinois, Georgia, Texas, Oklahoma, and Michigan for 45 years in Adventist church schools. They now reside in Ketchum, Okla.

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We who live here consider the area to be ideal for many reasons: prime outdoor recreation; mountains, rivers and lakes; fantastic recreation complex; high employment rates; opportunities for living on small rural acreages, large farm or ranch-type holdings, or within the municipality.

Families will be interested in the opportunities for educating their children: K through 12 in the public system, including Success by Six and preschool opportunities; a community college; K through 12 in a private system, and public library.

Local shopping services local needs. Walmart, Canadian Tire, Safeway, and other major shopping opportunities are located within an easy drive.

We are recruiting to place up to three family physicians within the year and invite inquiries from those interested in a northern, small-town environment where current physicians earn in excess of one half million per year. Husband -Wife teams would be ideal.

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"I like to have vision"

Vision and innovation are essential values for Regis Scoubart. At work, his vision had allowed him to develop new programs – including using a tablet computer for charting. At home, his sense of innovation helps him to be an effective youth pastor. And did we mention he plays a mean guitar? Regis is one of the people that help to make Loma Linda a center of clinical excellence and supportive faith-based care.



*Regis Scoubart
Nursing Resources*

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LOMA LINDA UNIVERSITY
HEALTH SYSTEM

Obituaries

BEATTY, Earl, born July 9, 1939, in Muskogee, Okla., and died May 1, 2012 in Mannford, Okla. He was a truck driver and caregiver, and a cherished member of the Tyler, Tex., church.

HERR, Arleen VandeVere, born February 19, 1926 in Lincoln, Neb. and died June 18, 2012 in Keene, Tex. Arleen's musical and artistic talent complemented her husband's pastoring of churches in South Dakota, Missouri, and Indiana. She was choir director at the Cleburne, Tex. church at one time. Survivors: husband, John Herr of Keene, Tex.; son and daughter-in-law, Gary and Irene Herr, of Keene; daughter, Deanna Herr, of Newbury Park, Calif.; sister, Verla VanArsdale of Janesville, Wisc.; five granddaughters, and four great-grandchildren.

LEWINS, Thomas Martin III, born September 4, 1918 in Hot Springs, Ark., and died June 23, 2012 in Rocky River, Ohio. He had been a member of the Little Rock, Ark., church since 1947, and had served as an elder for more than 30 years. He served on the Ozark Adventist Academy board of directors for

12 years. His wife, Betty, and grandson, Micah Lewins, preceded him in death. Survivors: daughter and son-in-law, Connie and Ronald McElvain; son and daughter-in-law, Thomas IV and Jane Lewins; son, Edward Lewins; seven grandchildren, and three great-grandchildren.

MILLER, Season Dawn Stephens, born February 13, 1979 in Louisiana and died April 16, 2012 in Wayne, Mich. She was a member of the Fort Smith, Ark. church. She worked for General Motors. Survivors: husband, Shane; son, Christopher Stephens-Miller of Romulus, Mich.; parents, DeVaughn and Tammy Stephens of Greenwood, Ark.; brother, Brenden Stephens of Greenwood; and grandparents, Bill and Chiquita Roberts, of Fort Smith, Ark.

STEPHENS, Lyman Harvey, born December 12, 1924 in Achille, Okla., and died April 29, 2012 in Graham, Tex. He was ordained to the gospel ministry by the Texas Conference and served in four pastoral districts. Before his ordination, he served as a literature evangelist and Bible worker, and assisted in numerous evangelistic meetings. Through the years, Harvey's

love for sowing seeds of truth and nurturing new believers resulted in many commitments to Christ. He was a member of the Graham church, which was his final pastoral post before his retirement in 1990. Survivors: wife, Zelia May Stephenson; brother and sister-in-law, Billie G. and Norma Jean Stephens; daughter, Karen Essig; daughter and son-in-law, Lynn and Johnny Tidwell; four grandchildren and six great-grandchildren.

