Photo of the Week: A student explains his research poster to an attendee at the BEST Early Research Symposium on Friday. (Photo by Joshua Martin, IMC student photographer)

View All Week In Pictures »

AU Online Calendar

Wednesday, April 30
Computer Literacy Training

Thursday, May 1
Graduation Rehearsal

Friday, May 2

Andrews Agenda

For full details of this week's announcements, view the Online Edition: www.andrews.edu/agenda/
Test Registration Deadline
Ethics Oath Ceremony
AA Banquet Preparation
Teacher Dedication
Academy SA Vespers
Consecration Service

Saturday, May 3
Graduate Baccalaureate Ser
Undergraduate Baccalaureat
Seminary Dedication Servic
Religion Grads Dedication
Dept of Nursing Pinning
Health & Wellness Pinning
Social Work Recognition
Architecture Open House
Sabbath Graduation Vespers
President's Reception

Sunday, May 4
SAT Testing Scheduled
Commencent Services

More Events »
Area Church Listings
Worship times, speakers and sermon titles
Full List...

Classifieds
Buy, sell, trade or share!
Full List...

Have An Announcement?
Please submit information for the Andrews Agenda to agenda@andrews.edu or by visiting the agenda submissions page and use your Andrews login and password. To add an event to the AU Online Calendar, visit

Campus Announcements

• Sharnelle Henry & Stephany Recinos Voice Recital
• Spring Semester Survey 2014
• Advanced Connections Training
• New Employee Orientation-Date Changed
• Bookstore Sale
• Mike Villwock and Ted Quinty Farewell Party
• Beyond Beliefs Study
• Graduation Day Book Sale
• UCRLA Fundraiser
• Dining Services Hours for May Graduation Weekend 2014
• Herbert Helm Watercolors Exhibit
• Computer Literacy Training: Access
• Class Officer Elections Open
• Beikmann Retirement Reception
• Summer Bookstore Hours

Campus News

• Graduation Weekend
the events submissions page and use your Andrews login and password.

Community Announcements

- Students Explore Peru
- Graduation Day Book Sale
- Eau Claire Sabbath Service May 3, 2014
- Videos from Greentown
- Pizza Hut & United Way Fundraiser
- Samaritan Counseling Center Name Change and Celebration
- Berrien Springs Camera Club May Meeting
- United Way Sponsors Girls on the Run

Life Stories

- Death of Gary Land
- Death of Cynthia Taylor Warren

Andrews in the News

- Professor on Radio Show
- Professor Quoted in Article
- University Gardens in the News
The Andrews Agenda is sent twice a week to the Andrews University community from the Division of Integrated Marketing & Communication

Contact Us
Phone: 269-471-3348
Email: agenda@andrews.edu
Web: andrews.edu/agenda/
Address: Integrated Marketing & Communication
Andrews University
Berrien Springs MI 49104-1000
<table>
<thead>
<tr>
<th>APRIL 28</th>
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</tr>
</thead>
<tbody>
<tr>
<td>7:30am</td>
<td>Spring Semester Final Exams Week</td>
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<tr>
<th>APRIL 30</th>
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<tbody>
<tr>
<td>10:30am-12:20pm</td>
<td>Computer Literacy Training</td>
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<td>Human Resources</td>
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<tr>
<th>MAY 1</th>
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<tbody>
<tr>
<td>7:30pm</td>
<td>Graduation Rehearsal</td>
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<td>Academic Administration</td>
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<thead>
<tr>
<th>MAY 2</th>
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<tbody>
<tr>
<td>8am-(noon)</td>
<td>ACT/SAT Registration Deadline</td>
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<tr>
<td></td>
<td>Andrews Academy</td>
</tr>
<tr>
<td>11am</td>
<td>Ethics Oath Ceremony</td>
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<tr>
<td></td>
<td>School of Business Administration</td>
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<tr>
<td>1pm-5pm</td>
<td>AA Banquet Preparation</td>
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<td></td>
<td>Andrews Academy</td>
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<tr>
<td>1pm-2pm</td>
<td>Senior Violin Recital</td>
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<tr>
<td></td>
<td>CAS;Music Department</td>
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<tr>
<td>4pm</td>
<td>Senior Voice Recital</td>
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<tr>
<td></td>
<td>CAS;Music Department</td>
</tr>
<tr>
<td>5pm</td>
<td>Teacher Dedication</td>
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<tr>
<td></td>
<td>School of Education</td>
</tr>
<tr>
<td>7pm</td>
<td>Andrews Academy SA Vespers</td>
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<td>CAS;Music Department</td>
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<tr>
<td>8pm</td>
<td>Consecration Service</td>
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<tr>
<th>MAY 3</th>
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<tbody>
<tr>
<td>9am</td>
<td>Graduate Baccalaureate Service</td>
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<tr>
<td>11:45am</td>
<td>Undergraduate Baccalaureate Service</td>
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<tr>
<td>4pm-5:30pm</td>
<td>Seminary Dedication Service</td>
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<td>SEM</td>
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<tr>
<td>4pm</td>
<td>Religion Dept Senior Dedication</td>
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<td>College of Arts &amp; Sciences</td>
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<td>5pm</td>
<td>Department of Nursing Pinning</td>
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<td>CAS</td>
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<tr>
<td>5pm</td>
<td>Public Health &amp; Wellness Pinning</td>
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<td>5:30pm</td>
<td>Social Work Recognition Service</td>
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<td>6pm</td>
<td>Architecture Open House</td>
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<td>School of Architecture</td>
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<tr>
<td>8:30pm-9:45pm</td>
<td>Sabbath Graduation Vespers</td>
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<td>Academic Administration</td>
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<tr>
<td>9:15pm</td>
<td>President's Reception</td>
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<td>SAT Testing Scheduled</td>
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<td>Commencement Services</td>
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<td>11am-1pm</td>
<td>Commencement Services</td>
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<td>2pm-4pm</td>
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<td>6pm</td>
<td>SA BANQUET HOSTED BY SA</td>
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<td>Andrews Academy</td>
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<td>Senior Violin Recital</td>
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<td>May Express Classes Begin</td>
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<tr>
<td>8am-3:15pm</td>
<td>NHS ELECTIONS</td>
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<td>Andrews Academy</td>
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<td>SPRING CONCERT REHEARSAL</td>
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<th>MAY 6</th>
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<tbody>
<tr>
<td>8:45am-8:50am</td>
<td>SENIOR PICTURES</td>
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<td>Andrews Academy</td>
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<td>Event Time</td>
<td>Event Details</td>
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<td>10:15am-11:05am</td>
<td>ASSEMBLY: AWARDS</td>
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<td>7pm</td>
<td>SPRING CONCERT</td>
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<td>MAY 7</td>
<td>Last Day to Join May Express</td>
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<tr>
<td>4pm-9:30am</td>
<td>Andrews Research Conference (ARC)</td>
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<td>11:55pm</td>
<td>Spring Semester Grades Due</td>
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<td>MAY 8</td>
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<tr>
<td>8am-3:15pm</td>
<td>SPRING PICNIC</td>
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<td>10am-3pm</td>
<td>New Employee Orientation-Date Changed</td>
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<td>MAY 9</td>
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<tr>
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<td>PMC YOUTH RALLY</td>
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<td>Graduate Violin Recital</td>
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<td>7pm-8:30pm</td>
<td>The Tent Evangelistic Series</td>
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<td>MAY 11</td>
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<td>(noon)</td>
<td>New Seminary Student Orientation</td>
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<td>Graduate Voice Recital</td>
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<td>MAY 12</td>
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<td>MORATORIUM WEEK</td>
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<td>MAY 14</td>
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<td>AP HISTORY TEST</td>
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<td>MAY 15</td>
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<td>7pm-8pm</td>
<td>SPRING CONCERT</td>
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<td>MAY 16</td>
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<td>CLASS VESPERS</td>
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<td>MAY 17</td>
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<tr>
<td>10am</td>
<td>SA BEACH CHURCH</td>
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<td>8:45pm</td>
<td>SA VESPERS/YEARBOOK SIGNING</td>
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<td>MAY 20</td>
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<td>FINAL EXAM SCHEDULE</td>
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<td>MAY 22</td>
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<td>GRADUATION WEEKEND</td>
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<td>MAY 26</td>
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<td>No Classes: Memorial Day</td>
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<td>8am-3:15pm</td>
<td>MEMORIAL DAY (HOLIDAY)</td>
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<td>MAY 27</td>
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<tr>
<td>8am-(noon)</td>
<td>POST-SCHOOL WEEK</td>
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# THIS WEEK'S MENU: APR 27 - MAY 03

**ANDREWS UNIVERSITY TERRACE CAFÉ**

## Monday, April 28

### BREAKFAST

<table>
<thead>
<tr>
<th>classics</th>
<th>ORANGE ALMOND FRENCH TOAST BAKE</th>
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<tbody>
<tr>
<td></td>
<td>WARM SYRUP</td>
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<tr>
<td></td>
<td>HOT CAKE UPON REQUEST</td>
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<tr>
<td></td>
<td>SCRAMBLED EGG WITH CHEESE</td>
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<tr>
<td></td>
<td>HASH BROWS</td>
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<td></td>
<td>WALNUT WHEAT BERRIES</td>
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<table>
<thead>
<tr>
<th>classics too</th>
<th>SCRAMBLED EGGS</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>HASH BROWS</td>
</tr>
<tr>
<td></td>
<td>OATMEAL</td>
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### LUNCH

<table>
<thead>
<tr>
<th>classics</th>
<th>EGGPLANT MARSALA</th>
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<tbody>
<tr>
<td></td>
<td>EGGPLANT MARSALA</td>
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<tr>
<td></td>
<td>BROCCOLI SPEARS</td>
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<tr>
<td></td>
<td>GRILLED CAULIFLOWER</td>
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<tr>
<td></td>
<td>HOUSE FOCACCIA BREAD</td>
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<table>
<thead>
<tr>
<th>classics too</th>
<th>SOY GLAZED TOFU</th>
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<tbody>
<tr>
<td></td>
<td>JADE STIR FRY</td>
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</table>
Tuesday, April 29

