Photo of the Week: Committed amazed the audience with both their talent and message in their first concert at Andrews University, held in the Howard Performing Arts Center. The group won last season's televised competition on NBC called The Sing-Off. (Sunday, September 25. Photograph by IMC Photographer Esther Nooner.)

View All Week In Pictures »

AU Online Calendar

Wednesday, September 28
Meier Coed Worship

Thursday, September 29
Leuterov Doctoral Defense
University Chapel

Andrews Agenda

For full details of this week's announcements, view the Online Edition: www.andrews.edu/agenda/
Campus Announcements

- Graduate Scholarship for Hispanics from the North America Division
- Andrews Airpark Annual Fly-in
- Adventist Mission in Africa Conference
- The Fold Vespers
- ChemSem: EPA and the Gulf of Mexico Oil Spill
- Apple Lion Training
- Children's Ministry Volunteers Needed
- Run, Ride, Row
- Socrates Tutoring Program
- Students, Staff, Faculty: All are Invited to Alumni Homecoming 2011
- Levterov Doctoral Defense

Community Announcements

- The Time Machine: A Program for Kids at the Spanish Church
- Join the Master Guide Club!
• **Berrien Springs Camera Club: October Meeting**

**Andrews in the News**

• **WSJM: Andrews University to take part in Eat Local challenge this month**

The Andrews Agenda is sent twice a week to the Andrews University community from the Office of Integrated Marketing & Communication

**Contact Us**
Phone: 269-471-3322  
Email: agenda@andrews.edu  
Web: www.andrews.edu/agenda/  
Address: Integrated Marketing & Communication  
Andrews University  
Berrien Springs, MI 49104-1000
## Upcoming Events

### SEPTEMBER 1
- **8am-5pm** Leadership In-Res Virtual Field Research
- **SEM;Doctor of Ministry**

### SEPTEMBER 5
- **6pm** Ongoing Fitness Events at PMC
- **Pioneer Memorial Church**

### SEPTEMBER 28
- **9:30pm** Meier Coed Worship

### SEPTEMBER 29
- **9:30am** Levetrov Dissertation Defense
- **SEM**
- **11:30am** University Chapel
- **4:30pm-5:30pm** ChemSem - Dennis Wesolowski
- **5:30pm-7:30pm** Women's Cardinal Soccer
- **Social Recreation & Athletics**
- **6pm** Alumni Homecoming Weekend
- **Alumni**
- **6pm** Spirit of Philanthropy Banque
- **8pm-9:30pm** Siegfried H. Horn Lectureship
- **CAS**
- **8pm** Jordan Field School
- **8:30pm-10:30pm** Men's Cardinal Soccer
- **Social Recreation & Athletics**

### SEPTEMBER 30
- **8am** Last day to apply for December degree
- **Academic Administration**
- **8am** NET 2011- Prophecies Decoded
- **12:30pm** Pizza, Pop, and Professionals
- **4pm** Outreach Visitation-Lamson
- **5pm-6pm** Alumni Homecoming Parade
- **Alumni**
- **6:30pm** International Flag Raising Ceremony
- **7:30pm-9pm** Homecoming Vespers
- **Alumni**
- **7:30pm** Mission Vespers
- **Campus Ministries**
- **7:30pm-9pm** Revive Vespers

### OCTOBER 1
- **9:45am-5pm** Revive Vespers with Dennis Priebe
- **Student Life**
- **11:30am** BSCF Reunion
- **11:30am-1:30pm** New Life Service
- **Campus Ministries**
- **2:45pm-6:30pm** Outreach Ministries
- **Campus Ministries**
- **6pm** Alumni Harvest Picnic
- **8pm** Alumni Gala Concert
- **9pm** Cardinals vs. Alumni Basketball Game

### OCTOBER 2
- **8am-2pm** SR Beach 2 Bank
- **Social Recreation**
- **8am-11am** Alumni/BTCU 5 & 10K Run
- **Alumni**
- **8am-10am** Agriculture Alumni Breakfast
- **College of Technology**
- **(noon)-2pm** Women's Cardinal Soccer
- **Social Recreation & Athletics**
- **2pm-4pm** Men's Cardinal Soccer
- **Social Recreation & Athletics**
- **7pm-10pm** Howard Series: The City of Tomorrow
- **Howard Performing Arts Center**

