NEWS AND INSPIRATION FROM THE SEVENTH-DAY ADVENTIST CHURCH IN MID-AMERICA

OUTLOOK

OCTOBER 2012

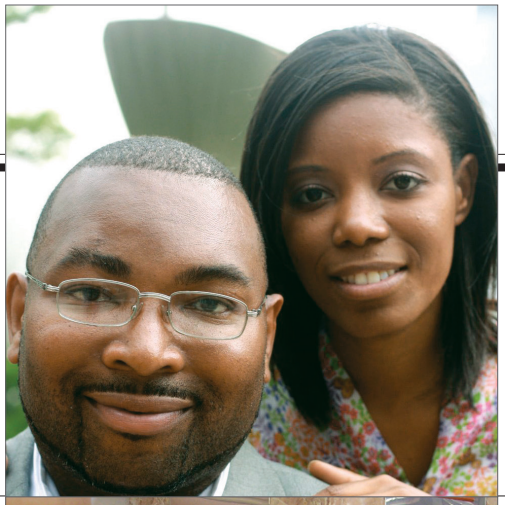


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Cover Photo: Ken and Karen Mayberry are the pastoral couple serving Bemidji, Hackensack and Park Rapids churches in Minnesota. Faithful, compassionate and creative, they represent the finest in Adventist ministry. Photo by Ken Brown.

IN THIS ISSUE

Pastors lead churches, but local elders hold congregations together. By their own leadership and example, they also inspire fellow members to support the pastor. This year's annual October feature on pastoral appreciation focuses on the crucial role of lay elders in a pastor's success. Two recent weekend convocations with local churches showed me once again the value of local elders. In Minnesota's St. Cloud district, Eric Emerson and his wife assisted behind the scenes as Pastor Devin Locati helped me minister to the flock. Two weeks later in Fort Madison, Iowa head elder Harry Scanlan coordinated everything for Pastor Dennis Mix. Praise God for local elders, who lead the way in supporting pastors around the world.

—MARTIN WEBER

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MID-AMERICA UNION CONFERENCE
PRESIDENT: Thomas L. Lemon
VP FOR ADMINISTRATION: (TBD)
VP FOR FINANCE: Elaine Hagele
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COMMUNICATION DIRECTOR: Martin Weber
EDUCATION DIRECTOR: John Kriegelstein
MINISTERIAL DIRECTOR: (TBD)
YOUTH/CHURCH MINISTRIES: Hubert Cisneros
www.midamericaadventist.org

OUTLOOK
EDITOR: Martin Weber
MANAGING EDITOR: Brenda Dickerson
DESIGNER: Randy Harmdierks
www.outlookmag.org

LOCAL CONFERENCES
CENTRAL STATES
3301 Parallel Parkway
Kansas City, KS 66104
913.371.1071
www.central-states.org
News Editor: Philip Baptiste

DAKOTA
P.O. Box 520
217 North Grand Avenue
Pierre, SD 57501
605.224.8868
www.dakotaadventist.org
News Editor: Jacquie Biloff

IOWA-MISSOURI
P.O. Box 65665
1005 Grand Avenue
West Des Moines, IA 50265
515.223.1197
www.imsda.org
News Editor: Michelle Miracle

KANSAS-NEBRASKA
3440 Urish Road
Topeka, KS 66614-4601
785.478.4726
www.ks-ne.org
News Editor: John Treolo

MINNESOTA
7384 Kirkwood Court
Maple Grove, MN 55369
763.424.8923
www.mnsda.com
News Editor: Jeff Wines

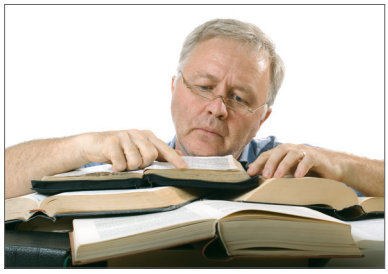
ROCKY MOUNTAIN
2520 South Downing Street
Denver, CO 80210
303.733.3771
www.rmcsda.org
News Editor: Mark Bond

UNION COLLEGE
3800 South 48th Street
Lincoln, NE 68506
800.228.4600
www.ucollege.edu
News Editor: Ryan Teller

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My Pastors

by Thomas L. Lemon



When the news seeped into my consciousness, I was more than a bit unsettled. My colleague confronted me with research that could be summed up like this: When an Adventist pastor leaves pastoral ministry for departmental or administrative leadership responsibilities after the age of 40, he rarely if ever goes back to local pastoral ministry unless it is part-time in retirement. That meant that my years as a local pastor were likely over—22 years, good years, and, I felt, productive years. I have reflected on that thought many times over the last several years, with mixed emotional impacts.

Yet in my musings I have also reflected on the years since I "left the ministry" as one friend put it with his tongue firmly planted in his cheek. Looking at pastors from a "consumer's" view of their ministry has increased my admiration for what they do—for the overall Adventist mission, for the flock they serve, and for me. What follows is prompted by a review of Romans 16. But the times and names are disguised.

I will always praise the Lord for Pastor D, now deceased, who in the early days taught me it was okay to let others minister to me when I needed it—and he taught me to recognize that I needed it more than I thought. Then there was Pastor G who, while I was rarely in his congregation, made real the transformative grace of the Lord every Sabbath. His worship team worked so well with him to maximize the impact of what it means to be both a hearer and a doer of the Word—in the right order and with the right motivation. Every time I saw Pastor J he asked about various things going on in my role, and when I listened to him, whether from the pulpit or in his study, I heard almost a prophetic voice challenging me to go deeper and deeper in commitment.

I praise the Lord for Pastor I, whose leadership skills and heartfelt caring under the most trying of circumstances continue to inspire me to greater concerns for people over policy and programs. I will always appreciate Pastor G, who still calls me just to check in. After he chides me for leaving his conference, he pastors me, and in those conversations I hope to continue to return the favor. A different Pastor J challenges me to wrestle with the tough theological questions.

Not long ago, my family came into an awareness of a very specific, personal and real prayer opportunity. Time was of the essence but my travel schedule leaves very little room for spur-of-the-moment spontaneity. Knowing this, my pastor and his wife agreed to meet with us very early on a Sabbath morning, when it was most inconvenient for them. They were willing to make that sacrifice because they have pastoral hearts.

This past summer while attending the ASI convention and Division leadership meetings, I was geographically close enough to make a quick visit to my father's final earthly resting place. He was a pastor for 42 years and a chaplain after that for another six. All those years, he too was "my pastor." That legacy is a treasure trove beyond human valuation.

There are many others whom I have not mentioned. But all of them, through the wonderful gift of memory, continue to feed and water my soul and I thank the Lord for each of them.

Have you prayed for your pastor today? Have you told him or her of your prayer support? Have you said thank you? O

Thomas L. Lemon is president of the Mid-America Union.



A Call to Pastoral Ministry

by Lawrence Francis

In my childhood, my beloved mother taught me to memorize Scripture—not just to recite words but to internalize their meaning. My father was my early instructor in Bible prophecy. Thus my parents planted within me the seeds of love and adoration for God. It might seem inevitable that I would answer God's call into ministry. But not really!

Growing up in a multi-cultural and multi-religious environment, my father always challenged me to discover for myself why not to be a Buddhist, Muslim, Hindu or even an agnostic. I found it's next to impossible to study religions and not fall in love with the central figure of Christendom—Jesus Christ!

After six years of formal training (and in the process graduating with degrees from Spicer Memorial College and the SDA Theological Seminary at Andrews University), I had the privilege of pastoring in Malaysia for eight years. All that time I cherished the dream of being a preacher and medical doctor at the same time, for the sake of ultimate accomplishment in serving God's cause. I gained this vision for ministry from the Master Preacher, who was both a preacher and a healer at the same time.

After wishing for five years to return to the Seminary and begin my doctoral program, I returned to Berrien Springs, Michigan. But I didn't stay there long! Deliberation with God regarding funding options led me to Union College in Lincoln, Nebraska, which became my home away from home. For the next four years I gained a firsthand look into science and pre-med. I praise God that He gave me the opportunity to graduate from Union College![1]

I know how much God loves me and that He has a plan to prosper me and to give me a future. So, while He is busy taking care of my life, I will continue to go about my Father's business. Though being accepted into medical school and/or a doctoral program in theology is a distant dream now, I rest at peace with His current leadership. Since He has yet to fail me, I have no reason to question His guiding in my life.

Currently I am the proud under-shepherd of four precious churches in Nebraska—the heart of this great nation. As I complete my second year in the district, all four congregations are making steady progress—thanks to the help of Jesus. My goal is to please Him, not to fight the losing battle of trying to please everyone else. And yet I am lost for words of appreciation for my lay co-workers—members of Christ's body—for all the ways they help God's work to move forward.[2]

In pastoral ministry, I am living out the heritage of my God-loving parents. They not only encouraged me in God's love but also modeled it. I wish my mother could still be alive to continue praying for her children. But I know Jesus is always there for me, interceding on my behalf. It is my ardent desire to continue serving and sharing this Jesus in every way possible—He who lived, died and continues to live through the ceaseless ages of eternity. And He has promised to come back quickly, receiving you and me unto Himself so that we may live in His home forever.