**BREAKFAST**

**classics**
- PIG IN A BLANKET
- PIG IN A BLANKET WITHOUT CHEESE
- UPON REQUEST
- ROASTED RED POTATOES
- BOILED EGG
- BAKED BERRY OATS

**classics too**
- SCRAMbled eggs
- Red roasted potatoes
- Oatmeal

**LUNCH**

**classics**
- SPINACH ENCHILADAS WITH SOUR CREAM SAUCE
- JACK CHEESE ENCHILADAS UPON REQUEST
- SPANISH RICE
- FAJITA PEPPERS AND ONIONS
- HOUSE MADE GRILLED CORN SALSA AND BLUE CORN CHIPS

**classics too**
- BUILD YOUR OWN COBB SALAD
- PINTO BEANS WITH BROWN RICE

**kettle**
- VEGETABLE
- CREAM OF BROCCOLI
world market

CHEESE

VEGETABLE

MUSHROOM ONION

TOMATO MEDLEY

RIGATONI

MARINARA

ALFREDO

DINNER

classics

PENNE AND PARMESAN PASTA BAKE

PENNE AND MUSHROOM BAKE

UPON REQUEST

SWEET PEAS

ROASTED ROSEMARY CARROTS

GARLIC FRENCH BREAD

classics too

BISCUITS AND GRAVY

GRAVY ON WHEAT TOAST

SCRAMBLED EGGS

SCRAMBLED TOFU

Wednesday, April 30

BREAKFAST

classics

BLUEBERRY PANCAKES

BLUEBERRY PANCAKES

BOILED EGGS

OVEN ROASTED HOME FRIES

CREAM OF WHEAT

classics too

SCRAMBLED EGGS

OVEN ROASTED HOME FIRE

OATMEAL

RED BEANS WITH BROWN RICE

LUNCH

classics

CHICKEN WELLINGTON

UPON REQUEST

CHICKEN STYLE GRAVY

SMASHED POTATOES

GRILLED YELLOW SQUASH

GRILLED GARLIC KALE

classics too

GRILLED PORTOBELLO MUSHROOM CAPS

RICE ALMANDINE PILAF
## DINNER

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<tr>
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<tbody>
<tr>
<td>LEEK MACARONI AND CHEESE</td>
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<tr>
<td>RED PEPPER MACARONI AND CHEESE</td>
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<tr>
<td>GLAZED BABY CARROTS</td>
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<tr>
<td>CHARIS'S HOUSE MADE CORNBREAD</td>
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<table>
<thead>
<tr>
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<tbody>
<tr>
<td>SWEET POTATOES WITH SUGAR AND SPICE</td>
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<tr>
<td>ROASTED VEGETABLE MEDLEY</td>
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## Thursday, May 01

## BREAKFAST

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<td>TOAD IN A HOLE</td>
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<tr>
<td>TOFU TOAD IN A HOLE</td>
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<tr>
<td>SMOKY PAPRIKA POTATOES</td>
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<tr>
<td>MONKEY BREAD</td>
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<tr>
<td>CREAM OF RICE</td>
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<table>
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<tr>
<td>SCRAMBLED EGGS</td>
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<td>SMOKEY PAPRIKA POTATOES</td>
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<td>OATMEAL</td>
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<tr>
<td>CANNELLINI WITH BROWN RICE</td>
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## LUNCH

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<tbody>
<tr>
<td>FETTUCCINI ALFREDO</td>
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<tr>
<td>QUINOA PASTA PRIMAVERA</td>
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<tr>
<td>GARLIC GREEN BEANS</td>
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<tr>
<td>ROASTED PARSNIPS BEETS AND CARROTS</td>
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<tr>
<td>ITALIAN BREAD BAR WITH GARLIC DIPPING OIL</td>
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<thead>
<tr>
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<tbody>
<tr>
<td>CRISPY TOFU PLANKS WITH MARINARA</td>
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<tr>
<td>GRILLED ITALIAN ZUCCHINI WITH ROASTED CHERRY TOMATOES</td>
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For information on additional days, please contact Dining Services (/services/dining/contact/).
### THIS WEEK'S MENU: APR 27 - MAY 03

ANDREWS UNIVERSITY TERRACE CAFÉ

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<tr>
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<th>MONDAY</th>
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<td><strong>THURSDAY</strong></td>
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<td><strong>FRIDAY</strong></td>
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<td><strong>SATURDAY</strong></td>
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**Monday, April 28**

**BREAKFAST**

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<td>classics</td>
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<tr>
<td>ORANGE ALMOND FRENCH TOAST BAKE</td>
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<td>WARM SYRUP</td>
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<td>HOT CAKE UPON REQUEST</td>
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<td>WALNUT WHEAT BERRIES</td>
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**LUNCH**

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Our Menu :: Andrews University

Tuesday, April 29

BREAKFAST

classics
- PIG IN A BLANKET
- PIG IN A BLANKET WITHOUT CHEESE
- UPON REQUEST
- ROASTED RED POTATOES
- BOILED EGG
- BAKED BERRY OATS

classics too
- SCRAMBLED EGGS
- RED ROASTED POTATOES
- OATMEAL

LUNCH

classics
- SPINACH ENCHILADAS WITH SOUR CREAM SAUCE
- JACK CHEESE ENCHILADAS UPON REQUEST
- SPANISH RICE
- FAJITA PEPPERS AND ONIONS
- HOUSE MADE GRILLED CORN SALSA AND BLUE CORN CHIPS

classics too
- BUILD YOUR OWN COBB SALAD
- PINTO BEANS WITH BROWN RICE

kettle
- VEGETABLE
- CREAM OF BROCCOLI
### World Market
- Cheese
- Vegetable
- Mushroom Onion
- Tomato Medley
- Rigatoni
- Marinara
- Alfredo

### Dinner

#### Classics
- Penne and Parmesan Pasta Bake
- Penne and Mushroom Bake
- Upon Request
- Sweet Peas
- Roasted Rosemary Carrots
- Garlic French Bread

#### Classics Too
- Biscuits and Gravy
- Gravy on Wheat Toast
- Scrambled Eggs
- Scrambled Tofu

### Breakfast

#### Classics
- Blueberry Pancakes
- Boiled Eggs
- Oven Roasted Home Fries
- Cream of Wheat

#### Classics Too
- Scrambled Eggs
- Oven Roasted Home Fires
- Oatmeal
- Red Beans with Brown Rice

### Lunch

#### Classics
- Chicken Wellington
- Upon Request
- Chicken Style Gravy
- Smashed Potatoes
- Grilled Yellow Squash
- Grilled Garlic Kale

#### Classics Too
- Grilled Portobello Mushroom Caps
- Rice Almandine Pilaf
## DINNER

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<td>RED PEPPER MACARONI AND CHEESE</td>
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<td>GLAZED BABY CARROTS</td>
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<td>CHARIS'S HOUSE MADE CORNBREAD</td>
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<td>SWEET POTATOES WITH SUGAR AND SPICE</td>
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<td>ROASTED VEGETABLE MEDLEY</td>
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## Thursday, May 01

## BREAKFAST

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<td>MONKEY BREAD</td>
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<td>CREAM OF RICE</td>
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<td>OATMEAL</td>
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## LUNCH

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<td>QUINOA PASTA PRIMAVERA</td>
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<td>GARLIC GREEN BEANS</td>
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<td>ROASTED PARSNIPS BEETS AND CARROTS</td>
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<tr>
<td>ITALIAN BREAD BAR WITH GARLIC DIPPING OIL</td>
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<td>CRISPY TOFU PLANKS WITH MARINARA</td>
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<td>GRILLED ITALIAN ZUCCHINI WITH ROASTED CHERRY TOMATOES</td>
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For information on additional days, please contact Dining Services (/services/dining/contact/).
Wednesday, April 30, 2014

**Lakeland Conference Fine Arts Festival**
Public high schools from Berrien Springs, Brandywine, Buchanan, Bridgman, Coloma, Cassopolis, and Edwardsburg share their talents through art, band, choir and drama performances. Over 375 students from the surrounding areas will come together for this showcase.

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**Summer English Language Programs**
This summer, if you or someone you know needs to learn English for school or work or just for fun, please contact the Center for Intensive English Programs (CIEP) in Nethery Hall for information about which summer program might be right for you. You can also find out details of our programs online at https://www.andrews.edu/cas/english/esl/ciep.html. It would be our pleasure to help you!

**Contact:** Paul Matychuk  matychuk@andrews.edu  269-471-2260

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Tuesday, April 29, 2014

**Sharnelle Henry & Stephany Recinos Voice Recital**
In partial completion of their music degrees, Sarnelle Henry and Stephany Recinos present their senior voice recital.
Spring Semester Survey 2014

We want to hear from you!

Tell us about your year at Dining Services by submitting a 2014 Spring Semester Survey.

Please visit www.andrews.edu/dining to submit your survey today!

Contact: Dining Services  
269-471-3161

Advanced Connections Training

Andrews University is dedicated to providing excellent service to all the individuals that interact on its campus, whether they be students, parents, vendors, faculty or staff. Advanced Connections was developed with the intent of improving great service to internal and external customers of an educational institution, and Andrews University is proud to offer this professional development opportunity to its faculty and staff.

We will be offering the one-day Advanced Connections Training during the month of May on two separate dates:

- Tuesday, May 6, 8:30 a.m.–4:30 p.m.
- Wednesday, May 14, 8:30 a.m.–4:30 p.m.

If you are interested in participating, please send an RSVP email to training@andrews.edu and specify which training date you are registering for. When sending in an RSVP, please include your full name, ID#, email address and department of employment.