### OCTOBER 3

[Events](http://www.andrews.edu/events/index.html)
<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Event</th>
<th>Location</th>
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<tbody>
<tr>
<td>OCTOBER 3</td>
<td>8:55am-8:55am</td>
<td>FALL WEEK OF PRAYER</td>
<td>Andrews Academy</td>
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<td>7:30pm-8:30pm</td>
<td>Coed Worship</td>
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<td>8pm-9pm</td>
<td>Intramural Captains' meeting</td>
<td>Social Recreation</td>
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<td>OCTOBER 4</td>
<td>10:30am-11:30am</td>
<td>Seminary Worship</td>
<td>SEM</td>
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<td>11:30am-1:30pm</td>
<td>Investment Planning &amp; Markets Seminars</td>
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<td>11:30am-12:30pm</td>
<td>Global Leadership Choices</td>
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<td>12:30pm</td>
<td>A healthy U: Lunch &amp; Learn</td>
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<tr>
<td>OCTOBER 5</td>
<td>12:30pm-2:30pm</td>
<td>NAD COLLEGE FAIR</td>
<td>Andrews Academy</td>
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<td>5:30pm-7:30pm</td>
<td>Women's Cardinal Soccer</td>
<td>Social Recreation &amp; Athletics</td>
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<td>9:30pm-10:30pm</td>
<td>Coed Worship with Ken Micheff</td>
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<td>OCTOBER 6</td>
<td>11:30am-12:30pm</td>
<td>University Forum</td>
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<td>4:30pm-5:30pm</td>
<td>ChemSem - Mark Griep</td>
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<td>OCTOBER 7</td>
<td>5pm-7pm</td>
<td>Women's Cardinal Soccer</td>
<td>Social Recreation &amp; Athletics</td>
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<td>7pm</td>
<td>New Life Fellowship 20th Anniversary</td>
<td>Campus Ministries</td>
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<td>7:30pm-9pm</td>
<td>AUSA Vespers</td>
<td>Student Association</td>
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<td>OCTOBER 8</td>
<td>11:30am-12:30pm</td>
<td>New Life Fellowship 20th Anniversary</td>
<td>Campus Ministries</td>
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<td>5pm-7pm</td>
<td>New Life Fellowship Reunion Concert</td>
<td>Campus Ministries</td>
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<td>OCTOBER 9</td>
<td>8am-5pm</td>
<td>Leadership In-Res Intensive</td>
<td>SEM; Doctor of Ministry</td>
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<td>1pm-3pm</td>
<td>Women's Cardinal Soccer</td>
<td>Social Recreation &amp; Athletics</td>
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<td>3pm-5pm</td>
<td>Men's Cardinal Soccer</td>
<td>Social Recreation &amp; Athletics</td>
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<td>4pm-6pm</td>
<td>Howard Center presents: Julia Lindsay</td>
<td>Howard Performing Arts Center</td>
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<td>OCTOBER 10</td>
<td>6am-8pm</td>
<td>Fall Recess: October 10-11</td>
<td>Academic Administration</td>
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<td>8am-6pm</td>
<td>Columbus Day</td>
<td>Ruth Murdoch</td>
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<td>7pm-9pm</td>
<td>Men's Cardinal Soccer</td>
<td>Social Recreation &amp; Athletics</td>
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<td>OCTOBER 11</td>
<td>10:30am-11:30am</td>
<td>Seminary Worship</td>
<td>SEM</td>
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<td>1:30pm-3:30pm</td>
<td>DMin Staff Meeting</td>
<td>SEM; Doctor of Ministry</td>
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<td>OCTOBER 12</td>
<td>8am-10pm</td>
<td>Classes Resume</td>
<td>Academic Administration</td>
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<td>1:30pm-3:30pm</td>
<td>DMin Committee Meeting</td>
<td>SEM; Doctor of Ministry</td>
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<td>9:30pm-10:30pm</td>
<td>Coed Worship; Meier Hall</td>
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<tr>
<td>OCTOBER 13</td>
<td>9am</td>
<td>Adventist Mission in Africa Conference</td>
<td>SEM</td>
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<td>10am-(noon)</td>
<td>Seminary: Mission in Africa Conference</td>
<td>SEM</td>
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<td>11:30am-12:30pm</td>
<td>University Chapel</td>
<td>Campus Ministries</td>
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<td>4:30pm-5:30pm</td>
<td>ChemSem - Petar R. Dvornic</td>
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<td>OCTOBER 14</td>
<td>4pm-6pm</td>
<td>Outreach Visitation - Lamson</td>
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<td>OCTOBER 15</td>
<td>8pm-10pm</td>
<td>Sinfonietta Fall Concert</td>
<td>Howard Performing Arts Center</td>
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<td>OCTOBER 16</td>
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<td>Rescheduled Cedar Point Trip</td>
<td>Student Life</td>
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<td>OCTOBER 17</td>
<td>7:30pm-8:30pm</td>
<td>Coed Worship</td>
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<td>OCTOBER 18</td>
<td>8am-8pm</td>
<td>180 Symposium</td>
<td>SEM</td>
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<td>10:30am-11:30am</td>
<td>Seminary Worship</td>
<td>SEM</td>
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<td>11:30am-12:30pm</td>
<td>Academic Discovery Choices</td>
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<td>OCTOBER 19</td>
<td>9am-6pm</td>
<td>Mid-semester</td>
<td>Academic Administration</td>
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<td>11am-3:30pm</td>
<td>Fall Flu Shots</td>
<td>Human Resources</td>
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<td>4pm-6pm</td>
<td>Men's Cardinal Soccer</td>
<td>Social Recreation &amp; Athletics</td>
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<td>9:30pm-10:30pm</td>
<td>Momentum (Worship)</td>
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<td>OCTOBER 20</td>
<td>8:30am-2:30pm</td>
<td>SED: EdD/PhD comprehensives</td>
<td>Academic Administration</td>
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<td>4:30pm-5:30pm</td>
<td>ChemSem - Mark Merrick</td>
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<tr>
<td>OCTOBER 21</td>
<td>8:30am-3pm</td>
<td>SED: EdS/MA Comprehensives</td>
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<td>Youth Leadership Development</td>
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<td>4pm-5pm</td>
<td>Outreach Visitation - Lamson</td>
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<td>OCTOBER 24</td>
<td>5:30pm-7:30pm</td>
<td>Women's Cardinal Soccer</td>
<td>Social Recreation &amp; Athletics</td>
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<td>7:30pm-9:30pm</td>
<td>Men's Cardinal Soccer</td>
<td>Social Recreation &amp; Athletics</td>
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<td>OCTOBER 25</td>
<td>8am-9am</td>
<td>Board of Trustees</td>
<td>Integrated Marketing and Communication</td>
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<td>1:30pm-3:30pm</td>
<td>DMin Staff Meeting</td>
<td>SEM; Doctor of Ministry</td>
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<td>OCTOBER 27</td>
<td>4:30pm-5:30pm</td>
<td>ChemSem - Brad Tait</td>
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## Today's Menu - Sep 25/Oct 01

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<td><strong>Breakfast</strong></td>
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<td>Pancakes</td>
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<td>Hot Fruit</td>
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<td>Scrambled Eggs</td>
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<td>Oven Home Fries</td>
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<td>Omelet Bar Fruit Bar</td>
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<td>Egg Foo Yung</td>
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<td>Orange Tofu</td>
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<td>Jasmine Rice</td>
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<td>Grilled Napa Cabbage</td>
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<td>Edamame in the Pod</td>
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<td><strong>Supper</strong></td>
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<td>Taco Bar</td>
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<td>Spanish rice</td>
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<td>Salsa &amp; Chips</td>
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Students, Staff, Faculty: All are Invited to Alumni Homecoming 2011

Andrews University will celebrate Alumni Homecoming 2011 on September 29–October 2.