I conclude this testimony with the Scripture I treasure as the legacy my mother left for me: "The LORD himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged" (Deut. 31:8, NIV). ■

Lawrence Francis pastors the Beaver City, Broken Bow, Holdrege and Kearney (NE) churches.

[2]Merlin Wehling, who serves as head elder in the author's Kearney Church, was selected by the Kansas-Nebraska Conference president as a local leader who particularly exemplifies partnership with the pastor in serving the congregation and the community. Read Wehling's thoughts on supporting his pastor, along with those of other local elders, as you turn the page.

[1]Read Pastor Francis' complete story at http://bit.ly/PLYZ7A or scan the QR code to the left.

Supporting *Mid-America*



Our Pastors

*Elders Share Their Wisdom**

by Martin Weber

No one in Seventh-day Adventist churches, besides the pastor, has more influence than an elder. Who better, then, to provide insight into the best ways to support our pastors? With that in mind, OUTLOOK asked each president of Mid-America's six conferences to select two elders—one from a larger church and another from a smaller church—who represent the excellence and spirituality of their calling. Eleven responded to our request for an interview. Read on for their wisdom on making pastoral appreciation a practical, year-round experience in our Mid-America churches.



(left) Adam and Kristin Breiner, pastoral couple from Andover (MN) Church, with sons Damek (right) and Caedmon. Since this picture was taken, a third son, Asher, has joined the family.

The pastor and I frequently talk about the direction of the church. There is a back and forth about good ideas and bad ideas, leaders in the church, people who need extra support, and church vision.

As pastors come and go within a congregation, elders can provide long-term leadership continuity. They can be the bridge between the pastor and the community, particularly in the pastor's first year in a church. How do you help a new pastor connect with church members and the community?

Nigel: A congregation or community is much more likely to accept the friend of a friend; so, make a friend of the new pastor and share with him/her the existing relationships you've cultivated over the years.

JoAnn: Before the pastor and his wife arrive, I call them to find out what their needs are. I try to accommodate those needs—including a home cooked meal once they arrive. Then I host a social meeting for all the elders and their spouses along with our new pastor and wife to get acquainted and feel comfortable with each other.

Steve: I have not done very well in this area. We are in a five-church district and the time our pastor has is limited for our community. We try to involve our pastor with our friendship activities.

Joe: By keeping a positive attitude, by focusing on the new perspective and possibilities.

Alan: Our pastor moved here in early December, and we invited him and his wife to Christmas dinner with our family.

Bobby: Visitation.

Jenni: Introducing them to people, offering assistance and being available to support them. Since my professional career involves community relations, I tried (and continue) to serve as a resource to them as they learn to navigate a new community or need to identify various community resources.

Michael: I encourage the pastor to visit the members. A visiting pastor can develop such a rapport with the church. I avoid saying, "This is the way we do things around here." Maybe the new pastor changes a dynamic and opens a door for growth and change.

Gina: I introduce people to the pastor, and help in making community connections.

Merlin: I've helped pastors find a home, a car, move in, get connected with the congregational needs, etc.

Kathy: It is important for the pastor to know people in the community, not only his parishioners.

What is one way in which you help your pastor facilitate discipleship and equip your congregation for ministry?

Nigel: I facilitate a Sabbath school class at my church.

JoAnn: Discipleship can have many facets. I facilitate one-on-one situations with members who are new in the faith, helping them understand and more deeply appreciate what they have just learned.

Steve: We encourage and develop people to lead out in different types of activities such as prayer meeting, social events and Sabbath school programs.

Joe: By personally taking on that responsibility. I see the head elder's main responsibility as working toward a culture of discipleship and training in the church.

Alan: It's so important for everyone of every age to feel a part of the team. I try to have our young people, and those relatively new to our church, be involved in the 11 o'clock hour—either through reading Scripture or being on a praise team.

Bobby: Through encouragement and meeting the needs of the people.

Jenni: Recently our women's Bible study began to talk about spiritual gifts, so I took this opportunity to assist the group in taking a gifts-assessment survey so they could discover their spiritual gifts. We found this to be an empowering activity.

Michael: We work together to push out responsibility to as many members as possible. As more hands take up the plow, before we know it, discipleship is happening and ministry is being accomplished!

Gina: I need to be more helpful in this, but I do encourage people as they express interest in exploring a ministry. I also just show up and participate.

Merlin: The pastor and I frequently talk about the direction of the church. There is a back and forth about good ideas and bad ideas, leaders in the church, people who need extra support, and church vision. I also hope every pastor will see me as a friend and someone they can confide in.

Kathy: Pray first!

All families have relational struggles, including the family of God. Church conflict may place pastors in opposition to their members. Elders often serve a vital role as peacemakers. Share one bit of advice for resolving such potentially explosive situations.

Nigel: Listen actively and sincerely. Many times conflict arises when members do not feel like they're being heard. Listening often diffuses the situation.

JoAnn: Treat others as you want to be treated, even though you may not agree with them. We may have our differences, but that does not mean we have to be "disagreeable" in how we conduct ourselves. Sometime you must come to the realization that you are going to just "agree" to disagree. I try to have the individual come away from the situation feeling loved, cared about and respected.

Steve: I help people see how much we have in common. Most of the time struggles are over small issues. We can see this if we keep focused on the big picture and our ultimate goal.

Joe: Don't get too excited. Stay calm and listen to what everyone is saying. Most times people just want to be heard.

Alan: An elder is not the final authority. The best thing they can be is a sounding board. If people truly know that they are being heard, explosiveness diminishes drastically. When anyone is in the middle of a volatile situation the best one to speak to is the Father—and He is much faster than an email.

Bobby: Always pray and evaluate situations carefully.

Jenni: Take a step back and pray. It is too easy to get overly involved. I may talk with other elders to gain perspective and talk through the situation, brainstorming possible solutions. It's important to keep lines of communication open with your pastors.

Michael: Listen better. Remind everyone that we are all God's children; we're in this together.

Gina: Listening to all, not expressing judgment, and being supportive of the pastor. Seeing if people can feel things from the other point of view. Most of all it's important not to spread gossip about the conflict.

Merlin: Compromise, humility and communication are great allies in conflict—which is sometimes inevitable. We are fighting a real spiritual battle in our churches.

Kathy: There are always two sides to any issue. Sometimes it is impossible to curb an "explosive situation." God works on the heart. We pray He will help resolve the issue.

My research has shown that how a congregation treats the pastor's family is a huge factor in whether the pastor's children will remain in the church. What is something your congregation does to help your pastor's family feel accepted and appreciated?

Nigel: It seems simple but it's often overlooked—tell them they are appreciated.

JoAnn: Our church members are very hospitable and invite the pastor to many events in their homes or other social settings—to say nothing of all the food that is taken to their home. When we have pastors with children, we make sure those children are invited to the homes of others who have children so they can play and share events.

Steve: We include activities that will appeal to the children at whatever age they might be. We try to remember them at birthdays and special events with a card and gift.

Joe: We see them as part of our family.

Alan: Cards and letters are always nice. In our technological age, a quick text is a nice way to touch base. Even if they are unable to respond, at least they know you are thinking of them and appreciate them.

Bobby: We have a pastor's appreciation day and welcome them in our homes.

Jenni: Our New Haven congregation has done a good job helping pastors move into their new house, inviting them over for Sabbath lunch and showing appreciation throughout the year.

Michael: It's important to not put lofty expectations on a pastoral family. Building a genuine friendship can be a real support during the tough or lonely times.

Gina: It's important to learn the names of their children, and regard them without judging them—as with any of the little ones in our midst.

Merlin: Schedule coordination is hard when your pastor has multiple churches, but our members invite the pastoral family into their lives with Sabbath lunch, afternoon in the park, a bike ride, etc.

Kathy: The pastor, his wife and children need to know we support them and we appreciate their contribution to our church.

What do you think is the most helpful thing you do for your pastor?

Nigel: Prayer and consistency of the message. Assuming you and your pastor are in agreement, the pastor's leadership is significantly bolstered when lay leadership echoes the message.

JoAnn: First of all, pray for him and his family every day. I keep him apprised of the needs of the congregation of which I am aware, or that other elders share with me. I try to assist him with whatever situation may arise and fill in for him, as needed, when he is gone.

Steve: I keep him informed and provide history and background about members' previous situations.

It's important to learn the names of their children, and regard them without judging them—as with any of the little ones in our midst.

Every pastor is different. I try to find ways to complement my pastor's own gifts. That way he can concentrate on excelling at his strengths.

Joe: I recognize that his schedule is demanding and try to bring only the most important issues to him. I try to resolve any issue before calling him in on it.