Contact: Anita Gonzalez  
269-471-3884
New Employee Orientation-Date Changed

The next New Employee Orientation has been rescheduled to Thursday, May 8th, 10:00am-3:00pm. New full-time (or part-time with benefits) employees need to RSVP to training@andrews.edu, and include the employee’s name, ID#, email address, and department where they work.

Contact: Anita Gonzalez  
training@andrews.edu  269-471-3884  
Category: Campus Announcements

Bookstore Sale


Contact: Cindy Swanson  
swansonc@andrews.edu  269-471-6095  
Category: Campus Announcements

Mike Villwock and Ted Quinty Farewell Party

This Thursday, May 1, 2014 there will be a Farewell Party for both Mike Villwock and Ted Quinty, from the Grounds Department, from 1:00p – 2:30p at the Plant Service lunch room. It is a "come and go" as you please event. Desserts will be available.

Contact: Patty Hinman  
inman@andrews.edu  
Category: Campus Announcements

Beyond Beliefs Study

Have you ever wondered what young adults (age 18-32) really think of the 28 Fundamentals of Adventism?

The Andrews University Religion Department, in collaboration with the North American Division and ClergyEd.com, undertook a comprehensive and data rich study over the past three semesters where close to 700 young adults from all over the world expressed their attitudes towards every single one of the 28 beliefs of the Seventh-day Adventist Church. It also explored a range of sociocultural, spiritual, and life experiential issues with this participant group.

The findings of the first stage of the study are now available in hardcopy and Kindle versions at your local ABC – Christian Book Center in Berrien Springs or online globally from Amazon.com.

This is a book that no church leader, parent, minister, teacher, youth worker, or even young adults themselves should be without.

For more information about this groundbreaking study, see www.beyond-beliefs.com.

About the Study: We set out to discover what Millennial young adults really think of every single one of the 28 Fundamentals of Adventism, what they liked and disliked, and what aspects resonated most with them. We also identified areas where the church is succeeding with regard to the 28 Fundamentals and areas where there is room for improvement. The study placed a strong emphasis on giving a real voice to Millennial young adults aged 18-32. The inference and suggestions from this research were often the direct responses of the Millennial young adults themselves. Some findings include:

- Young adults did not really know the 28 Beliefs of Adventism, even though the majority of those in the study were baptized.
- Young adults generally liked the beliefs, especially those that provided them some personal benefit. For example, the Sabbath was the most popular belief as it provided a guilt free day off from work, study, and chores. Jesus was also the most popular member of the Trinity because young adults stated he was the one who actually saves humans from their sins and provides a real world example for how to live.
- Preaching or lecturing to young adults when they are a passive audience, even in specialist youth meetings by youth "experts" has little efficacy in teaching them the 28 Beliefs. However, when young adults are provided the opportunity to actively articulate and internalize the belief for themselves and express their views about it in discussions, their retention and appreciation of the beliefs is substantially higher.
- Early baptism was something that many young adults felt pushed into and 2/3 of those who were baptized before age 14 stated that if they could do it again, they would have waited until they were older to be baptized.

See www.beyond-beliefs.com for more information or to sign up for email updates regarding the study.
Graduation Day Book Sale

Give your graduate a jump-start through the inspiring, true life stories captured on the pages of The Journey.

The Journey.... Real stories, real people!

Sunday May 4, 2014, 10:30 a.m. to 5 p.m.,
at Hallmark, Apple Valley Plaza; 9067 U.S
Highway 31, Berrien Springs, MI 49103.

Category: Campus Announcements » Community
Announcements
Love Like Fire Bonfire

Love Like Fire Bonfire

4.25.14 at 6:30pm

AU Beaver Point

located behind the Forsyth Honors House

Worship - Food- Fellowship

Bring a friend and a chair

IN EVENT OF RAIN: Meet in the foyer and main auditorium in Chan Shun Hall.

Category: Campus Announcements

Panel Discussion on the Cape Town Summit

"In God’s Image: Scripture. Sexuality. Society."

Reflections from the Cape Town Summit

April 26, 5 p.m., Pioneer Memorial Church

Sponsored by the Division of Student Life

This panel discussion will feature Nicholas Miller, Peter Swanson, Miroslav Kiš, Roy Gane and Steve Yeagley, who participated and/or presented at the Adventist Church’s summit on LGBT issues in Cape Town, South Africa.

This panel discussion and presentation will review the studies, discussion and stories that were a part of that March 2014 summit, while also sharing and reflecting on the summit’s impact on our church and our own Andrews University community.

For further information, please visit
http://www.andrews.edu/agenda/2014/04/15/presentations-on-lgbt-issues

Category: Campus Announcements

BEST Research Symposium

You are invited to join parents, faculty, administrators, staff and guests at our 2014 BEST Early Imagine Different Research Symposium on Friday, April 25, 2014, at Andrews University, Berrien Springs, Michigan.

The event begins at noon and ends at 2:15 p.m.

Category: Campus Announcements
Thursday, April 24, 2014

Dining Services Hours for May Graduation Weekend 2014
It's almost time for May Graduation Weekend! Here are the hours for Dining Services:

**Terrace Cafe**
- Friday, May 2  11:30 am - 1:30 pm
- Sabbath, May 3  12:30 pm - 2:30 pm
- Sunday, May 4  10:30 am - 2:30 pm

**Gazebo**
- Friday, May 2  8:00 am - 7:00 pm
- Sabbath, May 3  6:00 pm - 8:00 pm
- Sunday, May 4  12:00 pm - 7:00 pm

Congratulations graduates!

Contact: Dining Services  ds@andrews.edu  269-471-3161

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Herbert Helm Watercolors Exhibit
From April 25 to June 7, the watercolors of Herbert W. Helm Jr., professor of psychology, will be shown in the
Hearth Whitlow Gallery at the Box Factory in St. Joseph (1101 Broad St).
The opening reception is April 25 from 5:30–8 p.m. Free and open to the public.

**Contact:** Herbert W. Helm Jr.  
helmh@andrews.edu  269-471-3157

**Category:** Campus Announcements

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**Computer Literacy Training: Access**

Computer Literacy Training covers computer skills needed to help meet the demands of various computer-related job requirements on campus, for faculty and staff. There are **seats available** for the second half of Module 3 training, titled “Basic Analytical Software Applications,” in which the instructor will introduce the software **Access**, and participants will learn skills on how to effectively use this software in their work.

Access training will take place on Wednesdays, from 10:30 a.m.–12:20 p.m., in Chan Shun Hall 226 (PC Lab), beginning April 30, 2014, and ending May 21, 2014. Dates and specific topics are listed below:

- Access—Introduction (04/30/2014)
- Access—Building Forms Reports (05/07/2014)
- Access—Building Searches or Queries (05/14/2014)
- Access—Integrating Access with Microsoft Word (05/21/2014)

Please RSVP by sending an email to training@andrews.edu and include your full name, ID#, email address, and department of employment.

**Contact:** Anita Gonzalez  
training@andrews.edu  269-471-3884

**Category:** Campus Announcements

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**Wednesday, April 23, 2014**

**Class Officer Elections Open**

Class elections have officially begun. Please go to the forms tab under your respective class year on www.orgsync.com (ex. Class of 2015, Class of 2016, etc). Use your AU username and password to login. Voting will remain open until 5pm on Tuesday April 29.

Thank you and Good Luck with Finals!

**Contact:** Chelsea Nelson  
cnelson@andrews.edu  269-471-3615

**Category:** Campus Announcements

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**Beikmann Retirement Reception**

University family and friends are cordially invited to a retirement reception honoring Stan Beikmann for his landscape design leadership in the Department of Agriculture, with 22 years of teaching service to Andrews University.

**Date:** Wednesday, April 30, 2014

**Time:** 4 to 6 p.m.

**Location:** Campus Center, Lincoln Room

**Attachments**

stanley_beikmann_04182014_final.pdf

**Category:** Campus Announcements

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**2013-1014 Mathematics Merit Awards**

The Department of Mathematics is proud to announce its 2013–2014 awards for excellence in mathematics.

You are invited to join us in celebrating the achievements of these students!

If you would like to join the celebration in person, you are cordially invited to the awards reception at 11 a.m. in the Julian Thompson Amphitheater (HYH 133) on Reading Day, Friday, April 25.

**Category:** Campus Announcements

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**Dr. John Oswalt Lecture**

We are honored this coming Sunday evening, 7 p.m., to have Dr. John Oswalt present a lecture in the

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### Summer Bookstore Hours

The new summer bookstore hours are as follows starting May 13:

- Monday-Thursday 10am-4pm, Fridays 10am-12noon.
- The Bookstore will be open 12-4pm the following Sundays; May 4, May 11, June 8 & July 6.
- 9-5pm for the following Mondays, May 5, May 12, June 9 & July 7.
- Regular hours will resume on Sunday August 17.

Please contact Cindy Swanson with any questions. 269-471-6095.

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### Southwest Michigan Middle School Honors Band

Southwest Michigan Middle School Honors Band  
Festival Concert  
Hosted by Andrews University at the Howard Performing Arts Center  
Wednesday April 23, 2014  
7 p.m.  
FREE ADMISSION
Tuesday, April 22, 2014

Shirley Freed's Retirement Reception

The School of Education and the Department of Leadership invite you to the retirement reception of Shirley Freed

Please join us on Monday, April 28th from 4:00 – 7:00 p.m.
in the Andrews University Lincoln Room

*Special Presentation at 5:30 p.m.
*Refreshments will be provided

Contact: Kezia Saint-Louis  kezia@andrews.edu
             269-471-6580

Category: Campus Announcements

Doctoral Defense

April 30, 2014, 2:30 p.m., DOCTORAL DEFENSE, Administration Building, Room 307, Michael Pearson will defend his dissertation in partial fulfillment of the PhD in Religion degree in the area of Theological Studies. Pearson's dissertation title is, "The Sin Against the Holy Spirit in the Writings of G. C. Berkouwer and E. G. White: A Comparative Study and Ethical Implications." Those wishing to attend must make their request by calling # 6002 no later than April 29.