The Office of Alumni Services has planned a full weekend of events with something for everyone! A number of activities are open to all students, staff, faculty and the community. Some require an RSVP. Visit alumni.andrews.edu/homecoming for complete details on:

- Wes Christiansen Memorial Golf Outing (pre-register)
- Undergraduate Learning Center Open House & Tour
- Tambunan’s Pizza, Pop and Professionals (RSVP)
- 24th Annual Homecoming Parade
- International Flag Raising Ceremony (Sign up)
- Damazo Hall Dedication and Reception
- Harvest Picnic
- Alumni Gala Concert
- Ride, Run, Row (pre-register)
- Ride for AU (pre-register)
- More


Contact the Office of Alumni Services for more information
p: 269-471-3591
w: alumni.andrews.edu/homecoming
e: alumni@andrews.edu

Wednesday, September 28, 2011

Graduate Scholarship for Hispanics from the North America Division
Learn more at www.nadadventist.org/hispanicscholarship
Andrews Airpark Annual Fly-in
The Andrews University Airport invites pilots and nonpilots alike to come out for the return of this annual event. Come for a hearty pancake breakfast in one of our large hangars. Stay to check out the interesting aircraft or vehicles that show up for breakfast. Learn about the services available to pilots, their aircraft, and the public as you see the airport, check out our planes, and visit our flight simulation center. For more info call our office at (269) 471-3120.
Entry Cost:
Free
Breakfast:
Adults: $5.00
Kids (10 and under): $3.00

Adventist Mission in Africa Conference
October 13-16
Andrews University will be hosting the third conference on Adventist Mission in Africa from October 13-16, 2011 in the Seminary Chapel.
The conference is sponsored by the Pan-African Club and the Department of World Mission for the purpose of engaging “the Adventist leadership in a serious discussion about moving forward with a multi-pronged plan to achieve economic self-reliance through capacity-building among Seventh-day Adventist church members in a manner that improves their material well-being and thus enables them to better support themselves, the church, and its institutions”
Admission is free. Conference materials will be on sale at $10 for students with valid ID and $20 for non-students.
If you have questions, please contact Appiah K.Kwarteng, President of the Pan-African Club (kwarteng@andrews.edu) 269-325-6937 or Bruce Bauer, Chair of the Department of World Mission (bbauer@andrews.edu) 269-471-6373.
The Fold Vespers
A Bible-based vespers service emphasizing fellowship.
Friday, October 14, 8:30 p.m.
Friday, October 28, 8:30 p.m.
PMC Earlteen Loft
Co-Curricular Credit Available

Contact: krista@andrews.edu  Category: Campus Announcements

ChemSem: EPA and the Gulf of Mexico Oil Spill
Thursday, September 29
4:30 p.m., Chemistry Ampitheater

All are invited, in-person or online, to the fifth guest lecture in the Andrews University Chemistry & Biochemistry Departmental Seminar Series this coming Thursday, September 29 at 4:30 p.m.

The presentation will be live-streamed at: http://andrews.adobeconnect.com/chemsem
To sign in, connect as a "Guest" and put your real name in when prompted. Guests will be able to communicate by writing questions for the speaker when online. If you miss the live presentation, we will provide you with a link to the archived presentation.

Thursday's seminar: EPA & the GULF OF MEXICO OIL SPILL

The speakers are:
Dennis Wesolowski, Director, EPA Chicago Regional Laboratory
David Schroeder, Chemist, EPA Chicago Regional Laboratory
Lawrence Zintek, Chemist, EPA Chicago Regional Laboratory

Contact: Desmond Murray  Category: Campus Announcements

Apple Lion Training
Take your mac to the max!
Official Certified Apple Lion OS X training. Monday 8:30 am October 3, 2011. Free to all. Come ask questions, listen to an overview.

Location on campus to be announced.
MUST - RSVP Japhet De Oliveria by Thursday September 29. (That's this Thursday!)
japhet@andrews.edu

Contact: Japhet De Oliveria  Category: Campus Announcements

Friday, September 23, 2011

Lose Your ID Card? Steps to Take
ATTN: Students on a meal plan or have an account for use at the Andrews Bookstore or ITS accounts associated with their ID Card:

If you lose your ID card, stop by the Office of Dining Services to have it put on "Lost" status. This ensures no one else is able to use your card to make purchases. You also need to report it as lost: www.andrews.edu/go/myid

If you have a meal plan and have lost your ID card, the Office of Dining Services can provide a temporary meal ticket ($25 deducted from their meal plan +$2 fee). This allows you to still be able to charge meals to
your account until you replace your card.

Questions? The Office of Dining Services is open from 9 a.m.-5:30 p.m. Monday-Thursday, and 9 a.m.-noon on Fridays. You can also call 269-471-3161.

Thursday, September 22, 2011

**Children's Ministry Volunteers Needed**

Sept. 30-Oct. 29

Co-curricular credit available

The upcoming Net 2011, hosted at Pioneer Memorial Church, is in need of children's ministry volunteers. Needs include greeters, musicians, teachers, story tellers, and babysitters. The children will be divided into two age groups: 0-3 and 4-7.

Please sign up at [www.pmchurch.org](http://www.pmchurch.org) and click on Prophecies Decoded. Contact Filip Milosavljevic at filipm@andrews.edu if you have questions.

**Contact:** Filip Milosavljevic filipm@andrews.edu

**For Students Only: Pizza, Pop & Professionals**

Friday, Sept. 30

12:30 p.m., Great Lakes Room, Campus Center

RSVP required

This event is open to all students and provides an invaluable opportunity to learn and network with professionals in the field. Students will hear practical advice and have a chance to ask questions of an alumni panel, consisting of this year's honored alumni. This event is made possible by the generous sponsorship of Tim (BBA '90) and Ellen (MSMT '80) Tambunan. Co-hosted by the Office of Alumni Services and the Counseling & Testing Center.