VILLANUEVA, Elias Laminose, born August 9, 1925 in Pasay City, Rizal, Philippines, and died May 13, 2012 in Hot Springs, Ark. He was a member of the Bonnerdale church. Elias worked for 37 years at the Philippine Publishing House as a clerk, treasurer, and manager. He was the associate publishing director for the Southeast Asian/Pacific Division. Survivors: daughter and son-in-law, Agapita Rose and Henry Rada, of Lompoc, Calif.; daughter, Elvie Theresa Villanueva, of Bangkok, Thailand; daughter and son-in-law, Helen Ruth and Solomon LaMadrid, of Hot Springs; daughter and son-in-law, Nida Gloria and BJ Quirante, of Loma Linda, California; daughter, Marlyn Susan Bartholomew, of Loma Linda;

daughter and son-in-law, Loree Almela and Ferdinand Roda, of Hot Springs; son and daughter-in-law, Don Elie and Bernadette Villanueva, of Manila, Philippines; son and daughter-in-law, Roel Rodney and Libeth Villanueva, of Manila; son and daughter-in-law, John Ken and Mercy Villanueva, of the United Kingdom; son and daughter-in-law, Manuel Rico and Jocelyn Villanueva, of Manila; son and daughter-in-law, Willy Pet and Gemma Villanueva, of Manila; sister, Paz Peng, of Virginia Beach, Va.; sister, Esther Brion, of Los Angeles; sister, Raquel Tolentino, of Virginia Beach; 22 grandchildren, and two great-grandchildren.

Correction Notice

In the July issue of the *Southwestern Union Record* the wrong address was listed for The Oaks Adventist Christian School on page 15. The correct address is: 11735 Grant Road, Cypress, TX 77429.

We apologize for any inconvenience.

Record DIRECT



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SABBATH SUNSET CALENDAR

	Aug 3	Aug 10	Aug 17	Aug 24	Aug 31	Sep 7
Abilene, TX	8:36	8:29	8:22	8:14	8:05	7:58
Albuquerque, NM	8:08	8:02	7:53	7:45	7:36	7:27
Amarillo, TX	8:49	8:43	8:35	8:26	8:17	8:08
Brownsville, TX	8:16	8:10	8:05	7:58	7:51	7:44
Dallas, TX	8:25	8:18	8:11	8:03	7:54	7:46
El Paso, TX	8:01	7:55	7:48	7:40	7:32	7:24
Fort Worth/Keene, TX	8:27	8:20	8:13	8:05	7:56	7:48
Gallup, NM	8:18	8:11	8:03	7:54	7:44	7:35
Galveston/Houston, TX	8:13	8:08	8:01	7:54	7:46	7:38
Gentry, AR	8:22	8:15	8:07	7:58	7:49	7:39
Little Rock, AR	8:10	8:04	7:56	7:47	7:38	7:29
Muskogee, OK	8:25	8:17	8:10	8:01	7:52	7:42
New Orleans, LA	7:53	7:47	7:40	7:33	7:25	7:17
Oklahoma City, OK	8:33	8:26	8:18	8:09	7:59	7:50
Roswell, NM	7:57	7:50	7:43	7:35	7:26	7:17
San Antonio, TX	8:25	8:20	8:13	8:06	7:58	7:50
Shreveport, LA	8:12	8:05	7:58	7:50	7:42	7:34
Tulsa, OK	8:28	8:21	8:13	8:04	7:54	7:45

BY GERROD CLARK

NEWSTART Teens

EVER SINCE I WAS VERY YOUNG, I'VE LOVED EXPLORING CAMERAS—taking them apart, understanding what makes them work, making videos, and taking pictures. When I turned 13, my interest increased, and I filmed my first “staged” Olympic-style games with four digital cameras. Then, when I turned 15, my parents and I moved to Northwest Arkansas and started going to a new church where I started helping with the video crew.

The people at that church told me that I had a natural talent for working with cameras. This encouraged me to save for a broadcast camera. Before long, I had my first “real” camera, but there was one problem—I didn’t know what to film. For a few weeks, I thought about what I could do with this new camera. It hit me one night as my family and I were driving home from church. I realized that I knew of no teen health shows. “I could do that!” I thought.

And so, the idea to create **NEWS-TART TEENS**, an eight-episode health series for teens and by teens, was born. I thought that having teens create the project would spark more interest among teens, since teens often listen to their peers. However, I didn’t know who could host the series, and I wanted to stay behind the camera.