Contact: Mabel Bowen  bowenm@andrews.edu
             6002

Category: Campus Announcements

AICER Symposium on Parental Involvement

Andrews International Center for Educational Research (AICER) invites you to attend a presentation on "Parental Involvement in Children Education."

Presenters:  Allyson Blandin, AU Curriculum and Instruction Graduate Student
             Josephine Katenga, AU Curriculum and Instruction Graduate Student

Why do parents become involved in their children's education? In this session, presenters will discuss parental involvement theories. The application of these theories is relevant to both educators and parents.

Date:  April 24, 2014, 5:30pm

Face-to-face participants meet in Bell Hall, Room 013

Online participants to login as "Guest" at https://andrews.adobeconnect.com/ _a877709416/research/ or http://www.andrews.edu/sed/aicer/researchwebinars/ whether or not they are registered at Andrews University.

Contact: Josephine Katenga  katenga@andrews.edu  269 471 6248

Category: Campus Announcements

24-Hour Donor Challenge This Thursday!

Contact:  

Category:  

http://www.andrews.edu/agenda/category/Campus+Announcements
**Got a minute?**

Help Andrews University make every moment count on **Thursday, April 24, 2014!**

**The Challenge:**

Get 500 people to give back in 24 hours to secure a **$10,000 challenge gift!** (Two anonymous alumni have each pledged $5,000 if we can reach our goal of 500 donors in 24 hours.) To count, gifts must be made on April 24, 2014. Alumni, parents, friends, faculty/staff, and even current students can all help make a difference during this challenge!

**How to Give:**

You can give online by clicking here or call the Office of Development at 269.471.3124!

**Why Participation Matters:**

Donations given during this challenge help our current and future students! Any donation given online or by phone to Andrews University on April 24 counts toward this goal, but gifts to The Fund for Andrews are especially beneficial! The Fund for Andrews is the lifeblood of the University and helps supports student scholarships, academic research, and the heart of campus life. To find out more about the Fund for Andrews, click here.

Remember to "like" the Office of Development on Facebook and follow our progress on April 24 at Facebook.com/AndrewsDevelopment!

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**Contact:** Alisa Williams  
alisawi@andrews.edu  
269-471-3359

**Category:** Campus Announcements

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**Doctoral Defense**

April 28, 2014, 9:30 - 11:30 am, DOCTORAL DEFENSE, Administration Building, Room 307  
Stephane Beaulieu will defend his dissertation in partial fulfillment of the PhD in Religion degree in the area of Old Testament Studies.  
Beaulieu's dissertation title is, "The Identity and Role of the Servant in Isaiah 42:1-9: An Exegetical and Theological Study." Those wishing to attend must make their request by calling # 6002 no later than April 25.

**Contact:** Mabel Bowen  
bowenm@andrews.edu  
6002

**Category:** Campus Announcements
Presentations on LGBT Issues

Andrews Joins Adventist Church in its Ongoing Study of LGBT Issues & Lives

This month Andrews University will take the opportunity, in a variety of settings, to reflect on and seek to better understand the issues surrounding the lives of LGBT individuals within our University community, within the church and throughout the world at large.

Recently, this conversation and search for understanding within our Seventh-day Adventist Church community centered on a March 2014 summit in Cape Town, South Africa, coordinated by the General Conference of Seventh-day Adventists.

As Andrews University reflects on the Cape Town summit on LGBT issues, and the University’s own participation in and exploration of these issues in this variety of settings, President Niels-Erik Andreasen says, “In each of these significant conversations about these critical issues, and in those that will continue, throughout the world, our Church and this campus, it’s important that we seek to offer compassion and support for all members of our community. That process best begins with listening and understanding each other. I invite you to become a meaningful participant in this journey.”

The Cape Town summit, “In God’s Image: Scripture. Sexuality. Society.,” was attended by nearly 350 pastors, educators, behavioral scientists, theologians, church leaders and others. Among those attendees were five Andrews University representatives: Nicholas Miller, Roy Gane, Miroslav Kiš and Peter Swanson from the Seventh-day Adventist Theological Seminary, and Steve Yeagley from the Division of Student Life.

In the context of this now global conversation, it’s important that Andrews University, as the flagship university of the Seventh-day Adventist Church, and especially as a community of faith and learning, also takes the opportunity for reflection that is marked by study, prayer, and direct and honest communication.

That has already begun in a variety of ways, and with a common understanding that these are each opportunities for information, bridge building, caring and support—all within the context of Andrews University’s support for the Seventh-day Adventist Church and its standards.

A short while ago, Nicholas Miller, one of the presenters at that Cape Town Summit, gave a report on the issues and discussions at Pioneer Memorial Church Sabbath School.

The discussion continued with the April 9 Student Movement, where our students, along with some faculty and staff, wrote articles and editorials that seek to better understand those with an LGBT orientation and the need for caring and support.

Finally, on the last two Saturdays of the month, there will be two public meetings that will explore LGBT issues in the context of the Seventh-day Adventist Church and its standards, and in the context of the lives of those who face these issues.

First, on Saturday, April 19, our Student Life team is coordinating an event, facilitated by two of our faculty, which welcomes our students and community into a supportive environment where LGBT students can share their stories.

Then, on Saturday, April 26, all five of the Andrews representatives who attended the Cape Town summit will offer a panel presentation to discuss its impact on our church and the Andrews University community.

Details of those two presentations can be found below.

“A Conversation With LGBT Students”
April 19, 4 p.m., Newbold Auditorium, Buller Hall
Sponsored by the Division of Student Life

A facilitated Andrews University conversation with LGBT students that is focused on bridge building, listening, understanding and caring in a context that affirms the Church and its standards. Curtis VanderWaal, chair and professor of social work at Andrews University, and Nancy Carbonell, associate professor, Graduate Psychology & Counseling, will moderate this afternoon program.

It’s important to note that while this is not an event about advocacy or proposed changes to our church’s policy, it is one that is designed to be a supportive environment where Andrews University LGBT students can honestly and safely share their stories. Those of us who are not LGBT will have an opportunity to listen and learn from these students about their journeys.

Reflections from the Cape Town Summit
April 26, 5 p.m., Pioneer Memorial Church
Sponsored by the Division of Student Life

This panel discussion will feature Nicholas Miller, Peter Swanson, Miroslav Kiš, Roy Gane and Steve Yeagley, who participated and/or presented at the Adventist Church’s summit on LGBT issues in Cape Town, South Africa.

This panel discussion and presentation will review the studies, discussion and stories that were a part of that March 2014 summit, while also sharing and reflecting on the summit’s impact on our church and our own Andrews University community.
Building Excellence in Science and Technology

March 30, 2014

This is a gentle reminder for you to join parents, faculty, administrators, staff and guests at our 2014 BEST Early Imagine Different Research Symposium on Friday, April 25, 2014 at Andrews University, Berrien Springs, Michigan. The event begins at 12 noon and ends at 2:15 pm. One more reminder will be sent prior to the event.

Our annual symposium (http://www.bestearly.com/resym) is part of the curricular expectations set forth by Berrien RESA Mathematics and Science Center and Andrews University Department of Chemistry & Biochemistry in collaboration with BEST Early. The BEST Early approach to science education in the classroom has been developed over the last 16 years right here in southwest Michigan and has been awarded (http://www.bestearly.com/MSTAaward) by the Michigan Science Teacher Association. BEST Early also provides summer research job opportunities for students in our Summer Research Program.

The BEST Early symposium is a very unique public science event for Southwest Michigan’s brightest math and science high school students to host and display their cutting-edge university-level research, using modern lab techniques and instruments, to the local community and online, to the world. Such opportunities and resources are not available at their respective high schools. It emphasizes to our youth and the general public that they are Not Too Young to Research (http://www.bestearly.com/N2Y2R) or to make scientific contributions to advance society. Attached below is a flyer with this year’s research topics. Feel free to distribute this letter and poster to any other interested persons.

We strongly believe that your presence, supporting our students, is a tangible affirmation for our future engineers, scientists, and innovators. It would be a compelling statement about their value as talented and highly skilled potential contributors to our local, regional and national economy. Your participation also creates greater public awareness of the importance and value of a world-class education in the fields of science, technology, engineering and mathematics (STEM).

Please indicate your ability to attend our April 25th event as soon as possible by contacting Dr. Desmond Murray at (269) 757-1641 or via email at murrayd@bestearly.org. We look forward to your response.

Sincerely,

Desmond Murray, Associate Professor of Chemistry
Andrews University & Berrien RESA Math Science Center
Founding Director, Building Excellence in Science & Technology (BEST Early; www.bestearly.com)

Berrien Springs, MI 49107  Phone: 269-757-1641  Fax: 269-711-9771  murrayd@bestearly.org  http://www.bestearly.com

People First, Innovate Early
Celebrating
Stan Beikmann
Stanley Beikmann Retirement Reception

University family and friends are cordially invited to a retirement reception honoring Stan Beikmann, for his landscape design leadership in the Department of Agriculture, with 22 years of teaching service to Andrews University.

Date: Wednesday, April 30, 2014
Time: 4 to 6 p.m.
Location: Dining Services, Lincoln Room

<<Name>>
<<Department>>
<<Zip>>
Graduation Weekend

Andrews University’s spring graduation will take place May 2–4. In order to provide more seating for graduates’ families, Commencement is split into three separate services by school/college. Please make note of when your graduate will be marching to ensure you attend the appropriate service.

Graduation weekend events begin Friday evening, May 2, with Consecration in Pioneer Memorial Church, and continues through the weekend, finishing with commencement services on Sunday, May 4. For details on the various weekend events and each program’s time and location, see below or visit andrews.edu/graduation.