**Run, Ride, Row**

Sunday, October 2

8 a.m., Alumni House Backyard
Calling all athletes! Come join us for Andrews’ version of the triathlon, involving running, bicycling and canoeing. Two of our popular events, the Homecoming 5K Run and Beach 2 Bank are combined. This event is sponsored by the Department of Student Activities & Athletics.

**Socrates Tutoring Program**

If you can read, write, and count, you can help somebody. Socrates provides the opportunity... You provide the hope.

Attached is the list of Socrates sites, contact names, emails and phone numbers. We also give a simple step-by-step procedure for anyone (faculty, staff or student) to get involved.

**Contact:** Desmond Murray  
murrayd@andrews.edu
Levetor Doctoral Defense
Thursday, September 29
9:30 am, Administration Building, Room 307

Theodore Levterov will defend his dissertation in partial fulfillment of the PhD: Religion degree in the area of Adventist Studies. Levterov’s dissertation title is, “The Development of the Seventh-day Adventist Understanding of Ellen G. White’s Prophetic Gift, 1844-1889”. Those wishing to attend must make their request by calling # 6002 no later than September 28.

Contact: Mabel Bowen  269-471-6002

Carry Your Country’s Flag in the Parade, Then Raise it at Flag Raising
Friday, Sept. 30
Parade: Meet at PMC Parking Lot at 4:30 p.m.
Flag Raising: Meet at the Administration Building parking lot at approximately 6:15 p.m.

We invite YOU to be a part of TWO Andrews traditions–The Alumni Parade and the International Flag-raising ceremony! Whether you are simply proud of your international roots; have served as a missionary outside the U.S.; or are currently part of our international student body, we invite you to participate in both of these meaningful Alumni Homecoming events on Friday, September 30. You are welcome and encouraged to bring your friends and family to participate.

Carry your flag in the Alumni Parade, which will organize at 4:30pm in the PMC parking lot. The flag raising is immediately following.

Flag-bearers do not need to be natives of the specific country. Also, if you have international dress, you are invited to wear it for both occasions.

To participate, email your name and country of interest to imc@andrews.edu.
Cardinal Yearbook Contributors Needed!

The 2012 Cardinal Yearbook is looking for student artists, photographers, and writers who are willing to work on a contract basis taking photographs, creating illustrations, designing info-graphics, writing essays, and crafting short works of lyrical verse. You will get paid! If you are interested (and you know you are), contact the yearbook staff at 2012CardinalYearbook@gmail.com.

Attachments

yearbook_contract_poster.pdf

Contact: 2012CardinalYearbook@gmail.com  Category: Campus Announcements

Cedar Point Trip Rescheduled for Oct. 16

The Cedar Point trip, sponsored by the Office of Student Activities & Athletics, has been rescheduled for Sunday, Oct. 16. Andrews’ transportation (the bus) is full, however, students who can provide their own transportation are still able to purchase tickets at the reduced group rate of $33. Tickets cannot be charged to ID cards. The deadline to purchase tickets is Friday, Oct. 7. Contact srfun@andrews.edu or knowlton@andrews.edu for more information or to purchase tickets.
ACES Service Change

During the next few weeks, Telecommunications will be making some upgrades to the campus cable TV system, commonly referred to as ACES.

On Friday, September 16, between the hours of 8 a.m. and noon there will be two service outages. The first outage will last approximately 2 hours and will impact all ACES users. The second service outage will also be approximately 2 hours long and will impact many ACES users in the University Apartments only.

In the next 2 weeks we will begin delivering our premium content digitally. We will distribute a new channel lineup to our premium subscribers at that time.

In early October, we will discontinue delivering premium content via analog. All premium subscribers will need a "Clear QAM" capable TV or other tuning device to pick up ACES content after this change has been made. A vast majority of new TVs sold in the last 5 years have this capability.

In the following weeks, we will add significant content to our basic lineup as well, all in digital and some of it in high definition. Some of the existing analog basic content will also be available in digital. An updated basic/premium channel lineup will be distributed after this basic "enhancement" is complete.

At this time, no decision has been made on when basic analog service will cease. ACES users who have analog only TV's can still receive basic signals for the time being.

For further information, contact Telecommunications at telecom@andrews.edu, x3455, or www.andrews.edu/go/telecom.

Fall Flu Shots: Free for Faculty, Staff and Their Families

Wednesday, October 19, 2011
11 a.m.–3 p.m., Lincoln Room, Dining Services

Cost: Free to qualifying employees and their dependents (18 years and older)

Please sign up via email benefits@andrews.edu on or before October 13, 2011.

Academy or RMES Employee? Please contact your school's office for more information.

Supervisors and Office Managers: Please post in your department for employees who do not have ready access to email. Thank you.

Flu Shot Clinic offered by Lakeland

October Blood Drive

Monday, October 31 and Tuesday, November 1
Pioneer Memorial Church

Mark your calendars for the blood drive!

Monday: 11:15 a.m. - 5:15 p.m.
Tuesday: 3 p.m. - 9:00 p.m.

Contact: Sara Rudolph rudolphs@andrews.edu
olie. 5K
August 28, 2011, 9:00 am
Andrews University’s Johnson gym. FREE for AU students,
faculty, and staff, and $15 for the public. Refreshments and
awards.

PIONEER RUNNERS SPRING RUN-OFF
May 13, 2012, 9:00 am
Pioneer Memorial Church.
“Harbor of Hope” children’s programs fundraiser.
Refreshments and awards.

De-clutter your life!
Jan. 8, 2012, 2:00 pm
Think: ‘Ultimate Home Makeover.’ De-clutter your living
spaces. The winner of our drawing gets one FREE in-home
house-cleaning and reorganization day. Light refreshments. The cost is $5 per
adult, and $2 for students. Free babysitting!

Simple Solutions
Jan. 12 – Feb. 2, 6:00 pm
Simple Solutions is a four-
session (Thursdays), dynamic
lifestyle intervention program.
Learn how to deal with stress
and depression in a more
positive way and discover the
relationships between biblical and scientific principles of a
healthy lifestyle and better
coping ability. The cost is $2 per
person. Free babysitting!