Alan: I do my best to always answer in the affirmative when he has a problem and needs me to do something for him.

Bobby: Pray and support.

Jenni: I think the most helpful thing I do for my pastors is just to be available for them. It can be as simple as handing out flowers after a baptism or baby dedication. Pastors also need to know they have someone they can count on at anytime to jump in and get the job done.

Michael: Every pastor is different. I try to find ways to complement my pastor's own gifts. That way he can concentrate on excelling at his strengths. I say "try" because I have my own gifts and limitations and may not be helpful in a given area, but I believe the Holy Spirit gives gifts to the church, and He will ensure we have all we need to fulfill our commission.

Gina: To be dependable, to explain the history and culture of the congregation—how things are generally done, viewed, typical expectation for process. I also really try to present the pastor in a positive light to people. Not that that has been difficult to do!

Merlin: I pray for them and the direction of the church. Also model support for new ideas and changes initiated by the pastor.

Kathy: Uphold the pastor and his family in prayer. Encourage him and be willing to be a "sounding board" if the need arises.

What is the best thing a congregation can do to show support for their pastor?

Nigel: Making time to be present and actively involved in the ministries of the church is without a doubt an extremely effective way of showing support for your pastor.

JoAnn: Everyone needs to get involved in the goals of the church and make outreach happen, as it takes all of us to finish the Lord's work.

Steve: Be willing to change and try something different even if "we have never done it that way before."

Joe: Bring him people to baptize.

Alan: PRAY, PRAY, PRAY. All pastors are under continual assault.

Bobby: Cooperation.

Jenni: The best way a congregation can show support for their pastor is to do things throughout the year, not just during Pastor Appreciation Month.

Michael: Get active! Pastors are always willing to do too much—it's a characteristic of the calling. Getting in the trenches with them energizes them.

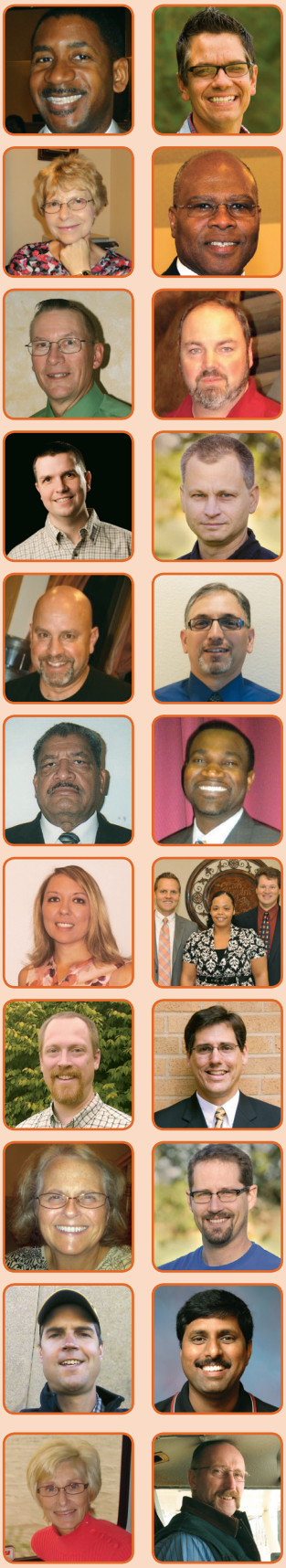
Gina: I think we need to regard our pastor as a fellow human being saved by grace. And to also regard his wife and children as part of our church family, not to be judged any differently than any other family—with love and respect in the Lord.

Merlin: Be their friend!

Kathy: A kind word of encouragement at an opportune time is priceless.

Martin Weber is editor of OUTLOOK.

Read the complete responses to these questions and others at http://bit.ly/QoF94Y or scan the QR code to the left.



Nigel Abrahams
LifeSource Adventist Fellowship, Denver, CO
Pastors: Dany Hernandez (lead, pictured), Gale Hendrick, Tim Cress, Robert Knaubert

JoAnn Arnold
Bismarck, ND
Pastor: Odea Sigh

Steve Bascom
Guthrie Center, IA
Pastor: Jerry DuVall

Joe Bates
Aitkin, MN
Pastor: Jeff Scoggins

Alan Brass
Colorado Springs Central, CO
Pastor: Mike Maldonado

Bobby Franklin
Claremont, Pueblo, CO
Pastor: Livingstone Pogson

Jenni Glass
New Haven, Kansas City, KS
Pastors: Douglas Elsey (lead, right), Chanda Nunes, Luke Self

Michael Kelsey
St. Louis Central
Pastor: Vic Van Schaik

Gina Olberg
Andover, MN
Pastor: Adam Breiner

Merlin Wehling
Kearney, NE
Pastor: Lawrence Francis

Kathy Widicker
Bowdon, ND
Pastor: Terry Pflugrad

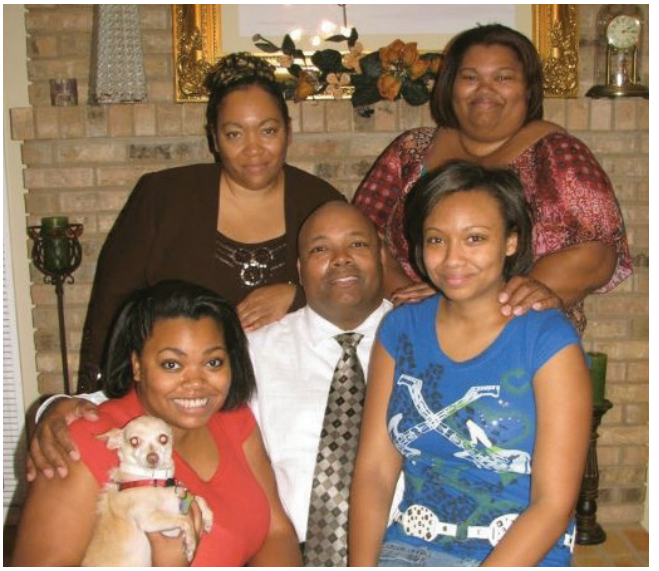
Meet the elders who provided these great insights, as well as the pastors with whom they serve.

Elders are pictured to the left of their pastors.

Just the Right Mann for the Job

by Jimella Jones

Courtesy Central States Conference



Pastor Bryan Mann is the leader of a women's support group: wife Valoree (top left), and daughters (clockwise) Myla, Sasha and Breon (holding Lisa, the family mascot).

A few years ago a pastoral vacancy opened at Northside Church in St. Louis. God provided the right man for the job, **Pastor Bryan W. Mann**.

Like faithful Timothy in the New Testament, Pastor Mann's agenda isn't about position, prosperity or popularity. He cares about the wellbeing of God's people, declaring: "I desire to have a relationship with all my members—it's not enough to know their names."

Just ask Northside members who received a visit from their pastor during their emergencies. And if Pastor Mann knows about a need, he'll be there. A family who received diapers when they had none will testify to that.

Northside member **Roderick Hogan** said, "I appreciate every moment this pastor has been here. When I had surgery, he was there before I went into the operating room; he was there while I was in recovery and while I was in the intensive care unit. He is a great father figure in my life."

Mann's own daughters describe him as loving, dependable, God-fearing and full of wisdom. No wonder Northside members believe that he is truly the right Mann to be their pastor.

Jimella Jones is communication director for the Northside Church in St. Louis, Missouri.

Introducing Central States' New Communication Director

by Martin Weber

Courtesy Philip Baptiste



New Central States communication director Philip Baptiste, with wife Dalyne

Philip Baptiste, senior pastor of the Palace of Peace Church in Colorado Springs, has now been entrusted with the additional role of communication director for the Central States Conference.

Born in Canada as the son of a preacher and youngest of three boys, Pastor Baptiste at an early age came to love spending time in church. His father baptized him at age 10. While attending Crawford Adventist Academy, Philip was Student Association pastor and belonged to a team of student disciples. After graduating with honors, he continued education at Andrews University, obtaining degrees in business administration, religion and a Masters of Divinity from the Theological Seminary.

Pastor Baptiste is passionate about sharing God's love in fresh and creative ways to meet needs of the local community, in which he serves as a committee member for Young Life. He has been a minister for more than 12 years, including a stint as associate youth director for the Rocky Mountain Conference.

Pastor Philip has been privileged with mentoring from some of the best leaders in the Adventist Church, including **Jose Rojas**, **James Black** and **Willie Oliver**. He is a professional event planner, a youth ministry consultant and a family life educator. In spare time Philip enjoys playing the piano, traveling and spending time with his wife, **Dalyne**, an elementary school teacher.

A sought-after speaker, Pastor Baptiste has preached at convocations and conventions across North America, the Caribbean, Cuba, Indonesia, Belize and Mexico. In Egypt he ministered among Muslims.

Martin Weber is editor of OUTLOOK.