June Price, associate dean of Lamson Hall, a women’s residence hall at Andrews, will offer the Consecration address titled, “Not So With You” on Friday, May 2, at 8 p.m. in Pioneer Memorial Church.

Price holds a master’s degree in counseling with an emphasis in marriage and family therapy from Southern Adventist University (Collegedale, Tenn.). She has been involved in education for many years, teaching religion at the secondary level and psychology at the college level. Price has been at Andrews University for eight years.

On Saturday, May 3, Daniel Jackson, president of the North American Division of Seventh-day Adventists, will present the Baccalaureate address for both the 9 a.m. and 11:45 a.m. services. His presentation for the first service is titled “Beautiful in Time” and for the second service he will present “Just Do It!”

Jackson was elected as president of the North American Division in 2010 by delegates of the world church. A native Canadian, Jackson is a graduate of Canadian University College (Lacombe, Alberta), and has lived and ministered in Canada with the exception of five years of service in the Southern Asia Division of Seventh-day Adventists. He also holds a master’s degree in systematic theology from Andrews.

Additional departmental services are planned for Friday and Saturday. They are as follows:

**Friday, May 2**
- School of Business Administration’s Ethics Oath Ceremony
  11 a.m., Garber Auditorium, Chan Shun Hall
- Teacher Dedication Service
  5 p.m., Andrews Academy Chapel

**Saturday, May 3**
- Seminary Dedication Service
  4 p.m., Seminary Chapel
- Department of Religion & Biblical Languages Senior Dedication
  4 p.m., Newbold Auditorium, Buller Hall
- Department of Nursing Pinning Ceremony
  5 p.m., Pioneer Memorial Church
- Department of Public Health & Wellness Dedication Service and Reception
  5 p.m. Howard Performing Arts Center lobby
- Department of Social Work Recognition Service
  5:30 p.m. University Towers Auditorium
- Open House for Architecture Graduates
  6 p.m., School of Architecture, Art & Design Resource Center
- Vespers tribute to parents, faculty and students
  8:30 p.m., Pioneer Memorial Church
- President’s reception for graduates & families
  Immediately following vespers (9:15 p.m.), Great Lakes Room, Dining Services, Campus Center.

On Sunday, May 4, Eric Rajah, co-founder of A Better World and president/owner of Advanced Systems, will be the speaker for the first and second Commencement services at 8:30 a.m. and 11 a.m. in Pioneer Memorial Church. His address is titled “Imagine It Better.” Rajah will be receiving an honorary Doctor of Laws during the second Commencement service.

Born in Sri Lanka, Rajah was able to attend a community school administered by a group of Alberta missionaries who had visited in the late 1940s, where he was able to learn English. After his family moved...
to Canada, Rajah studied business at University of British Columbia and graduated from Canadian University College in 1981. As co-founder of the Alberta-based volunteer-run aid organization A Better World, Rajah and his team have developed projects that have met a range of needs and enlisted the services of various volunteers and experts to train workers in the community. Its focus has been on investing in the future of people in need in developing countries by providing education, health, food security, infrastructure and income-generating projects. By 2005, A Better World had expanded to 15 countries and launched a youth division that works with schools and universities to engage the next generation of community leaders. In recognition of his contribution to society, Rajah was inducted into the Alberta Order of Excellence in 2011, the highest honor the Province of Alberta can bestow upon a citizen.

B. Lyn Behrens, retired president and CEO of Loma Linda University Adventist Health Sciences Center (Loma Linda, Calif.), will be awarded an honorary Doctor of Science during the first Commencement service at 8:30 a.m. Born in Cooranbong, New South Wales, Australia, Behrens did her medical training at Sydney University School of Medicine, earning her degree with honors in 1964. That same year she began her postgraduate rotating internship at the Royal Prince Alfred Hospital in Sydney. Two years later, Behrens became the first and only pediatric resident at LLU, and in 1986 she became the first woman dean of the School of Medicine at LLU. She was also the first woman to serve as president of LLU, a role she assumed in 1990. Five years later she became CEO of Adventist Health System/Loma Linda while maintaining her position as University president. In 1999 she became president of LLU Medical Center, retiring in 2008 with the distinction of being the longest-serving president in the institution’s 103-year history.

Dana Wales, managing principal at Wales & Associates, will be the featured speaker for the 2 p.m. Commencement service on Sunday, May 4. His address is titled, “Now That You Have Your Feathers...” Wales graduated from Andrews Academy and Andrews University, then studied economics at the University of Michigan. Since 1987, Wales has been the owner and president of Wales & Associates, a wealth management practice located in St. Joseph, Mich. He currently serves on the University’s Board of Trustees and President’s Advisory Council for Institutional Development, as well as the Board of Trustees for both Lakeland Health Foundation and the Center for Youth Evangelism.

Tuesday, April 22, 2014

**Students Explore Peru**

*By Eloise Ravell*

The Andrews University department of Behavioral Sciences recently offered a study tour to Peru for students completing courses in cultural psychology and world religions.

Charles Teel, professor of religion and society at La Sierra University in Riverside, Calif., became interested in early Seventh-day Adventist missionaries Fernando and Ana Stahl, who were trained as nurses at the Battle Creek Sanitarium in Battle Creek, Mich. in the early 20th century. The Stahls founded schools, clinics, chapels and markets in Peru and empowered the Peruvians with the necessary skills to become independent from their oppressing leaders. Teel and Herbert Helm, professor of psychology at Andrews, led the trip this year, which followed the footsteps of the missionaries.

Peru, with its biological diversity, provided the students with the opportunity to experience various climates by traveling from the Pacific Ocean on the west coast, through the Andes Mountains and to the Amazon on the east side of the country.

“In just one week we traveled to four different cities in Peru, in which we were able to compare the culture of
each city,” says Christina Wolfer, marketing major and a junior at Andrews. “It’s crazy because even though you are still in the same country, every city was distinctively different in how the people lived.”

The trip takes place every other year and is tied into what the students have learned in their classes. Students travel to Lima, Peru’s capital, and Cusco, along with Machu Picchu, the Amazon and Lake Titicaca, the largest lake in South America. This year, the 25 students rode horseback through the hills of Cusco and explored Inca ruins including Templo de la Luna, or Temple of the Moon, and Coricancha, Temple of the Sun. Also in Cusco, they saw the statue of Cristo Blanco, which overlooks the city.

“Because this isn’t the first time the school has organized the Peru trip, we could go having confidence that our leaders knew what to expect and they would help us become aware of all the details that we would not otherwise know,” says Wolfer. “Also, because the leaders organized everything, it gave us a ‘go with the flow’ mentality, which took off the pressures of planning and helped create a better experience for us.”

At Lake Titicaca in Puno, the group saw the famous floating islands of the Uros people, who originally created the islands to prevent attacks from their Inca neighbors. In Lima, students explored cathedrals, including the Monastery of San Francisco, the Plaza Mayor and the Cathedral of Lima. They also took a bus tour around the city and visited the more upscale area of the city where El Parque del Amor, or the Park of Love, resides. In recent years, the group was able to visit the Adventist Development and Relief Agency (ADRA) at its Lima location.

Students traveled to Belen, sometimes dubbed the “Venice of the Amazon” because of the houses along the river, and took a boat tour through the village, which, although the name implies otherwise, is very poor. The group stayed in a lodge in Iquitos and was able to interact and observe animals in the area such as monkeys, snakes and birds.

“For those who want to get up early enough, we often go out and do a morning look for birds and dolphins,” says Helm. “This year was just phenomenal. We saw a lot of pink dolphins. We saw three come up together at one point.”

Besides the opportunity to experience nature, the Amazon also provided a window of insight into a different world. “In the Amazon we visited some villages and saw the way people lived, which was entirely different from anything I have ever experienced,” says Wolfer. “The people there live on barely anything, but are still the happiest people in the world. It showed me that I have so much to be appreciative of in my life and influenced me to want to make a difference to help those who have very little.”

The group not only had a learning experience on this study tour, but also was able to visit many of the highlights of the country in a single week.

“I tell the students,” says Helm, “‘You’re going to get everything but sleep!’”

Presentations on LGBT Issues

Andrews Joins Adventist Church in its Ongoing Study of LGBT Issues & Lives

This month Andrews University will take the opportunity, in a variety of settings, to reflect on and seek to better understand the issues surrounding the lives of LGBT individuals within our University community, within the church and throughout the world at large.

Recently, this conversation and search for understanding within our Seventh-day Adventist Church community centered on a March 2014 summit in Cape Town, South Africa, coordinated by the General
Graduation Livestream
Livestream available during these times: (see full schedule)
(All time in EST or UTC−05:00)

► **Friday Consecration**: 8 PM
► **Sabbath Baccalaureate**:
  ▶ 9 AM (Graduate)
  ▶ 11:45 AM (Undergraduate)
► **Sabbath Vespers**: 8:30 PM
► **Sunday Commencement**:
  ▶ 8:30 AM - School of Health Professions, Adventist Theological Seminary
  ▶ 11 AM - College of Arts & Sciences
  ▶ 2 PM - Depts. of Agriculture and Aviation, School of Architecture, Art & Design, School of Business Administration, School of Distance Education, School of Education

Encountering technical problems during a live stream event?
1. Please ensure that you are viewing the stream during the announced event time(s)
2. If you can hear sound but cannot view the video image, please pause and restart the stream and this will likely fix it

If you still need help, email us at livestream@andrews.edu. Due to the nature of a live event, we may not be able to personally reply to your email, but we monitor the account so that we can make corrections to the streaming as the event is happening.
Showing Category: Andrews in the News

Thursday, April 24, 2014

Professor on Radio Show
Desmond Murray, associate professor of chemistry, talks on air about students and science. Click the link below to listen.

NOTE: If the file doesn't play, try right-clicking on the file and save to your computer, then open from the saved file to listen. Some browsers do not support the auto-play below.