Back Health
Jan. 29, 2012, 2:00 pm.
This seminar will provide
attendees with an easy-to-follow
training plan. It will also include
demonstrations, fitness plans,
and hands-on examples. The
cost is $2 per person. Free
babysitting!

Let’s MOVE’ DAY
September 25, 2011, 2:00 pm
Join us for an afternoon of
exercise demonstrations,
challenges, and fun activities.

‘HEALTHY HOLIDAY MEALS’
November 13, 2011, 4:00 pm
Prepare healthy, holiday dishes,
and stay within a budget. The
demonstration will also include
how to make inexpensive, edible
gifts. The cost is $5 per adult,
and $3 for students. Free babysitting!

2nd Annual ‘Sushi 101’
February 26, 2012, 4:00 pm
Healthy food doesn’t have to be
bland food! Learn how to
prepare vegetarian sushi. A full
Japanese meal is provided. The
cost is $7 per adult, and $3 for
students. Free babysitting!

3rd Annual ‘Pizza 101’
April 8, 2012, 4:00 pm
We will demonstrate how to
prepare traditional, healthy, and
delicious pizza. A full pizza and
salad meal is provided. The cost
is $5 per adult, and $3 for
students. Free babysitting!

Walking club
Sept. 2011– April 2012, 9:00 am
FREE Sunday morning walking
club walks for 30-60 minutes
outdoors (or indoors when the
weather is poor). All Fitness
levels are welcome!

Running club
Sept. 2011– April 2012, 8:00 am
FREE Sunday morning running
club meets every week, unless
travelling to a running event.
Suitable for all fitness levels.
There are different pace
groups.

S.T.E.P. walking club
Sept. 2011– April 2012, 8:00 am
Just for moms. Starting August
29th come join STEP (Spending
Time in Exercise & Prayer) on
Monday mornings during the
school year as we spend time
walking and praying for our
children. No cost.
First Griggs Grads at Andrews
On Sunday, July 31, 42 MBA students from Vietnam marched into history at Andrews University, becoming the first graduating class of Griggs University to participate in Andrews University commencement exercises since ownership of Griggs was transferred to Andrews in November of 2010. The students had traveled to Berrien Springs, Mich. from Vietnam, where each one is a working professional, to graduate at their American university. Read full story.

AMG Project Aids Berrien County
Berrien County is full of hidden treasures—fruit stands, mom-and-pop cafés, wineries, little museums, and the ubiquitous beaches. Area residents can enjoy sun-warmed peaches or find antiques in the villages, but how to draw people off the highway to your u-pick farm or ice cream shop? Together with the Bridgman/Lake Township Economic Growth Alliance, Martin Smith, assistant professor of architecture, and the Architecture Missions Group, both of the Andrews University School of Architecture, are conducting a Wayfinding Study along a 6-by-16 square mile area known as the Shawnee Road Corridor. Read full story.
Monday, September 26, 2011

WSJM: Andrews University to take part in Eat Local challenge this month
For one lunch period later this month, everything served at the largest cafeteria at Andrews University in Berrien Springs will come from local food producers.
Hear the full story here...

Thursday, September 22, 2011

WSJM Radio: Andrews Study Shows Walnuts Help Learning
If you have a quiz coming up with true or false questions--- better eat your walnuts. Andrews University Professor of Nutrition and Wellness Peter Pribis's study on walnuts shows that eating the "superfood" can mildly improve your chances of getting correct answers. The study made it into the British Journal of Nutrition. Read and Listen to the full story.

WNDU: Can eating walnuts make you smarter?
A new study conducted by a local university shows eating walnuts may actually make you smarter. Researchers at Andrews University say walnuts can help increase your ability to discover true from false. Read and Watch the full story.

Wednesday, September 21, 2011

NAD NewsPoints: Peter Pribis' Walnut Study
Eating walnuts boosts cognitive function, according to an Andrews University Study Published in the British Journal of Nutrition. Students ate one half cup of walnuts daily for eight weeks.
Read the full story here.

Tuesday, September 20, 2011

MarketWatch.com: Walnuts Boost Cognitive Function
True or False: Walnuts can improve the odds of correctly answering a true or false question. The answer is true according to newly published research in the British Journal of Nutrition (http://journals.cambridge.org/walnuts). The study conducted by researchers at Andrews University in Berrien Springs, Mich., found that walnuts--already known for being a power food--can help increase inferential reasoning, specifically, the ability to discover true from false. Read full story.

Thursday, September 15, 2011

Niles Daily Star: 'Sing-Off' Stars to Perform at Andrews
Committed, winners of NBC's a capella series "The Sing-Off," will be bringing their vocal talents to Andrews
University on Sunday, September 25 at 7 p.m. Read the full story.
Andrews Study Shows Walnuts Help Learning

Joe Garber Reporting

If you have a quiz coming up with true or false questions—better eat your walnuts. Andrews University Professor of Nutrition and Wellness Peter Pribis's study on walnuts shows that eating the "superfood" can mildly improve your chances of getting correct answers. The study made it into the British Journal of Nutrition:

Listen:

Pribis says that acid, an amino acid, is what is helping the brain solve the questions—it helps your ability to make inferences:

Listen:

The true or false test was one of many tests done on participants eating walnuts. Two groups ate banana bread each day for eight weeks, one group had ground walnuts in the bread, the other didn't.
Can eating walnuts make you smarter?

Berrien Springs, Mich.

A new study conducted by a local university shows eating walnuts may actually make you smarter.

**Posted:** 10:59 AM Sep 21, 2011  
**Reporter:** Gabby Gonzalez  
**Email Address:** gabby.gonzalez@wndu.com

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A new study conducted by a local university shows eating walnuts may actually make you smarter.

Researchers at Andrews University say walnuts can help increase your ability to discover true from false.

The study is called, "Effects of Walnut Consumption on Cognitive Performance in Young Adults," and it was led by associate professor of nutrition and wellness Peter Pribis.

"Walnuts truly are a power food which is loaded with all kinds of powerful nutrients which can be beneficial not only for your heart but also for your brain," Pribis said.