Central States Conference at the Pathfinder Camporee

by Myron Nealey



Courtesy Central States Conference

Hands-on learning about God's creatures at Reptile Gardens

Five Pathfinder clubs from Central States Conference (CSC) attended the Mid-America Pathfinder Camporee in Custer, South Dakota. Participating clubs for the July event included Ebenezer Gatekeepers, Faith Warriors, Jabali Warriors, Silverhawks, and Roho Rafikima. Central States campers reaped many blessings from the leadership of **Rachel Banks** and **Shawn Wells** (executive Pathfinder coordinators for CSC), who collaborated with local club directors, counselors, staff and area coordinators.

Upon arrival, several clubs organized an assembly line for tossing equipment over a barbed wire fence to efficiently set up camp. Rain presented the additional challenge of keeping items dry while pitching tents.

Activities included a ride through Bear Country and visits to Reptile Gardens and Crazy Horse Monument. Wonderful speakers and great fellowship highlighted the event, along with a Sabbath afternoon march into the amphitheater with Mt. Rushmore in the background.

CSC Pathfinders had the privilege of posting their colors on Sabbath morning with a guard comprised of individuals from various clubs. Two of them gave onstage interviews: **Gabby Nowrang** testified that the purpose of Pathfinders is helping others and spreading the gospel. She cited an outreach project in which she helped feed starving children. **Tandy Opande** talked about how Pathfinder friends changed her life spiritually, physically and emotionally by building up her confidence and supporting her through rough times. Tandy said one of her favorite activities is helping in the community—especially volunteering at Goodwill.

One club deserves special recognition for determination to attend the Camporee even though its director was unable to come. On short notice, the young adults of the club decided they would go anyway, working through various obstacles to ensure their arrival. The Pathfinders conquered every challenge and then enjoyed all activities.

Much hard work went into the Camporee, blessed by God and enjoyed by all who attended.

Myron Nealey is area coordinator for Pathfinders of the Central States' Rocky Mountain Region.

Country Corn Roast Puts the Fun in Fundraising

by Jen Erickson

Grand Forks Pathfinders recently received a big boost to their operating budget through a delicious and entertaining event. The Country Corn Roast featured a potluck meal with freshly roasted corn provided by **Pastor Mike** and **Roberta Temple** and their family, who hosted the event at their country home. Guests were invited to come in country attire—overalls, straw hats, bandanas, and hair in pigtails.

Dinner was peppered by goofy hats being rented and placed on fellow diners' heads—providing many photo opportunities. Pathfinders also sold a stamped kiss or bug, allowing people to either send an anonymous "kiss" or "bug" to someone; the recipient could then pay to find out who sent the message.

After dinner the children played old-fashioned games such as beanbag toss while a guest stunt pilot readied his plane. The jaw-dropping aerial show was preformed over a neighboring field. Then, Pathfinders and Adventurers got down and dirty with an extremely competitive hands-free watermelon eating

Jen Erickson



Grand Forks members put their faces in the food at the Country Corn Roast benefiting Pathfinders.

contest. More games like three-legged and gunny-sack races were played before the main event—a box social.

Pastor Temple put his auctioning skills to use selling sealed boxes with mysterious contents. The highest priced item was a brightly wrapped box (filled with homemade goodies) that sold for $83. Collectibles and other homemade items were auctioned, including a blueberry pie baked by one Pathfinder and purchased by another Pathfinder for $32. The day's total was an amazing $1,030 for helping the club secure supplies to work on honors and transportation to activities like Bible Bowl and camporees.

The Lord even blessed the event with good weather. A dark rain cloud threatened, and rain spilled down in surrounding areas, but the Temple's yard remained dry and the temperature perfect for this day of fun and fundraising.

We praise the Lord for the generosity of attendees and the hospitality of Pastor Temple and his family. They have been in the Grand Forks, North Dakota district for almost two years, and in that time have generously given of themselves to benefit the church family and community.

Jen Erickson is head deaconess and women's ministries director for the Grand Forks (ND) Church.



Jen Erickson

Old fashioned games involved kids of all ages.

Witnessing via Disaster Preparedness

by Jacquie Biloff

For several weeks, **Phyllis Alexander**, Dakota Conference director of Adventist Community Services—Disaster Response (ACS/DR) had noticed TV ads sponsored by the Rapid City, South Dakota fire department warning residents to have a home disaster plan. When she phoned to find out where preparedness classes would be held, officials told her, "We haven't set anything up yet. We're still looking for an instructor."



Bill Edwards

Phyllis Alexander's phone call launched a unique community outreach.

Alexander, who is a registered nurse and a certified instructor in both disaster training and donation management, met with officials. They asked her to teach disaster preparedness using the ACS/DR program. "They perused the entire book and had no objection to anything mentioning Adventists and even agreed to some of the spiritual pages," Alexander stated. "The Emergency Management of Rapid City, which includes all first responders, provided PR using television, radio and newspapers—even a large billboard on I-90. They did all the organizing and setting up, plus printing all the materials I needed."

The classes, held in a conference room at Cabela's in Rapid City, began May 15 and will continue every two weeks through October 16. September is Disaster Preparedness Month, which provided extra publicity for Alexander's program. She also got a boost from knowing many local first responders from her association with the Red Cross since 1997, and her 21 years working as a registered nurse at the Rapid City Regional Hospital, where she is still employed part time.

Alexander concluded, "The most wonderful thing is that I can do city evangelism work, like our Sabbath school lessons are teaching us."

Jacquie Biloff is communication director for the Dakota Conference.

Getting an Early Start on Evangelism

by Amanda Schwering

Dylan Schwering of the Fort Dodge (Iowa) Church led a three-night evangelistic series in his hometown of Dayton in August. For some 10-year-olds this might seem a bit intimidating, but Dylan is a seasoned public speaker, having preached in church since he was seven.

His theme for the series was "Everybody Ought to Know Who Jesus Is," covering creation, Jesus and heaven. Dylan held his meetings at the Community Center with his siblings, **Chelsie** (12) and **Jonny** (6), helping during announcements, song service and nightly drawings. Attendance numbered 30, of which 19 were community guests. Since the series ended, Dylan and his family have been leading a Bible study series in their home, Truth for Youth, along with adult studies for interested parents.

Dylan aspires to be a pastor/evangelist someday because his dream is to teach people about Jesus so the streets of heaven will be filled with his friends.

Amanda Schwering is a member of the Fort Dodge Church.

Celebrating 20 Years of Helping Hands

by Kieth Noll

Courtesy Iowa-Missouri Conference



Adventist Helping Hands Community Center gave away quilts through drawings at its anniversary celebration. (L-R) Ruthie Stallsworth, Center leader; the quilt winner; and Center volunteers Frances Engel and Robert Trial.

Recently the Adventist Helping Hands Community Center in Doniphan, Missouri held an open house celebrating 20 years of making a difference by giving away clothing, home goods and literature. The county is so poverty stricken that 75 percent of students get free lunches at school, according to local resident **Mary Helmes Bice**. "This Center has been a great help to people who have lost their possessions by fire, and to wives whose husbands have died and left them as the sole provider."

Fellow Ripley County neighbor **Linda Sarren** testified regarding the Center: "It was a life saver for me when my husband's employer went out of business and, at the same time, I got sick and was not able to work. They [the Adventist volunteers] were here when I needed them the most. It would be a big loss to the community if they ever closed."

During the anniversary celebration, Helping Hands Center asked clients how its services could be expanded. Volunteers are currently working on meeting the expressed needs: nutrition and cooking classes; pre-marriage, parenting and financial seminars; and exercise classes.

Kieth Noll is a former pastor of the Doniphan (MO) Church.

Iowa Youth Rally to Defeat Their Giants

by Michelle Miracle

Michelle Miracle



Pastors Jose LaPorte (orange shirt), and Lee Rochholz lead Sabbath school discussions about how David handled Goliath and that young people can also conquer the "giants" in their own lives.

The second annual Iowa Youth Rally, hosted by Des Moines Adventist Church, attracted 50 high school and college-age attendees from Minnesota, Missouri and Iowa. Featured speaker **Buell Fogg**, Union College associate chaplain, addressed the weekend's theme, Facing Your Giants. "We should never underestimate what God allows us to go through," he exhorted, "because it will help us on the other side."

Jose LaPorte, pastor of the Mason City district, explained why he organized the rally: "I wanted to develop these weekends as a time where young people, especially those from small churches, could come together to worship with their peers." LaPorte and fellow planners included social time for fun, games and good food. Visit "Seventh-day Adventist Iowa Youth Rally" on Facebook for more pictures from the rally.

Michelle Miracle is the communication and Sabbath school director for Iowa-Missouri Conference.

Courtesy Micky Burkett



Radio station KSDQ on the Sunnydale Adventist Academy (SAA) campus in Centralia, Missouri now has a large highway sign advertising its Christian programming. Pictured is chief operator Micky Burkett, with the sign on Missouri's Highway 63, just north of Cairo.