Attachments

best_early_interview_on_moody_in_the_morning.mp3

Category: Andrews in the News

Professor Quoted in Article
A couple articles ago I started a look at some popular food myths that have no real scientific merit. I love these things as they help people make better, more informed choices about food without being mislead by popular hearsay. Here are a few more food myths for you to ponder:

Your body can't use the protein from beans unless you eat them with rice.
This is a myth that I once believed in as it pertained to how we would design complementary ingredients when creating new dishes. Now we know better. Proteins - which our bodies need to make everything from new muscle to hormones - are made up of different combinations of 20 amino acids. Thing is, our bodies can make only 11 of these amino acids; we must get the other nine from food. Animal-based protein-rich foods like eggs and meat provide all nine of these "essential" amino acids, but nearly all plant foods are low in at least one. Experts used to say that to get what your body needs to make proteins, you needed to pair plant-based foods with complementary sets of amino acids - like rice and beans. Now they know that you don't have to eat those foods at the same meal. "If you get a variety of foods throughout the day, they all go into the 'basket' of amino acids that are available for the body to use," says Winston J. Craig, Ph.D., R.D., nutrition department chair at Andrews University in Berrien Springs, Michigan.

<<< Read the full story >>>

Category: Andrews in the News

Monday, April 21, 2014

University Gardens in the News
The Andrews University Student Gardens is gearing up for another season of their Community Supported Agriculture (CSA) program. The program, which will run from early June through mid-October, allows community members to sign up for a weekly delivery of fresh local produce brought right to their door.

Read the full story at Leaderpub.com or the Herald Palladium.

Category: Andrews in the News

Thursday, April 10, 2014

Summit Explores Nation's Poor
"The Poor Next Door: Poverty in America" is the theme of Andrews University's third annual Summit for
Busting food myths...Part II

By Chef Tim Tibbitts

A couple articles ago I started a look at some popular food myths that have no real scientific merit. I love these things as they help people make better, more informed choices about food without being mislead by popular hearsay. Here are a few more food myths for you to ponder:

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Calories eaten at night are more fattening than those eaten early in the day.

Dr. John Foreyt: "Calories are calories are calories, and it doesn’t matter what time you eat them. What matters are the total calories you take in vs the total amount you burn." John Foreyt, Ph.D., is the director of the Behavioral Medicine Research Center at Baylor College of Medicine. I think this one is simple common sense, but apparently common sense isn’t so common.

"I have a weight problem because I eat foods like wheat or dairy that my body can’t process.”

This theory is, in fact, "illogical," says Marc Riedl, M.D., assistant professor of clinical immunology and allergy at UCLA. The inability to “process” foods, he notes, "would mean the foods are not metabolized and calories would not be absorbed." This would lead to weight loss, not gain, he notes.

"This is an example of how the term ‘food allergy’ has become misused and distorted to be associated with anything unpleasant surrounding eating," says Riedl. "There is no scientific evidence that a food allergy causes weight gain.” Of course, cutting out whole categories of foods will probably help you lose weight, simply because it takes so many choices off the table. Again with the common sense.

Radiation from microwaves creates dangerous compounds in your food.

“Radiation” might connote images of nuclear plants, but it simply refers to energy that travels in waves and spreads out as it goes. Microwaves, radio waves and the energy waves that we perceive as visual light all are forms of radiation. So, too, are X-rays and gamma rays—which do pose health concerns. But the microwaves used to cook foods are many, many times weaker than X-rays and gamma rays, says Robert Brackett, Ph.D., director of the National Center for Food Safety and Technology at the Illinois Institute of Technology. And the types of changes that occur in microwaved food as it cooks are “from heat generated inside the food, not the microwaves themselves,” says Brackett. "Microwave cooking is really no different from any other cooking method that applies heat to food.” That said, microwaving in some plastics may leach compounds into your food, so take care to use only microwave-safe containers.

Microwaving zaps nutrients.

This is misguided thinking, says Carol Byrd-Bredbenner, Ph.D., R.D., professor of nutrition at Rutgers University in New Brunswick,
New Jersey. Whether you’re using a microwave, a charcoal grill or a solar-heated stove, "it's the heat and the amount of time you're cooking that affect nutrient losses, not the cooking method," she says. "The longer and hotter you cook a food, the more you'll lose certain heat- and water-sensitive nutrients, especially vitamin C and thiamin (a B vitamin)." Because microwave cooking often cooks foods more quickly, it can actually help to minimize nutrient losses.

I personally think microwaves get a bad reputation. They are very handy cooking utensils when used for purposes they are good at. Don’t try to cook a nice piece of meat in one as the lack of the Maillard Reaction will mean a sever lack of flavor, extraction of moisture leaving it tough and rubbery and a general lack of colour leaving the food beige looking. Very unappetizing.

You crave certain foods because you’re deficient in one of the nutrients they provide.

Nope - unless you’re a deer or moose. (In the spring, those animals are attracted to “salt licks”—mineral deposits that supply nutrients they need.) Human food cravings tend to be more about satisfying emotional needs, says Marcia Pelchat, Ph.D., a researcher at the Monell Chemical Senses Center in Philadelphia. “Cravings tend to occur when your diet is restricted or boring, or when you know that you can’t have something,” says Pelchat. “If it’s forbidden, you usually want it more.”

There is one nutrient deficiency that's clearly associated with cravings in humans: iron. But instead of longing for iron-rich liver or steak, people severely deficient in iron stores tend to crave things like ice cubes, clay or even cement. Researchers don't know what causes this strange, rare condition, called "pica," but some suspect that a lack of iron might somehow affect the body’s appetite mechanisms.

It’s important to fast periodically, to cleanse toxins from your body.

Another of my favourites. I’ve seen friends of mine have serious health problems and even require surgery due to too much juicing and fasting. This is a big problem in today's world.

The truth: Your body has its own elegantly designed system for removing toxins - namely, the liver, kidneys and spleen. There isn’t any evidence that not eating - or consuming only juice - for any period of time makes them do this job any better. Source: Keith-Thomas Ayoob, Ed.D., R.D., of Albert Einstein College of Medicine

Hopefully I have shed some light on some things you may have been misled on. I always hope to enlighten people and help to educate them about diet and food choices. If I can make one person healthier and still feel happy about what they eat, then my work has been a success. And that is some food for thought!

Published Wednesday, April 23, 2014
Death of Gary Land

Gary G. Land of Berrien Center, Michigan, died on Saturday, April 26, at 12:48 p.m. at the St. Joseph Medical Center in Mishawaka, Indiana, after a long battle with cancer. A memorial service will be held at Pioneer Memorial Church on Friday, May 2, at 10 a.m. Please remember his family in your thoughts and prayers during this difficult time.

In lieu of flowers, the Land family has requested that gifts be made to the Andrews University Department of History & Political Science. Gifts may be given online at www.andrews.edu/go/give/history or mailed to the Office of Development. Please make checks payable to Andrews University and include "History Dept" on the memo line.

Land joined the faculty of Andrews University in 1970 as a teacher in the Department of History & Political Science. He served as chair of the department for more than two decades. He retired as emeritus professor of history.

For his undergraduate studies, Land attended Pacific Union College, Angwin, California, and graduated in 1966 with a Bachelor of Arts. He continued his studies at the University of California, Santa Barbara, California, and completed a Master of Arts in 1967 and a PhD in 1973.

Throughout his service at the University, he served as an instructor in history, assistant and associate professor of history. He also worked in administration and served as a graduate programs director and assistant dean to the College of Arts & Sciences. He became chair of the Department of History & Political Science in 1988.

Service was very important to Land. He was a member of the Berrien County Historical Association Board of Directors and served the group since 1983. He was active in the church as a Sabbath School teacher, leader and director, among other service activities. Land was also a member of the organizing committee for the Ellen White Project as well as the Spectrum editorial board.

An avid writer, Land edited several academic/professional books and has published three of his own. His writings appeared in many professional journals and periodicals, including the Journal of Adventist Education, College and University Dialogue, Spectrum: A Quarterly Journal of the Association of Adventist Forums and Adventist Heritage, among others. He also contributed chapters to books and wrote book reviews for academic publications. He was a co-editor of Ellen Harmon White: American Prophet, a new biography to be released by Oxford University Press in May 2014.
Thursday, April 24, 2014

**Death of Cynthia Taylor Warren**

Cynthia Taylor Warren, widow of Joseph Warren, passed away on Tuesday evening, April 22, in Berrien Springs, Mich., from complications of long-term illness. She died just a year and a half after her husband, Joe.

Services will be held at Pioneer Memorial Church on Monday, May 5, at 3 pm. Officiating will be Julius R. Everett, pastor of Niles Philadelphia Adventist Church.

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Tuesday, March 18, 2014

**Carmelita Troy's Father Passed Away**

Carmelita Troy, associate professor of accounting, lost her father, Owen Troy, on Sunday. Owen retired from serving as the communication director for the North American Division of Seventh-day Adventists in 1995. Please join us in expressing our sorrow for her loss.

Details can be found [here](#).

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Monday, March 17, 2014

**Steve Wright Passes Away**

William Stephen "Steve" Wright, 70, of Berrien Springs, passed away in Berrien Springs on Thursday, March 13. Steve was born on February 1, 1944, to his parents LaVerne and Virginia Wright in Buchanan, Michigan.
Showing Category: Community Announcements

Monday, April 28, 2014

Graduation Day Book Sale

Give your graduate a jump-start through the inspiring, true life stories captured on the pages of The Journey.

The Journey.... Real stories, real people!

Sunday May 4, 2014, 10:30 a.m. to 5 p.m.,
at Hallmark, Apple Valley Plaza; 9067 U.S.
Highway 31, Berrien Springs, MI 49103.