The team tested to see if supplementing walnuts into the diets of young adults would improve memory, intuition, mood and critical thinking skills.

"Students consuming walnuts showed a significant improvement in inference after consuming one-half cup of walnuts daily for eight weeks," Pribis said. "Walnuts will obviously not make you a critical thinker; this comes after years of studying. However, students and young professionals in fields that involve a great deal of critical thinking or decision-making could benefit from regularly eating walnuts," he added.

Participants in the study were given banana bread with or without walnuts and instructed to eat the bread three times per day. They were later assessed based on bloodwork, psychological analysis and written exams.

Significant results were found in the participants' inference skills, particularly when it came to answering true or false questions.
Pribis plans to continue his study on walnuts. He hopes to explore the effect of walnuts on people with depression.

Find this article at:

☐ Check the box to include the list of links referenced in the article.
Walnuts Boost Cognitive Function

Andrews University Study Published in British Journal of Nutrition

Berrien Springs, Mich.—True or False: Walnuts can improve the odds of correctly answering a true or false question. The answer is true according to newly published research in the British Journal of Nutrition. A study conducted by researchers at Andrews University in Berrien Springs, Mich., found that walnuts—already known for being a power food—can help increase inferential reasoning, specifically, the ability to discover true from false.

Peter Pribis, associate professor of nutrition and wellness, led the study, “Effects of Walnut Consumption on Cognitive Performance in College-aged Population.” Pribis, along with a team of student researchers, tested whether a short, intensive supplementation of a diet with walnuts can have an effect on memory, intuition, mood and critical thinking skills in young adults. In short—would a walnut-heavy diet increase cognitive function?

“We discovered that students who consumed walnuts experienced a small improvement in critical thinking, specifically inferential reasoning,” says Pribis.

Using two test groups of Andrews University students, each group ate two slices of banana bread daily for eight weeks: one group ate banana bread with ground walnuts and the other group ate banana bread without walnuts present. Each student in each group was tested for inferential reasoning by reading a short narrative followed by five statements. Students then decided whether the statements were true, partially true, false, partially false or there was not enough information to make a judgment.

“Students consuming walnuts showed a significant improvement in inference after consuming one-half cup of walnuts daily for eight weeks,” says Pribis. “Walnuts will obviously not make you a critical thinker; this comes after years of studying. However, students and young professionals in fields that involve a great deal of critical thinking or decision-making could benefit from regularly eating walnuts.” Pribis concludes further research should be done to gain a deeper understanding about the impact of walnuts on cognition.

The study was funded by a grant from the California Walnut Commission. The group did not have any input on the study design or findings.

Founded in 1874, Andrews University is the flagship institution of higher education for the Seventh-day Adventist Church, located one-half mile east of the U.S. 31 Bypass in Berrien Springs, Mich.

Keri Suarez Media Relations Specialist
Office of Integrated Marketing & Communication
Andrews University
269-471-3348
Walnuts Boost Cognitive Function

BERRIEN SPRINGS, Mich., Sept. 19, 2011 /PRNewswire via COMTEX/ -- True or False: Walnuts can improve the odds of correctly answering a true or false question. The answer is true according to newly published research in the British Journal of Nutrition (http://journals.cambridge.org/walnuts). The study conducted by researchers at Andrews University in Berrien Springs, Mich., found that walnuts--already known for being a power food--can help increase inferential reasoning, specifically, the ability to discover true from false.

Peter Pribis, associate professor of nutrition and wellness, led the study, "Effects of Walnut Consumption on Cognitive Performance in Young Adults." Pribis, along with a team of student researchers, tested whether a short, intensive supplementation of a diet with walnuts can have an effect on memory, intuition, mood and critical thinking skills in young adults. In short--would a walnut diet improve cognitive functions?

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SOURCE Andrews University
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'Sing-Off' stars to perform at Andrews

By Daily Star

Published 11:40pm Wednesday, September 14, 2011

Committed, winners of NBC’s a capella series “The Sing-Off,” will be bringing its vocal talents to Andrews University on Sunday, Sept. 25 at 7 p.m.

The group began as a quartet at Forest Lake Academy in 2003, and expanded into a sextet in 2005. Today, Committed is Maurice Staple (first tenor), Alain Gervais (tenor, lead vocals, beat box), Theron Thomas Jr. (tenor 3, lead vocals), Geston Pierre (bass), Robert Pressley Jr. (tenor 4, lead vocals, beat box) and Dennis Baptiste Jr. (baritone). Pierre is a graduate student at Andrews University.

After winning the 2010 nationally televised competition with a record number of votes, the group signed a contract with Epic Records and recently released a self-titled album that combines their jazz background with their gospel roots.

“There’s a little bit of something for everybody,” said Gervais.

The group’s repertoire, well-sampled on the album, reinvents audience favorites such as Al Green’s “Let's Stay Together;” Michael Jackson’s “Hold My Hand;” and “Sweet Home Alabama;” as well as powerful gospel songs such as “Down by the Riverside” and an original composition, “Break Free.”

Committed understands the power of the human voice both to entertain and to change lives. When they performed Michael Jackson’s “Hold My Hand” on “The Sing-Off,” one judge and several of the singers cried. Their songs are also a tribute to God’s continual power in their lives.

“It’s a blessing to be able to do this,” Pierre said. “We’re just enjoying the journey.”

Tickets for Committed can be purchased by calling the Howard Performing Arts Center box office at (269) 471-3560 or (888) 467-6442. Tickets for reserved seating are $25, faculty and staff tickets are $20 and Andrews University student tickets are $5. Special rates apply for groups and Flex Series tickets. Learn more by visiting www.howard.andrews.edu.
Thursday, September 22, 2011

Thank you for a Successful 27th Almost Anything Goes
David Faehner, vice-president for University Advancement, would like to thank all those who made the 27th annual Almost Anything Goes at Andrews University a success. The event was a great success and it wouldn't have been possible without your participation, support and contribution. Check out some photos of the event in Week in Pictures. Thank you for keeping the tradition of AAG alive!