The full power station has been on air for 18 months, with most programing coming from 3ABN radio, plus some from Sunnydale church services, camp meetings and various SAA events.

The programming has already contributed to three people being baptized. Many community members have told Burkett that they enjoy listening.

For more information about KSDQ, contact the station at: KSDQradio@sunnydale.org 573.682.5887.

Pastor Attends International Religious Liberty Conference

A report from Jim Nichols

Courtesy Kansas-Nebraska Conference



Sidney District pastor Jim Nichols represented Kansas-Nebraska Conference and the Mid-America Union at the 7th World Congress for Religious Freedom.

The Dominican Republic hosted the 7th World Congress for Religious Freedom, with 900 attendees who represented 70 nations. Meeting every five years, the congress is presented by the International Religious Liberty Association of Seventh-day Adventists, which promotes freedom of faith for all people. The theme for the 2012 congress was "Secularism and Religious Freedom—Conflict or Partnership?"

I was privileged to be selected by the North American Division as the pastoral representative for the Mid-America Union at this event. I've had an interest in religious liberty issues since becoming an Adventist. Because of the prophetic aspects of the Adventist message in relationship to powers, governments and authority, and because of the spiritual Babylon perspective we have of churches and the powers that be, I believe we should tread softly and be as servant-oriented for as long as we can. We must not spoil the social attitudes toward us before we can get the main message about Christ and His return before the people.

Since attending the conference, I have a greater appreciation for the diplomatic mediation ministries that go on through the International Religious Liberty Association and its non-governmental liaison representatives. The need for personal contact and influence with the leadership of the various governmental agencies is invaluable when religious conflicts arise, or when social pressures demand action on behalf of some minority group.



KS-NE PANHANDLE CAMP MEETING
OCT. 19-20 | SCOTTSBLUFF, NEBRASKA

Speaker: Charles Sandefur
Former Mid-America Union president



Concert: Sarah Draget
Salina, KS



More Info: www.ks-ne.org

Pathfinders Attend MAUC Camporee

by John Treolo



John Treolo

Kansas-Nebraska Pathfinders and leaders after Sabbath worship service

With Mt. Rushmore nearby, 1,200 Pathfinders and leaders from throughout Mid-America convened in Custer, South Dakota to learn, fellowship and be inspired to stay close to the Rock of Ages—Jesus Christ.

Travis Sager, Pathfinder director for Kansas-Nebraska, summed up the four-day event: "It's such a privilege to be here and meet Jesus Christ, grow in Him and see messages about creation."

During their camporee, Pathfinders visited caves, panned for gold, viewed a prehistoric archeological find, participated in a "Pretty Good Amazing Race" event, learned from U.S. park rangers about preserving the country's national parks and toured through historic sites in South Dakota's Black Hills.

Many non-Adventist tourists witnessed the closing ceremony at Mt. Rushmore Amphitheater, with Pathfinders and their leaders in Class A uniforms. **James Black**, North American Division youth director, was the featured speaker.

Comments among Pathfinders included:

"I was really excited when I came here, and it makes me a better person."

"My friends here are like family."

"A lot of hard work has paid off to get here; it's a great achievement."

Ron Carlson, president of the Kansas-Nebraska Conference, concluded: "Our Pathfinders have been blessed by all that's gone on. This camporee has changed lives."

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

KANSAS-NEBRASKA CALENDAR

FOR MORE INFORMATION, VISIT **WWW.KS-NE.ORG**

Oct 19-21	**Hispanic Couples' Retreat** Topeka, KS Contact: robpaucorrea@hotmail.com
Oct 26-28	**Christian Women's Retreat** Grand Island, NE Contact: scarlson@ks-ne.org
Oct 26-28	**Marriage Encounter Weekend** Kansas City area Contact: k-melindustries@sbcglobal.net
Nov 2-3	**Wichita South's 125th Anniversary** Wichita South Church Contact: thewalkingstick@hotmail.com



John Treolo

Chadron, Nebraska District pastor Rodney Bieber (center) retires after 30 years of denominational service. He and his wife, Judy, plan to move to Colorado. John Sweigart, ministerial secretary (left) and conference president Ron Carlson present Bieber with a plaque of appreciation.

Running for a Cause

by Laura Cummings

Courtesy Minnesota Conference



Hutchinson-area Adventists sponsored a community 5K Fun Run.

Forty-one energetic runners and walkers gathered at the starting line of the Hutchinson Community 5K Fun Run early on a beautiful Sunday morning, to make a difference for a local non-profit charity. Last year the Minnesota Conference and Maplewood Academy teamed up during camp meeting to plan their first annual 5K fundraiser, showing gratitude to the community for hosting camp meeting guests each year. The Fun Run also had an outreach dimension, promoting healthy living.

This year the second annual 5K Fun Run took place on Luce Line Trail, along beautiful Crow River. A local non-profit, Heart of Minnesota Animal Shelter, reaped $300 in donations. Shelter volunteers brought a dog wearing an "Adopt Me" scarf and cheered on the 5K participants. Volunteers also shared with runners the mission of the shelter and its needs.

Hutchinson-area residents can check out the wonderful animals available for adoption at the shelter, on 880 Century Ave SW. Over 400 animals receive homes each year through the shelter.

To learn more about the 5K Fun Run, contact **Laura Cummings** at 320.587.2830.

Laura Cummings, formerly the development director, is now registrar for Maplewood Academy.

Minnesota Men's Retreat of Discovery

by Ken Mayberry

Courtesy Minnesota Conference



Bill Liversidge teaching men how to do inductive Bible study

This year 80 Minnesota men gathered at Lake Beauty Bible Camp for fellowship and spiritual refreshment during the 18th annual retreat. Australian pastor and author **Bill Liversidge** taught inductive Bible study as a tool for men to discover Scriptural principles for themselves, so they can reflect Christ in all relationships.

Liversidge chose Bible passages that focus on Jesus' life, atoning death, resurrection and continuing ministry in heaven's sanctuary. He then assigned the men, in groups of two or three, the task of digging into that passage and discovering further truth for themselves.

When asked how they benefited most from this year's retreat, one man said, "I shifted focus from my effort to Christ's indwelling." Another testified, "I was revived, and my life was changed forever!"

Attendees departed with the assurance that Jesus is our complete Savior, justifying us by His blood and saving us from our sins by His life as He ministers for us in the heavenly sanctuary.

To hear this year's sessions, go to "Men's Ministry" at www.mnsda.com. Along with audio links are retreat photos. Next year's speaker will be **Dick Duerkson**.

Ken Mayberry pastors the Bemidji District.

Boundary Waters Canoe Trip for North Star Camp

by Sherman McCormick



Courtesy Minnesota Conference

Adults provided supervision and fellowship on the week-long canoe adventure.

"It was awesome!" "Really, really fun!"

Campers made those comments on Sunday morning as they phoned their parents from Blue Water Cafe in Grand Marais, Minnesota.

One week earlier, **Rebekah Lee-Jones** and **Jamie Wilkens** met with **Laura Cummings** from Maplewood Academy and **Sherman McCormick** to get organized and discuss guidelines for their trip into Boundary Waters Canoe Area (BWCA). Monday morning at 4:00 they left for Grand Marais, where they ate breakfast and picked up the required permit. For seven days they camped, canoed and enjoyed the unique wilderness of the BWCA.

All too soon, it was time to get back to real life. Enjoying another breakfast at Blue Water Cafe and shopping at one of the outfitting stores made the exit less painful.

The highlight of the trip was Tuesday's 100-year rainfall. Campers managed to keep dry in their tents and under a waterproof tarp, which sheltered them as they cooked and fellowshipped. Not until Friday, when returning to Ham Lake, did they realize that its water level had risen five feet. This required their campsite to be divided into two parts, accessible by wading between them.

But campers didn't mind getting their feet wet—and it all became part of their happy memories. The food was great, the company fun, the wilderness exciting!

Planning is proceeding for next year's adventure.

Sherman McCormick is assistant education superintendent and ministerial director for the Minnesota Conference.

RMC Teachers Receive Inspiration and iPads

North American Division Teachers' Convention

by Pat Chapman

Eric Nelson



Sherry Hey, Lynne Egan, and Don Reeder from Campion Academy enjoy a special dinner hosting Rocky Mountain Conference educators, provided by RMC's administrative team.

Imagine the natural beauty of waterfalls amid lush greenery, beautiful orchids growing on the sides of huge palm trees, bridges over streams filled with goldfish, walkways overlooking thousands of flowering plants, then add the spiritual priority of strengthening your personal relationship with Jesus, throw in inspirational speakers, music groups, hundreds of educational breakout sessions and the fellowship of over 6,000 educators, colleagues and administrators from all over North America…and you would only capture a fraction of the experience at the North American Division Teachers' Convention held August 5-8 at the Gaylord Opryland Hotel in Nashville, Tennessee.