Category: Campus Announcements » Community Announcements

Eau Claire Sabbath Service May 3, 2014

Eau Claire SDA Church
6562 Naomi Road
Eau Claire, MI 49111

Sabbath Speaker: Pastor Ted Toms
Sermon Title: "Showdown, Throwdown, Meltdown"

Church Service 10:50 am
Sabbath School 9:15 am

Category: Community Announcements
Videos from Greentown


Contact: Dixie Wong
dixie@dixiewong.com
269-473-1234

Category: Community Announcements

Pizza Hut & United Way Fundraiser

Please join United Way of Southwest Michigan for a fundraiser to benefit their program "Girls On The Run." All you have to do is stop in to any participating Pizza Hut in Berrien County on May 5 between 4–8 p.m.! Pizza Hut will donate 10% of sales on May 5 to the Girls On The Run program. Attached is a flyer for more information. Please share this with your colleagues and friends and encourage them to participate. We hope to see you there!

Girls On The Run is a life-changing, experiential learning program for 3rd-8th grade girls that features lessons that enhance self-esteem along with uplifting workouts in preparation for a 5K Community Celebration event. Girls On The Run of Berrien County is a program of United Way of Southwest Michigan.

Thank you for Living United!

Attachments

- pizza_hut_flyer_2014.pdf

Category: Community Announcements

Samaritan Counseling Center Name Change and Celebration

Attachments

- press_release_for_may_1-2014.pdf

Category: Community Announcements
Niles Westside Services April 26

Village Church Worship Services, Sabbath, April 26, 2014
First Worship: 8:30 a.m.
Sermon Title - "The Anatomy of a Rope: Darwin's Dilemma"
Preacher - Pastor Ron Kelly
Second Worship: 11:20 a.m.
Education Sabbath
Musical: K-4th Garder - "I Am A Promised"

Place - Village SDA Church
635 St Joseph Ave, Berrien Springs, MI 49103
Phone # 471-7795
Contact Person - Elizabeth Tan

Niles Westside Church Service April 26, 2014

April 26: Pastor Darrel le Roux, speaker
Sabbath School: 9:30 a.m.
Church Services: 8:30 & 11 a.m.

Niles Westside Adventist Church
1105 Grant St (at Fairview Ave)
Niles MI
www.nileswestside.org

Ben Roy's Science Zone

Ben Roy's Science Zone: This Sabbath, April 26, from 4:30 - 6 p.m. at Niles Adventist School (110 N Fairview Ave, Niles - behind Niles Westside Church on Grant St). Come learn about science from a wonderful science teacher who produces science lessons for 3ABN's Kid's Time show. See www.gosciencezone.com for more information. A freewill offering will be taken to help cover his expenses.
Monday, April 21, 2014

**Eau Claire Church Sabbath Service April 26, 2014**

Eau Claire SDA Church  
6562 Naomi Road  
Eau Claire, MI 49111

**Sabbath Speaker:** Eau SDA Claire Youth  
**Sermon Title:** "Acts of Unity"

Church Service 10:50 a.m.  
Sabbath School 9:15 a.m.

**Category:** Community Announcements

Wednesday, April 16, 2014

**Village Church Worship Service April 19, 2014**

Village Church Worship Services, Sabbath, April 19, 2014  
**First Worship:** 8:30 a.m.  
**Second Worship:** 11:20 a.m.  
**Sermon Title:** "Eternal Ebenezer"  
**Preacher:** Pastor Ron Kell

Place - Village SDA Church  
635 Sta Joseph Ave, Berrien Springs, MI 49103  
Phone # 471-7795  
Contact Person - Elizabeth Tan

**Category:** Community Announcements
Showing Category: Community Announcements

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Category: Community Announcements
Videos from Greentown


Contact: Dixie Wong  dixie@dixiewong.com  269-473-1234

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Thank you for Living United!

Attachments

pizza_hut_flyer_2014 -- pdf_document -- s_pollus.pdf

Samaritan Counseling Center Name Change and Celebration

Attachments

press_release_for_may_1-2014.pdf
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635 Sta Joseph Ave, Berrien Springs, MI 49103  
Phone # 471-7795  
Contact Person - Elizabeth Tan
Healthy people. Healthy communities.

GreenTown brings together the public sector and the private sector to “connect the dots”, to inspire and to work together to remake our communities. From healthy living to local food, energy to green infrastructure, water to outdoor space, GreenTown will help you make the healthy choice the easy choice.

GreenTown will be held Friday, October 11, 2013, at the DoubleTree Hotel in Downtown South Bend, IN. Pre-conference events will be held on Thursday, October 10.

WHO SHOULD ATTEND?

Public Sector:
- Government Representatives
- Mayors & Elected Officials
- City Managers
- Economic Development
- Health Departments
- Public Works and Park District Officials
- School Administrators
- Urban Planners
- Chambers of Commerce
- CVBs

Private Sector:
- Planners
- Architects
- Developers
- Builders
- Remodelers
- Landscape Architects
- Hospitals / Healthcare Systems
- Utilities
- Engineers
- NGOs
- Local Food Specialists
- Real Estate Professionals
- Media

Education:
- K-12
- Colleges & Universities and Students

GreenTown is co-produced by a5, a brand consultancy focused on sustainability, and Seven Generations Ahead, a non-profit devoted to creating healthy, sustainable communities.

To sponsor GreenTown, email Charles Colley at ccolley@a5inc.com.
Girls on the Run is a life-changing, experiential learning program for 3rd-8th grade girls that features lessons that enhance self-esteem along with uplifting workouts in preparation for a 5K Community Celebration event. Girls on the Run of Berrien County is a program of United Way of Southwest Michigan.

Pizza Hut is partnering with United Way of Southwest Michigan and will donate 10% of sales on May 5th to the Girls on the Run program. Please LIVE UNITED on May 5 and help raise money for this great cause!

Offer valid only at participating Pizza Hut locations in Berrien County.
SAMARITAN COUNSELING CENTER OF SOUTHWESTERN MICHIGAN
IS NOW CENTER[ED] ON WELLNESS
CELEBRATING 40 YEARS OF BEHAVIORAL HEALTH SERVICE IN SOUTHWEST MICHIGAN WITH 40 MAY DAY BASKETS

BENTON HARBOR, MI, April 24, 2014– Our name may be new, but we have been serving the professional counseling needs of this community since 1974.

On January 16, 1974 The News-Palladium of Benton Harbor ran a story about a new non-denominational counseling program at the First Congregational Church in Benton Harbor. The concept of this community service was not to duplicate any current services offered but to embrace “a cohesive effort to treat a person as a whole by providing assistance with the many related factors governing total health.” This wholistic health approach was introduced 10 years earlier by Rev. Dr. Granger Westberg of the Wholistic Health Center Project at the University of Illinois. Because there were only a handful of similar programs up and running in the United States, the exploration for this concept in Southwest Michigan began by a pioneering Board of Trustees who saw the need and vision for such a service. Mr. and Mrs. Elisha ‘Bud’ Gray, past president of Whirlpool Corporation, donated the seed money to fund the model. Diligent research revealed a similar center in Elkhart, Indiana, and after an insightful presentation, the
Board of Trustees agreed that the twin cities area would be home to the second Samaritan Counseling Center in the country.

In its first years, the Samaritan Counseling Center of Southwestern Michigan could not bill insurance as mental health was not a standard of insured services so there was no coverage. Therefore, counseling fees were paid by doing volunteer work for Twin Cities civic groups. Fees were $10 a session, but a credit of $2 was given for every hour of volunteer work performed. In the first year alone, over 300 hours of work were donated back to the community and “was proving to be a valuable therapy.”

Jump forward 40 years and you will find we have provided over 150,000 hours of professional counseling in Southwestern Michigan, and more than 3,500 children and adults receiving individual, couples, families, or group counseling annually. We have had satellite offices in a dozen area churches, purchased our own administrative and counseling building at 1850 Colfax Avenue in Benton Harbor, and expanded our clinical time from the original 8 hours a week, to 50 hours a week today.

To honor our original mission-driven dedication of providing professional services that help to find a balance between spiritual, physical, mental, emotional, and relational elements, the Board of Trustees has refocused itself on prioritizing wholistic counseling services. Our new name, CENTER[ED] ON WELLNESS, highlights our innovative approach to total behavioral wellness. Bruce Nitz, President of the Board of Trustees states “We will continue to embrace a cohesive community effort by combining area services and partnering with local non-profit agencies and businesses in Southwest Michigan so we can effectively treat total behavioral wellness with a wholistic approach, focusing on the client.”

“The immediate future will bring enhanced services in personalized counseling, personal and professional coaching, consulting, education, and prevention. From groups tackling specific topics, specific gender, health, or age concerns, to classes educating clients on a variety of wellness topics, we will constantly listen to the needs of each client and find collaborative partners for their total behavioral wellness,” adds Kim Forsey, Executive Director.

Today, CENTER[ED] ON WELLNESS offers out-patient counseling for more than 60 different identified services ranging from anxiety, depression, and child or parenting problems, to addiction, PTSD, and geriatric issues. The CENTER can bill most insurance plans, including Medicaid and Medicare plans. For those who are not covered, we apply annually for a variety of grants, scholarships, and foundation dollars to help subsidize a portion of the fee. We also hold community fundraising events throughout the year. This allows us to offer a sliding fee scale to
clients who may not otherwise be able to receive counseling. Payment plans may also be an option.

Forsey shares, “In order to begin our year-long 40th anniversary celebration of providing professional counseling in Southwest Michigan, the CENTER(ED) ON WELLNESS Board and Staff have volunteered to deliver 40 beautiful May Day Baskets* full of gorgeous flowers and wonderful goodies into the community! On May 1st, 40 random businesses in Berrien, Cass, and Van Buren counties will receive a special May Day basket as our “Thanks” for their dedicated and unique community work.”