Contact: David Faehner  dfaehner@andrews.edu  269-471-3122

Category: Life Stories

Tuesday, September 20, 2011

Passing of Fares Magesa’s Father
Israel Magesa, father of Fares Magesa (Student Financial Services), has passed away. Viewing will be on Sunday, September 25, from 2 to 5 p.m. at Allred Funeral Home in Berrien Springs. The funeral will be on Monday, September 26, at 12 noon at the Fil-Am Church. There will be another viewing at 11 a.m. on Monday. Please remember the family in your prayers during this time of loss.

Category: Life Stories

Wednesday, September 14, 2011

Memorial Service for Murray Robinson
Sabbath, Oct. 1
3:30 p.m., Village SDA Church, Berrien Springs

A memorial service for Murray Robinson, an Andrews alum and former Andrews employee, will be held on Sabbath, October 1, 2011, at the Berrien Springs Village SDA Church at 3:30 p.m. Murray’s children, Susan Smith, Carol Blehm, Vivien Oxley, Peter Robinson and David Robinson would like to invite you to come and celebrate his life and share your remembrances of him with us.

Category: Life Stories
The Time Machine: A Program for Kids at the Spanish Church
ATTENTION KIDS AND PARENTS! Join us this Sabbath for the next childrens worship: THE TIME MACHINE. The kids will help Dr. Mike and Becky to program Computer UNO to learn about God by bringing back Bible heroes through The Time Machine. There will be music, skits, videos, stories, puppets, crafts, prizes and more! Remember, this ministry is designed to encourage children to do outreach by inviting their friends to learn about God. Please encourage your kids to help us reach other kids! See you Saturday at 4pm at the Berrien Spr. Spanish SDA Church, 210 W.Ferry.

Join the Master Guide Club!
Saturday, October 1
6 p.m., Berrien Springs Spanish SDA Church
Join the Master Guide Club! Earn your Master Guide alongside others. Meetings will be once a month and all requirements will be taught. We will be initiating our meetings on October 1, 2011 at 6:00 p.m. To register or for more information contact Angélica Villamizar at villangel@gmail.com Sponsored by the Berrien Springs Spanish SDA Church.
Monday, September 19, 2011

Berrien Springs Camera Club: October Meeting

Wednesday, October 5
7 p.m., Berrien Springs Public Library

The monthly meeting of the Berrien Springs Camera Club will take place on Wednesday, Oct. 5, at 7 p.m. in the Berrien Springs Public Library. This month’s program consists of a competition of slides and digital images, either projected or printed, submitted by members, the first competition of the current season.

There will be two select topics for the month. In addition, “Nature” is always an acceptable category, as are “Open” (any subject) and “Portraits.” The two select categories for the October competition are “On the Farm” and “Railroading.” “Nature” photos are to show nothing from human hands (no wires, fences, cultivated flowers, etc.). Thus a member can submit images in any of five categories or a combination thereof.

Prints, at least 5” x 7” in size, should be mounted, with the title and photographer’s name on the back. Digital submissions, however, need to be sent in a week ahead, with instructions for submitting them on the club’s Web site: http://photoclub.berrienspringsmi.us/

Any member may submit up to 10 projected images and/or 10 prints for the competition, but no one is obligated to do so. Pictures are shown one at a time, and three judges score them by machine. The total points determine whether a photo is rated “honor,” “acceptance,” or “out.” A slightly lower rating will be used for beginners in hopes of encouraging them in photography. From the “honors,” a Slide-of-the-Month and a Print-of-the-Month are selected. Photographers’ names are not revealed for the “out” category. No one need feel embarrassment; this is a group of friends sharing experiences and tips for better photography.

All are welcome. Refreshments will be served.

Contact: Madeline Johnston
johnston@andrews.edu
Category: Community Announcements
House for Sale in Niles

House for Sale

$120,000 or Best Offer

708 Oak Street
Niles, MI 49120

- 2 Bedrooms
- 2 Bathrooms
- 1500 Square Feet
- Parking space Up to 3

- Close to schools
- Close to shopping
- Close to parks
- Close to bus stops
- Close to restaurants
- Close to hospitals

Name: Geraldine Benson
Phone: 269-323-9033
Email Address: geralbenson@yahoo.com

Friday, September 16, 2011

Just Listed Crest Haven

Showing Category: Classifieds
Showing Type: Property for Rent

Monday, September 19, 2011

Apartment for Rent

LUXURY one bedroom basement apartment fully furnished in walking distance from the University. Includes utilities—AC, hot air, electrical, water, sewer, garbage pick-up—laundry, and internet.

$350/mo + deposit
Male occupancy only (shared kitchen and shower with two other males)
Available immediately
203-321-5032; brejaal@andrews.edu

Contact: Alexandru Breja  brejaal@andrews.edu

Friday, September 16, 2011

Roomate needed

Female roomate needed to share a beechwood apartment on the Andrews university campus. Rent is $335 per month including utilities and internet.

Contact: Gunilla  gdaaku@yahoo.com
269-487-7577

Wednesday, September 14, 2011

House for Rent in Walking Distance to Andrews

Price: $800.00, you pay utilities. Will be available at the end of this month (September).
Contact me at: rolanvila889@hotmail.com or 471-7976

Contact: Rolan Vilas  rolanvila889@hotmail.com
269-471-7976

House for Rent

House for Rent

$775 + Utilities/month
Great location! Located only 15 miles from Andrews and 7 min from Wal-Mart in Niles!

708 Oak Street
Niles, MI 49120

Category: Classifieds » Property for Rent
Category: Classifieds » Personal Services » Property
Category: Classifieds » Property for Rent
Showing Category: Classifieds
Showing Type: Lost and Found

Friday, September 23, 2011

Lose Your ID Card? Steps to Take
ATTN: Students on a meal plan or have an account for use at the Andrews Bookstore or ITS accounts associated with their ID Card:

If you lose your ID card, stop by the Office of Dining Services to have it put on "Lost" status. This ensures no one else is able to use your card to make purchases. You also need to report it as lost:
www.andrews.edu/go/myid

If you have a meal plan and have lost your ID card, the Office of Dining Services can provide a temporary meal ticket ($25 deducted from their meal plan +$2 fee). This allows you to still be able to charge meals to your account until you replace your card.