Six years in the planning, this convention was themed "Journey to Excellence: Moving Hearts and Minds Upward." We as Adventists place high value on the academic as well as spiritual education of our children, and this convention provided our teachers with inspiration and tools to move not only their own hearts and minds toward heaven but those of their students as they prepared for this coming school year.

Dwight Nelson, senior pastor of Pioneer Memorial Church on the campus of Andrews University, began each morning encouraging educators to grow in their personal relationship with Jesus. Concerts by musical groups The Isaacs and Committed and special presentations by school choirs and teachers lifted hearts toward heaven as well. What an incredible experience to listen to 6,000 voices raised in harmony during the song services preceding the speakers! It was like a little taste of heaven. Our own **Roberta Bishop** from Mile High Academy led the song service for Monday morning's worship.

Inspirational speakers challenged educators to become "great teachers" through effectively leading their students, improving the quality of teaching by using technology, and living their lives as "fully alive." Local educators presented over 600 breakout sessions addressing educational, academic and personal issues and concerns for today's Adventist educator. Six teachers from Rocky Mountain Conference (RMC) presented seminars: **Jodie Aakko**, **DeeAnn Bragaw**, **Carisa Carr**, **Charity Espina**, **May Oles** and **Jennifer Sigler**. Hundreds of vendors displayed creative resources and ideas to help teachers excel in meeting the needs of their students. Even the dining area provided a "joyful noise" opportunity for food and fellowship as thousands of people enjoyed the vegetarian buffets.

A high point for the RMC education team, led by superintendent **Lonnie Hetterle** and associate **Diane Harris**, came during their Wednesday afternoon gathering with approximately 100 RMC teachers. There were introductions of new staff and recognition of current staff from elementary schools and academies. **Mark Bond**, new communication director for RMC, demonstrated for our teachers many applications for iPads in the classroom. Yet most of our teachers did not have iPads, so how could this benefit them? What they didn't know was that the education department had been planning and budgeting for several years to provide each conference teacher with an iPad, and our locally funded and nonteaching staff with Kindle Fires. When the announcement was made and the covering came off the stack of iPads and Kindle Fires, there were gasps, tears and clapping.

It was a privilege to give this incredible resource to our RMC teachers that puts them on the cutting edge of technology and also provides limitless possibilities for learning in the classroom. One teacher commented, "We don't just feel valued [receiving this gift]. We feel treasured!"

The final touch of affirmation came when RMC administrators took our teachers out for supper. They already felt valued by the Education Department, but this social outlet recognized them as an important part of the whole conference team.

As the final commitment service ended, the atmosphere was charged with reluctance to leave and yet anticipation for the new school year. Our teachers had been part of a much larger picture and they were returning to their classrooms inspired, energized and committed to take a journey with God's youth that will help them excel in faith, maturity and academic achievement, to "move hearts and minds upward."

Pat Chapman is the administrative assistant for the Rocky Mountain education department.

The Kaleo Project

by Carol Bolden

Born of a desire to see our young people preach our message here and overseas, the Kaleo Project was created to inspire and train the youth of the Rocky Mountain Conference to do evangelism. "Kaleo" is a Greek word meaning "to call" or "to invite" and that's exactly what **Jamey Houghton**, RMC's youth evangelism coordinator, intends to do—call our youth to invite others to meet Jesus.

"Already he has young people committed to doing evangelism," states president **Gary Thurber**. "God led us to Jamey."

Newly arrived from his pastoral position at Bakersfield Hillcrest and Kern River Valley churches in California, Houghton is full of enthusiasm for this new ministry. Having served as a student missionary, youth pastor and teacher, he has impacted numerous youth. He has led mission trips to India and Fiji where the youth prepared and presented their own evangelistic meetings.

The Kaleo Project is a three-year program funded by a $300,000 donation from a church member who wants to see this happen. This money will cover salary and budget.

Houghton originally intended to find 10 students to train in evangelism during their spring and summer breaks. By the end of Wyoming camp meeting, however, that number had already been reached. People who attended the camp meeting spontaneously gave $250,000 toward evangelism. Three youth signed on for evangelism training, with seven more following.

Houghton aims to provide ways for young people in all parts of our conference to be connected, to be trained, and to be given opportunity to share the message of Jesus. He will spend time with students and Bible teachers on the campuses of Campion, Mile High and Vista Ridge academies. Beyond that, he will connect with pastors and students in the outlying regions of the conference to reach homeschooled and public high school youth.

"I would love to see dozens and dozens of evangelistic series going on in the conference and outside in the mission field, using our young people to finish the work," says Houghton.

A promotional video will soon be out in our churches inviting the youth to mobilize. "Anyone who wants to help a kid be part of this program can support it through finances, prayers, a pat on the back, a hug," says Houghton. "There are many ways to get involved, even if you aren't a youth."

For more information, contact Jamey Houghton at jameyh@rmcsda.org or 303.282.3661.

Carol Bolden is the administrative assistant for communication at the Rocky Mountain Conference.



Dan Houghton

Jamey Houghton is the new coordinator for student evangelism in the Rocky Mountain Conference, pictured here with wife Erin, daughter Callie, and son, Josh. They are expecting another daughter in December.

Union College Develops New Nursing Curriculum

by Ruby Ruano

Erik Stenbakken/Union College



Theresa Stimson, Union nursing graduate and now chair of the Division of Nursing, instructs students Gary Obeque and Stephen Baker on Union's high tech patient simulator, SimMan 3G.

As a student, **Theresa Flowers Stimson** appreciated the preparation she received in the Union College Nursing Program. Today, after 19 years of professional practice ranging from acute care to education, her career has come full circle, and she is serving as chair of the Division of Nursing. Now she and her fellow professors are rewriting the curriculum to meet the demands of an ever-changing healthcare field.

"The Institute of Medicine sent out initiatives for both physicians and nurses that indicate certain areas of care need more emphasis in the curriculum," explained Stimson. "The way technology and protocols are today, nurses need to be thoroughly prepared in all areas and not just a specific specialty."

According to Stimson, a nurse's role and responsibility has changed dramatically in the last decade. Patient medical records and medication records that used to be kept in writing are now accessible with a keystroke. Technology has completely revolutionized healthcare, leaving physicians and nurses with less room for medical mistakes and holding them to a higher standard of care. This ultimately leads to higher quality and safety standards while achieving better patient outcomes.

"Providing quality, cost effective care is our underlying goal as nurses," said Stimson. "But a higher expectation from informed healthcare consumers, changes in technology, and hospital budget constraints imposed by changing reimbursement legislation has created a need for innovative change in the education of nurses." Stimson and her colleagues worked to develop a curriculum that will prepare students for the demanding healthcare environment and also prepare them for one of the most important parts of their nursing careers—the NCLEX-RN exam.

Every student must take the national NCLEX-RN exam in order to be licensed to practice. "This is a very difficult exam," said Stimson. "Changes to the exam in the last couple of years have made it even more challenging for graduates." But Union students pass the NCLEX-RN on their first try 97 percent of the time—consistently ranked at the top of nursing schools in Nebraska and 12 percent above the national average.

In the past, students finished their coursework and prepared for the NCLEX-RN on their own. "As a student I didn't really understand how to best

prepare for the NCLEX-RN," said Stimson. "Now we are introducing new courses to the program to help students better prepare for the exam."

Students will also benefit from other courses, some of which are student recommendations, and others to address societal changes such as Disaster Nursing and Gerontology. "Our society continues to age and live longer because we have more advanced medical care, resulting in a larger population of elderly than we have ever seen," said Stimson. "It is very important that our students understand the unique needs of older patients."

While students currently spend a significant amount of time in clinical rotations, even more acute care experience will better prepare students for professional practice after graduation. "We have added another credit to our clinical courses, which means students will spend an additional 45 hours every semester in clinical," explained Stimson.

While the length of time students spend in the nursing program has been shortened from six semesters to five, the overall Bachelor of Science in Nursing degree will still take four years. Now incoming freshman will complete three semesters of prerequisite and general courses before entering the nursing program. "The faculty think it will help students better prepare for the program," said Stimson. "When they are introduced to nursing material they will have already taken valuable classes that serve as a foundation to their knowledge such as psychology and microbiology." The Division of Nursing will admit the first class under the new curriculum in the spring semester of 2013.

In the end, Stimson believes the new curriculum is important, but not the most important reason to study nursing at Union. "Adventism is something that sets us apart—our philosophy and mission," she said. "We have excellence, but I believe it is because our program is founded on Jesus Christ and His mission to heal and serve others. I believe that God has led every student and faculty here for a reason. We all have something to contribute, and I think that is why our students are so successful."

Ruby Ruano is a senior nursing major from California.

Residence Halls get New Wi-Fi Network

by Ruby Ruano

While alumni and parents may remember a time when Internet connections and Ethernet (or phone) cables were practically synonymous, constant wireless access has become the norm expected by college students. This summer, Union College launched a new wireless network in the residence halls on campus to better meet that expectation.