Sometime after considering who could host the program, I went through a three-week, medical missionary course at Wellness Secrets, a lifestyle center in Decatur, Arkansas. There, I met a fellow teen medical missionary by the name of Rachel Leaming. I wanted both the male teen and female teen perspectives to be equally represented in the series, since guys and girls have different health concerns. I decided that I would be the program host, and Rachel would be my co-host. I immediately asked her parents if they thought she would be interested and they both said that

she would. I then asked Rachel herself, and she was very interested! From there, the project began to take shape more than I’d ever imagined.

Since that time (more than a year ago), the project has seen many ups and downs in production, and has been a total faith

venture. From the very beginning, we knew that it would take lots of work and faith to get this project completed. I never realized before how costly productions are, and how quickly gas, food, batteries, and “the little things” quickly add up. I now have new appreciation for life’s little things.

Every day of filming is a new faith experience. Every time we wonder where the next gallon of gas is going to come from, or how we will be able to fund the next equipment purchase or rental, God always provides. And we

know that He will continue to provide until the completion of the entire project!

Next time you’re writing a prayer list, don’t forget to include **NEWSTART TEENS**. We love it when people support us in prayer!



NEWSTART Teens, from left: Rachel Leaming, Liana DeMary, Chris DeMary, Louis Hernandez, Jaymes Carson, Gerrod Clarke.

NEWSTART is a registered trademark of the Weimar Institute in Weimar, California. The name **NEWSTART TEENS** is based on that trademark name. **Gerrod Clarke** is a 17-year-old Adventist documentary film enthusiast living in Oklahoma, near the Northwest Arkansas border. For more information, visit www.NewstartTeens.com.



On the Record »

BY PAT HUMPHREY » COMMUNICATION DIRECTOR, SOUTHWESTERN UNION

Let's Step It Up!

A LOT HAS CHANGED since I first became interested in healthy living more than 30 years ago. I remember well my mother's reaction when I announced that I was becoming a vegetarian. "You're becoming a *what?*" she asked, obviously quite puzzled.

"A vegetarian," I responded matter-of-factly.

"You mean you're never going to eat another piece of meat? What about your favorites—like steak and fried chicken?" she queried, looking at me as though I had lost my mind. Back then, at least in my circles, being a vegetarian wasn't exactly considered mainstream. And most people—at least the ones I knew—weren't all that interested in health. A healthy lifestyle was something that was pursued only by those who were called—well, "health nuts."

Fast forward 35 years and the topic of health pops up nearly everywhere you turn! Newspapers, magazines, television and radio talk shows, and well-publicized documentaries, such as *Forks Over Knives* and *Chow Down*, feature people who tout the benefits of a healthy lifestyle. Well-known lifestyle medicine experts speak volumes in the popular media about the

vital relationship between lifestyle practices and health. Even public figures such as Michelle Obama have jumped on the bandwagon with such initiatives as Let's Move Day, which is designed to fight the growing problem of childhood obesity. Unlike years ago, today there is no lack of solid, well-documented information and advice on health.

Given that scenario, you'd expect everyone to jump on the healthful living bandwagon, right? We all know what to do to get and stay healthy, don't we? And we're all doing it, right? As much as we'd like to think so, we know that isn't the case.

Recently, as I was pondering my own personal struggle with maintaining a healthy weight, a realization hit me like a lightning bolt. I realized that my challenge isn't *knowing* what to do, it's *practicing and continuing to build on what I already know*. I lamented the fact that despite making

healthy food choices, watching my portions, fat, and calories, and even walking 30 minutes a day, I am still challenged by more than a few extra pounds. Then it suddenly dawned on me that I needed to step it up, and that I hadn't heeded the big, bold message that has dominated the media lately: You need to move a lot more!

With that realization, I began to step up my efforts to become more active. I've set my alarm a little earlier so I can start my day with exercise. I've "resurrected" my pedometer, I avoid the elevator whenever possible, and I'm finding ways to move away from my sedentary spot in front of the computer. I can't tell you that these changes are easy to make, but I *will* say that I'm determined. And with God's help, I know I can reach my goal of losing those pesky, unwanted pounds.

I don't know what your health challenge is, but I do know this: "I can do all things through Christ" (Philippians 4:13), and so can you!

Pat Humphrey

Record

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