Questions? The Office of Dining Services is open from 9 a.m.-5:30 p.m. Monday-Thursday, and 9 a.m.-noon on Fridays. You can also call 269-471-3161.

Category: Campus Announcements » Classifieds » Lost and Found

Tuesday, September 20, 2011

Free Black Kitten
Free black kitten to a loving family or individual. She is about 6 or 7 weeks old, litter box trained, playful and friendly to a fault. Litter box and kitten food are also free. She is from a farm nearby and her mother died about 1 week ago. We would rather keep her but cannot because of our existing alpha-female cat. Call for more details.

Attachments
black_kitten.jpg

Contact: Dennis hollings@andrews.edu 269-449-0892

Category: Classifieds » Lost and Found » Misc for Sale » Personal Services
Textbook for PORT171: FOR SALE
Elementary Portuguese I and II and Intermediate Portuguese textbook for sale
Excellent Condition: purchase price $90 sale price $80.
Please contact Terry at 269-471-6793 or terri@andrews.edu

Apple 23-inch Cinema HD Display
Used all pixels work, clear crisp image. Have original box.
Asking $445

Apple Cinema HD Display is a 23-inch (viewable) TFT active-matrix liquid crystal display that supports an astonishing 1920-by-1200-pixel resolution. The word “huge” doesn’t begin to cover it. Attach the new Apple Cinema HD Display to your Power Mac G4, and you’re looking at over 2.3 million digital pixels - more than enough to display high-definition content in its native format, with acres of screen real estate to spare (and yet it takes up very little space on your desk, thanks to its small footprint). Its widescreen format and high resolution make the Apple Cinema HD Display the must-have display for creative professionals. Forget about wasting time scrolling through documents or toggling between windows. Now you can have ample room for viewing two full pages of text and graphics side by side, with lots of room for tear-off menus, palettes and toolbars, too. Video and digital images are stunning. The 16.7 million colors are vivid and true-to-life, and text is sharp and a joy to read. What's more, a wide viewing angle ensures uniform color from edge to edge, and Apple's ColorSync technology enables you to create custom profiles to maintain consistent color onscreen and in print. You can confidently use this eye-popping display in your color-critical applications. And when you do, you may find yourself wondering how you ever got along without it. Because whether you’re a digital video pro using Final Cut Pro on a Power Mac G4 to edit and author video content in HD resolution or a graphic designer pushing the state of the art beyond its known limits, this is the display for you. The Apple Cinema HD Display gives you flicker-free images with twice the brightness, twice the sharpness, and twice the contrast ratio of the typical CRT display. And unlike other flat panel displays, it's designed with a pure digital interface to deliver distortion-free images that never need adjusting. The Apple Cinema HD Display is just the ticket for 3D modeling, and for graphics-intensive visualization tasks on the outer reaches of science and engineering. And the Apple Cinema HD Display is a great research partner in yet another sense as well: it emits near-zero electromagnetic output, minimizing the kind of interference with sensitive scientific equipment that can skew readings or results.
Showing Category: Classifieds
Showing Type: Employment Opportunities

Friday, September 23, 2011

Need Someone to do the Cleaning?
Or babysitting? Or yardwork?

A nice young Christian lady is available :) Want to get your yard clean up before the winter come? Or too busy with your housework? I could help!

Had some experiences with cleaning houses before. Available during the week and any time at your convenience.

If you have a little one at house? thats okay too! I can help watch over your kids as well while you are at work!

Contact: hoyi_2@hotmail.com  4015423100

Category: Classifieds » Employment Opportunities » Personal Services

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Tuesday, September 13, 2011

Hair Braiding

Looking for someone to do your braids in a style of your choice? I'm available and prices are very affordable!!!! Please call 269-519-2048 or email me at junway75@gmail.com to schedule an appointment.

Thanks!!

Contact: Terri  junway75@gmail.com  269-519-2048

Category: Classifieds » Employment Opportunities » Personal Services
Showing Category: Classifieds  
Showing Type: Personal Services  

Friday, September 23, 2011

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Had some experiences with cleaning houses before. Available during the week and any time at your convenience.  
If you have a little one at house? thats okay too! I can help watch over your kids as well while you are at work!  

Contact: hoyi_2@hotmail.com 4015423100  
Category: Classifieds » Employment Opportunities » Personal Services  

Thursday, September 22, 2011

True Color Now Offering Pedicures  
True Color Hair Studio is offering $20 pedicures to those who book a pedicure between now and October 12th. Call today! 269-473-3211  

Contact: True Color Hair Studio 269-471-3211  
Category: Classifieds » Personal Services  

Wednesday, September 21, 2011

Guitar Lessons [Affordable Prices]  
Call Now for Guitar Lessons 978-353-9309  
Submit Your Application Online Today  
Mention this ad and where you saw it. You will get a 1-hour free recording session of one piece from the guitar curriculum.  

- Study with a well-seasoned musician  
- From no experience to a competent level  
- Learn guitar music notation  
- Study at your own pace  
- Private or Group instruction and Online Help  

Choose from the following selection of courses:  
- Basic Guitar - Three Modules [No Pre-requisites]  
- Classical Guitar - Four Modules [Basic Guitar II Required]  
- Flamenco Guitar - Four Modules [Basic Guitar II Required]  
- Jazz/Blues Guitar - Six Modules [Basic Guitar II Required]  
- Electric Guitar - [Basic Guitar I Required]  

Note: Pre-requisites may be waived based on the student’s skills at the instructor’s discretion.
Do you need some help with Spanish or French?

Native Spanish speaker, spent last 2 years in France. Ready to help you master either language.
DO YOU NEED HELP...

WITH YOUR KIDS?

BABY SITTING

EUROPEAN GIRL WILLING TO TAKE
CARE OF YOUR PRECIOUS ONES
AND TEACH THEM FRENCH AND
SPANISH.

FROM 0 TO 12 YEARS OLD