With all the financial demands of a tuition-dependant college campus, technology spending is often deferred as other priorities arise. But when a survey of students and employees indicated overwhelming dissatisfaction with the wireless network, college administrators decided to spend nearly $80,000 to install the updated system. "Our previous system was installed more than 12 years ago," said **Tom Becker**, director of Information Systems. "We concluded that it was time to dedicate the funds to make these changes for our students."

Setting up a network for a population the size of Union College is not nearly as simple as installing a wireless router at home. The service area had to be carefully mapped to provide the best coverage at the lowest cost, while new infrastructure was needed to connect all the access points with the rest of campus. But the dedication of Union's Information Systems and Plant Services has paid off. "Every corner of the residence halls are covered," said Becker. "You can be in the restroom and still have an excellent signal."



Steve Nazario/Union College

Students enjoy Union's new Wi-Fi network.

Mateus Tostes, a computing major from Brazil, was one of the students helping Becker with the equipment installation. "Since I came in 2008, the system here has been awful," said Tostes. "The speed of the Internet wasn't bad, but the wireless had bad coverage, which was one of the reasons why I switched to using an Ethernet cord instead."

"Before, the area of wireless coverage was a guessing game," said Tostes. "You never knew when you would catch the signal and actually keep it."

Junior graphic design major **Chiyunga Chiyabi** agreed. "The wireless range was terrible," he said. "Using the Ethernet cord was always an option, but it also meant that I was tied to one place."

The new 802.11n Wi-Fi network supports a 300 megabits per second connection—much faster than the 11 Mbps supported by the older network. The new hardware and higher speeds allow many more computers to be connected simultaneously. The new access points also have a self-monitoring system that directly alerts IS staff if there is a technical problem or if a student is interfering with the connection.

The change may not be visible to most campus visitors, but a better Wi-Fi network will have a significant impact on every student who lives in the residence halls. "Wi-Fi is life these days," said Chiyabi. "With easier access, I will be able to do more things from comfortable areas."

The Birth of a Big Idea

A sanitarium gives rise to five Adventist hospitals in Colorado

Courtesy Adventist Health System



Physicians and caregivers at Colorado's Adventist hospitals focus on caring for the whole person—body, mind and spirit—and recognize that this often means listening attentively, offering a word of hope, and drawing on the best medical science has to offer.

At the turn of the 20th century, healthcare was inadequate for much of America. The practice of medicine was rudimentary and sometimes dangerous. Medical schools had few entrance requirements and offered poor training.

But some imagined a brighter future for the country's healthcare. As the American Medical Association prepared to raise the bar on medical education, Seventh-day Adventists, under the influence of Ellen White and Dr. John Harvey Kellogg, were quietly fueling their own reform—dreaming of building sanitariums that helped shift the focus from treating illness to promoting wellness. Realizing the link between health and spirituality, they saw a future in which people could thrive by incorporating healthier medical and lifestyle practices.

After opening their first sanitarium in Battle Creek, Michigan, they began a second one in Boulder, Colorado. From this beginning, four hospitals—and now a fifth in the making—emerged as today's family of Adventist hospitals in Colorado.

"The focus on treating the whole person remains central to our healthcare work here—though our methods continue to advance," says Stephen King, senior vice president of mission and ministry for Colorado's Adventist hospitals. "Adventists can be proud to see how their vision has grown and prospered in the region, and how our hospitals are bringing the best of heart and medical science to caring for patients."

Today, these hospitals inspire trust and are known for leading the way in several areas of medicine.

Avista Adventist Hospital

- Named one of the nation's top performers on key quality measures by The Joint Commission, the leading accreditor of healthcare organizations in America
- Ranked among the nation's best hospitals for patient, physician and employee satisfaction
- Home of the area's largest Neonatal Intensive Care Unit and the most innovative birthing center

Castle Rock Adventist Health Campus

- Construction underway on a 212,000 square-foot, four-floor, 50-bed hospital that will include a full complement of services, scheduled to open in the summer of 2013
- Phase 1 now in operation, offering advanced emergency care with board-certified emergency physicians and a helipad for transporting patients
- Complete diagnostic center now open to the public with a full range of technology, including one of the region's only wide-bore MRI machines that enhances patient comfort

Littleton Adventist Hospital

- Rated by U.S.News & World Report as the best regional hospital for gynecology, gastroenterology and ear, nose and throat for 2012
- Winner of the HealthStream Excellence awards based on patient feedback for its mammography and Children's After Hours Care Center
- Earned accreditation of its Breast Center from the National Accreditation Program for Breast Centers for the superior technology of digital mammograms, which provide clearer images to detect cancer early

Parker Adventist Hospital

- Designated as a Primary Stroke Center by The Joint Commission, the leading accreditor of healthcare organizations in America
- Cited as the "The Best of the Best" by the Parker Chronicle and the Centennial Citizen newspapers in 2011
- Achieved designation as a Bariatric Surgery Center of Excellence by the American Academy for Metabolic and Bariatric Surgery

Porter Adventist Hospital

- Nursing Magnet®-designated hospital that was ranked #1 for overall cardiac care in Colorado by a national hospital reporting company
- Named as specialty and distinction center for its surgery programs for spine surgery and knee and hip replacement
- Earned accreditation from the National Accreditation Program for Breast Centers

This article was submitted by Stephen King, senior vice president for mission and ministry for the Rocky Mountain Adventist Health System/Centura Health, where he serves the four Adventist hospitals in Colorado. It was written by CMBell Company.

CREATION Health: Nutrition

by Susan Larcom

The last letter of the CREATION Health acronym is "N" for Nutrition.

Food is the fuel that nourishes mind and body and is essential to life. We have many personal, social and cultural beliefs that influence the foods we eat and choices we make.

Many family traditions and memories involve food as well as the people who prepared them. When my girls were young, my mom started making homemade noodles for holidays. She involved the girls in the mixing, rolling and cutting of the noodles. Since Grandma did not use a recipe, one of my girls wrote down her ingredients, measurements and steps and the recipe is called "Grandma's Noodles." It is a special occasion item but always associated with Grandma and the special person she is to them.

One of my favorite quotes is by Virginia Wolfe: "One cannot think well, love well, sleep well, if one has not dined well." This is a very profound statement. Good nutrition starts with good food. Good food is something to be enjoyed and savored.

Unfortunately, as our lives have become busier it has become too easy to reach for food out of a box, a bag, a can or the fast food line. We eat on the run and have lost enjoyment in our meals. As our diets have become compromised so has our health, as evidenced by the epidemic of obesity and chronic disease. There has been a negative connotation given to "healthy" food as being tasteless as we focused on calories and fat grams. We need to change our thinking about good food and what makes a healthy, enjoyable meal.

God provided us the perfect diet plan in the Garden of Eden: "See, I have given you every herb that yields seed which is on the face of the earth, and every tree whose fruit yields seed; to you it shall be for food" (Gen. 1:29). This model comprises a whole food diet, which includes fruits, vegetables, legumes, beans, herbs, whole grains and fresh water to drink.

Many people say they know what to eat, but just don't do it. Habits take time to change, so be patient with yourself. Here are a few suggestions to help you get started.

Plan your meals and shopping.

Eating well starts with having good food available. Put the good food at eye level. Have produce cut up to make it fast and easy after a busy day.

Eat close to the ground.

Fresh foods that are minimally processed in their natural state are the best. Eat locally in season when possible or grow your own produce. It will taste better and provide the most nutrients.

Eat a variety of foods in moderation by minding your portions.

Eat colorful fruits and vegetables for the most nutrients. Choose healthy fats. Focus on whole grains, legumes and nuts for fiber and nutrients.

Cook more and experiment.

Involve your family. Flavor your food with fresh herbs, citrus fruits, etc. Make your own flavored water with fresh fruit and drink plenty of it.

Finally, as we bring the other letters of CREATION Health together, they all relate to a healthy diet.

Choice: Purposefully choose what you will eat. Choose good food. It is worth it.

Rest: Slow down and sit down to enjoy your meals. Make meal time a special time.

Environment: When eating, do nothing else. Remember to dine and not just eat.

Activity: Activity helps control appetite and often leads to better overall choices.

Trust: Give thanks at every meal and employ an attitude of gratitude.

Intimacy: Enjoyable meals are meant to be shared with family or friends.

Outlook: Take baby steps on the journey to good nutrition. Stay positive!

Susan Larcom, RD, is director of Nutrition Services at Shawnee Mission Medical Center.

Shawnee Mission Medical Center teaches a series of classes on the CREATION Health principles. For more information, visit ShawneeMission.org/creationhealth.

Creation® HEALTH

Atteberry, Erma M., b. Sept. 15, 1916 in Larned, KS. d. Aug. 2, 2012 in Ellinwood, KS. Member of Larned Church. Survivors include sons Ron, Ken, Robert and Dean; numerous grandchildren, great-grandchildren and great-great-grandchildren.

Baker, Arnold "Rod", b. Feb. 24, 1924 in Sterling, CO. d. Apr. 15, 2012. Member of Loveland Church. Preceded in death by wife Bette. Survivors include sons Jeff, Mike and Todd; 5 grandchildren; 2 great-grandchildren.

Bohlender, Dale O., b. Aug. 20, 1921 in LaSalle, CO. d. May 21, 2012, in Greeley, CO. Member of Greeley English Church. Survivors include wife Irene; sons DeWayne and Daryl; 2 siblings; 4 grandchildren; 3 great-grandchildren.

Brown, Mildred (Froelich), b. Aug. 20, 1914 in Optima, OK. d. Dec. 14, 2011 in Loma Linda, CA. Member of Glendale City Church. Preceded in death by husband Justin. Survivors include daughters Arletta Brown, Priscilla Bolling and Martha Brown; 2 grandchildren; 2 great-grandchildren. 5 great-great-grandchildren.

Cassil, Laura, b. Feb. 8, 1913; d. Aug. 23, 2011 in Kansas City, MO. Member of Kansas City Central Church.

Cheshire, John, b. Nov. 26, 1939. d. July 28, 2012 in Cape Girardeau, MO. Member of Cape Girardeau Church.

Cooper, Vivian M., b. Mar. 16, 1923 in Fort Morgan, CO. d. July 24, 2012 in Brush, CO. Member of Greeley English Church. Preceded in death by husband, Herold; daughter Joyce Wilson. Survivors include sons David and G.B.; 1 sister; numerous grandchildren.

Custine, Elbert, b. July 8, 1932 in Logan, KS; d. July 30, 2012 in El Dorado Springs, MO. Member of Nevada Church. Preceded in death by 5 siblings. Survivors include wife Mamie; daughters Leslie Roberts and Denise Fox; 5 grandchildren.

Dunn, Margy, b. Jan. 16, 1944 in Springfield, MO. d. May 3, 2011 in Potem, MO. Member of Branson East Church. Preceded in death by father. Survivors include husband Gene; daughter Kerry; son Bradley; mother Evelynn Scroggins; 2 siblings; 6 grandchildren.

Gaines, Marie W., b. May 3, 1913 in Briggsdale, CO. d. Aug. 5, 2012 in Greeley, CO. Member of Greeley English Church. Preceded in death by husband W. Burhl; son Myron. Survivors include daughter Joyce Gaines; son Willard; 4 grandchildren; 10 great-grandchildren.

Gerst, Gordon E., b. Oct. 10, 1929 in Sperry, IA. d. July 12, 2012 in Casper, WY. Member of Casper Church. Preceded in death by parents; 4 siblings. Survivors include wife Ila Mae; daughter Gina Pellegrini; son Craig; 3 siblings; 2 grandchildren.

Gordon, Velma, b. June 21, 1920. d. July 31, 2012 in Casper, WY. Member of Douglas Church. Survivors include daughter LaVella; son Roy.

Hill, Melvin L., b. Feb. 14, 1926 in Battle Creek, MI. d. May 15, 2012 in Grand Junction, CO. Member of Grand Junction Church. Preceded in death by wife Evelyn; son Randy Hill. Survivors include daughters Janice Deibel, Linda Aalborg, Val Catt, and Tina Hill; son Gary Gregg; brother Vernon; 10 grandchildren; 11 great-grandchildren.

House, Dorothy, b. Feb. 19, 1928 in Flat River, MO. d. May 14, 2012 in Bourbon, MO. Member of Bourbon Church. Preceded in death by daughters Vickie McHenry and Brenda House; 2 siblings. Survivors include husband William; daughters Charlene Knuckles, Kay McGee and Dorthea Kramme; sons Richard and Ernst; 3 siblings; numerous grandchildren, great-grandchildren and great-great grandchildren.

Jorgensen, Geraldine, b. Aug. 30, 1926 in St. Louis, MO. d. July 16, 2012 in Columbia, MO. Member of Sunnydale Academy Church. Preceded in death by husband Virgil; 5 siblings; 1 great-grandchild. Survivors include daughters Virginia Martin and Beverly Skilinski; son James; 4 siblings; 11 grandchildren; 7 great-grandchildren.

Kaufman, Dorothy J., b. Aug. 2, 1927 in Greeley, CO. d. Jan. 6, 2012 in Greeley, CO. Member of Greeley English Church. Preceded in death by husband Wallace. Survivors include son Kim Kaufman.

Kulak, Marian, b. May 17, 1927 in Adrian, MI. d. July 17, 2012 in Doniphan, MO. Member of Doniphan Church. Survivors include husband Herbert.

Lair, Gladys M., b. July 29, 1912 in Draper, SD. d. June 14, 2012 in Port Orchard, WA. Former member of North Platte and Lincoln (NE) College View churches. Survivors include daughters Dorothy Sullivan, Betty Edwards, Jean Ray and Karen Lake; sons Earl and Robert; 19 grandchildren; 45 great-grandchildren; 9 great-great-grandchildren.

Laird, Benjamin "Jerry" A., b. July 13, 1941 in Webster, WI. d. July 20, 2012 in Dickinson, ND. Member of Dickinson Church. Preceded in death by parents Harry and Mattie Laird. Survivors include wife Janet.

Miller, Leona M. (Flemmer), b. Aug. 23, 1920 near Napoleon, ND. d. Aug. 17, 2012 in Wishek, ND. Member of Cleveland Church. Preceded in death by husband Herman; 1 brother. Survivors include sons Larry and Jerry; 4 sisters; 4 grandchildren; 2 great-grandchildren.

Moser, Helen, b. Aug. 16, 1917 in LaSalle, CO. d. Jan. 23, 2012 in Greeley, CO. Member of Greeley English Church. Preceded in death by husband Harry. Survivors include sister Beulah Bohlender.

Stelling, Elmer, b. Jan. 11, 1928 in St. Louis, MO. d. June 7, 2012 in Louisburg, MO. Member of Missouri Conference Church. Preceded in death by 6 siblings. Survivors include wife Colleen; son Kevin; 2 siblings.

Tyson, Sylvia, b. Apr. 15, 1930. d. June 9, 2012 in Kansas City, MO. Member of Kansas City Central Church. Survivors include daughter Yvonne Woodward; son Vincent Jamierson; 11 grandchildren; 16 great-grandchildren.

Weasel Bear, Connie C., b. May 14, 1958 in #4 Payabya Community, SD. d. July 21, 2012 in #4 Payabya Community, SD. Member of Dakota Conference Church. Survivors include husband Pansy Two Bulls; parents Morris Wounded and Mary Weasel Bear.

Wortman, Martha (Zulauf), b. Nov. 3, 1932 in Bison, SD. d. July 31, 2012 in Hermosa, SD. Member of Dakota Conference Church. Preceded in death by husband Lyle. Survivors include daughters Debra Badger and Penny Schneeman; sons Ivan, Rodney and Lyle Jr.; 9 grandchildren.

SUNSET CALENDAR

Colorado	Oct 5	Oct 12	Oct 19	Oct 26	Nov 2
Denver	6:35	6:24	6:14	6:05	5:56
Grand Junction	6:50	6:39	6:29	6:20	6:12
Pueblo	6:34	6:24	6:14	6:05	5:57
Iowa					
Davenport	6:37	6:25	6:14	6:04	5:55
Des Moines	6:49	6:37	6:26	6:16	6:07
Sioux City	6:59	6:47	6:36	6:26	6:17
Kansas					
Dodge City	7:18	7:08	6:58	6:49	6:41
Goodland	6:22	6:12	6:01	5:52	5:44
Topeka	6:58	6:48	6:38	6:28	6:20
Minnesota					
Duluth	6:39	6:26	6:13	6:01	5:50
International Falls	6:43	6:29	6:16	6:03	5:51
Minneapolis	6:45	6:33	6:21	6:09	5:59
Missouri					
Columbia	6:44	6:34	6:24	6:15	6:07
Kansas City	6:54	6:43	6:33	6:24	6:16
St. Louis	6:37	6:26	6:16	6:07	5:59
Nebraska					
Lincoln	7:03	6:52	6:41	6:31	6:22
North Platte	7:19	7:08	6:57	6:47	6:38
Scottsbluff	6:30	6:19	6:08	5:57	5:48
North Dakota					
Bismarck	7:14	7:01	6:48	6:36	6:25
Fargo	6:58	6:45	6:32	6:20	6:09
Williston	7:24	7:10	6:57	6:45	6:33
South Dakota					
Pierre	7:14	7:01	6:50	6:39	6:29
Rapid City	6:26	6:13	6:02	5:51	5:41
Sioux Falls	7:00	6:48	6:36	6:26	6:16
Wyoming					
Casper	6:39	6:27	6:16	6:05	5:56
Cheyenne	6:39	6:22	6:12	6:02	5:41
Sheridan	6:40	6:27	6:15	6:04	5:54

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