As a 501(c)3, we are a proud community agency of the United Way of Southwest Michigan, with satellite offices in Benton Harbor (1850 Colfax Avenue), Coloma (Coloma United Methodist Church), Niles (Wesley United Methodist Church and Grace United Methodist Church), St. Joseph (Trinity Lutheran Center), Stevensville (Stevensville United Methodist Church), and South Haven (First Congregational Church). A good samaritan since 1974, faithfully serving SWM through behavioral counseling, coaching, consulting, education, and prevention.

If you would like more information on our 40th anniversary celebration, upcoming groups, classes, or specific types of counseling, please contact us at 269-926-6199, email: info@centeredonwellness.info, or check out our website: www.centeredonwellness.info.

# # #

For more information about this PRESS RELEASE, please contact Kim Forsey at 269.926.6199 or email at: kforsey@centeredonwellness.info.

**May Day is celebrated by some due to early European settlers of the American continent. In parts of the United States, May Baskets are made and usually filled with flowers or treats and left at someone’s doorstep. The giver rings the bell and runs away. The person receiving the basket tries to catch the fleeing giver; if caught, a kiss is exchanged.” –Wikipedia

(In the case of CENTER(ED) ON WELLNESS, no kiss will be exchanged! Just a friendly laugh!)
SAMARITAN CENTER BOARD: The board of directors of Samaritan Center is planning to open a non-denominational counseling program at First Congregational church, Benton Harbor. Board members, seated (left to right) Dr. Stanley Mestrow, Mrs. Sigurd Wilhelmsen, Rabbi Wayne Franklin and Dr. W. G. Murdoch; standing: Rev. Eugene Sears, Dr. Robert Tollaksen, Atty. Theodore Troff, Mrs. K. Henry Anderson, Dr. Richard Elghammer, and Dr. William C. Donald, III. (Staff photo)

BH To Have Samaritan Center

Samaritan Center, a new program under a team approach in family and personal counseling, will open in early February at First Congregational church, Benton Harbor.

The center was initiated by the church’s Special Programs Committee, but it will be ecumenical and non-denominational, according to Mrs. Samuel Henderson, chief administrator.

The center will be open one day a week, and, for a nominal counseling fee, will offer Twin Cities area residents the combined guidance of professionals in religion, counseling, psychology and medicine. City officials and much of our work will be in referring our clients to other agencies,” said Mrs. Henderson. “However, we feel that there is a need for a program of this type based in a church for those who feel more comfortable receiving help in such a setting.”

Within a few weeks, Mrs. Henderson said, the program’s board of directors will announce the names of Samaritan Center’s part-time staff. Besides Mrs. Henderson, the staff will include an administrative secretary and a counseling assistant consisting of professionals from the fields of advanced counseling, the clergy and psychology. Volunteer medical consultants also will be used.

Members of the center’s board of directors include Rev. Eugene Sears, Dr. Robert Tollaksen, Atty. Theodore Troff, Mrs. K. Henry Anderson, Dr. Richard Elghammer, Dr. William C. Donald, III, Dr. Stanley Mestrow, Mrs. Sigurd Wilhelmsen, Rabbi Wayne Franklin and Dr. W. G. Murdoch.

Samaritan Center will be one of only a handful of programs of its type in the United States. The concept first was introduced in Springfield, Ohio, 15 years ago, and a similar center opened later in Elkhart, Ind., three more Samaritan-type centers are being developed in the Chicago area.

The Twin Cities program had its genesis when affects of the Congregational church began to explore possible means of using a special church development fund for community service. An official of the Samaritan Health and Living Center in Elkhart spoke at a meeting of the Benton Harbor Congregational church’s Special Programs Committee, and a decision was made to initiate a Twin Cities program patterned after the one in Elkhart.

“Samaritan Center will be dedicated to treating man’s multiple needs,” Mrs. Henderson said. “The center will join the separate healing practices of counseling and medicine into a cohesive effort to treat the person as a whole. We will have an experienced staff that will be able to provide assistance with the many related factors governing total health.”

Mrs. Henderson said the center will tackle such problems as family discord, drug abuse, alcoholism, problem pregnancies and a gamut of other personal and family crisis situations. She noted that when the problem cannot be handled by the center’s immediate staff, the client will be referred to such agencies as Child and Family Services, Riverwood Community Mental Health Center, Benton Drug Treatment Center and other local organizations.

THIS ARTICLE ACCOMPANIED THE
PICTURE ON THE OPPOSITE PAGE.
PRINTED IN THE NEWS PALLADIUM
AND HERALD PRESS, WED., JAN. 16.
Whole Person Center’s Goal

By RAMSEY HANEY

Jesus instructed the disciples to go preach and heal. Too often today’s churches forget the second part and only preach. The Rev. Dr. Granger Westberg, a third year student at the Wholistic Health Center Project at the University of Illinois, is to blame for this.

Granger spoke before a group gathered to recognize the Elkhart Samaritan Health and Living Center, 200 E. Beardsley Ave., for its 10th anniversary celebration on Sunday. The Rev. R.J. Ross, executive director of the center, announced Tuesday night, the center will be full-time beginning next year. Funding will be supplied by a source which prefers to remain anonymous for the time being.

The “wholistic” concept brings the physicians and nurses into church buildings for medical clinics, where they are assisted by clergymen who are trained as counselors to deal with the spiritual dimensions of illness.

Westberg, who grew up in Chicago, attended George Williams College, Augustana College, the Lutheran School of Theology and the University of Chicago. He served for five years as a parish pastor, eight years as a hospital chaplain, and three years as a member of two medical school faculties.

The University of Chicago Medical School became the first Protestant clergyman to receive a full appointment in a medical school. Westberg is also an author of several books, including “Nurse, Paster, and Patient,” “Doctor and Patient Meet,” and “Good Grief.” Westberg spoke last year at the Wholistic Health Center Project at the University of Illinois.

Westberg was appointed to spread the concept to other economic and social levels.

The placing of the clinic in a church environment created a conflict between the doctor from the sterile surroundings and assisted in the injection of spiritual therapy into the treatment of the physically ill.

Westberg said doctors credit as much as 56 percent of the illness in the U.S. to being spiritual in nature. “Health is more than just physical,” he said. “You must deal with the human being and not divide the body and the spirit.”

One key to the growth of the “wholistic” approach is to treat the illness before it becomes physically serious, Westberg said. Clergymen and doctors make contact with the illness earlier when it is more readily curable and the patient treatable.

In the U.S. “we have sickness care, not health care,” Westberg said. Something must be done before the illness becomes apparent. “to respond to the early cries for help.”

Westberg projects the growth of “wholistic” health centers as the interest in preventive medicine grows as medical students, and community interest spreads.

Illness develops in three stages, and the third, the worst stage involves about 10 percent of the illness, but 70 percent of the doctors treat them, he said. That 10 percent must be spread out in the other 90 percent of the population before they become serious.

HOSPITAL REJECTED

INDIANAPOLIS (AP) — The construction of a new acute care hospital in Fort Wayne was rejected Tuesday by the State Health Facilities Review Committee. The committee said the proposed 156-bed facility was planned for a site one mile southwest of Parkview Hospital and was contrary to the state’s master plan for hospitals.

Samaritan Center Ends First Year

The Samaritan Center, which opened at a small facility in Fort Wayne, will be a permanent fixture in the city. The center was founded by Elsie Franklin and Mr. and Mrs. Samuel Franklin.

The center will be an independent organization, carrying on the work of the late Rev. Elsie Franklin and Mrs. Samuel Franklin.

The center will provide medical and dental care to people in need, and will be open to all doctors in the area.
House for sale

Make an Offer

The cutest interior redo you ever did see! Especially the bathrooms and the master bedroom... Don't miss it!
Also, you can walk to everything in the Village: all the public schools, the Adventist elementary school and church, the library, restaurants, grocery store, hardware—everything! And you can utilize the school grounds for exercising, biking, playgrounds, and tennis. Though the garage is a one car, it is oversized with plenty of room for storage.

416 W Broadway
Berrien Springs, MI 49103

Bedrooms: 3 beds
Bathrooms: 2 baths
Single Family: 997 sq ft
Lot: 6,534 sq ft
Year Built: 1940
Price: $89,700

Contact: rodrigo andrade  
robecker@hotmail.com  
(269) 8155352

Tuesday, April 1, 2014

Home for Sale

In lovely Peach Ridge Subdivision just five minutes from Andrews University. Bright and airy two-story

Category: Classifieds » Property for Sale
Showing Category: Classifieds
Showing Type: Property for Rent

Tuesday, April 29, 2014

Looking for an apartment this summer?
I am looking for someone to take over my lease this summer beginning May 4th. It's a Garland efficiency apartment, so that means it is fully furnished with utilities included. The rent is $555 per month and my lease expires August 16th. However, you may choose to renew the lease until August 2015 by making arrangements with the University Apartments.

If interested please send me an email or call/text me

Contact: Kern Agard kern@andrews.edu (484) 633-1515

Monday, April 28, 2014

House Share
Beautiful home (10 yrs old) 5 miles from Andrews includes:

All Utilities, Wi-Fi, Garbage
Ideal: accommodates two students or a family.
Country setting
Very large
Includes half of garage in winter for reasonable sized vehicle.
$850
Two LARGE bedrooms
Pets considered with deposit
Just lovely & peaceful
Photos upon request

Please contact Susan at 269-287-0458 if interested

Sunday, April 27, 2014
**Property for Rent**

Spacious House for Rent
Walking distance from Andrews University, Ruth Murdoch Elementary School, Andrews Academy and Apple Valley.
3 bedrooms, 1 ½ baths, 2 car garage (attached), living room, formal dining room, kitchen with breakfast nook and family room with fireplace.
Includes all major appliances: fridge, stove, dishwasher, washer and dryer.
Has lots of closet space.
No pets.
Patio and garden in the back yard.
Tenants pay own utilities.
Available June 2nd
$1,150/month with one month security deposit.

**Contact:** Sylvie  sylvie@andrews.edu  269-697-3946

**Category:** Classifieds » Property for Rent

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**Bedroom for Rent**

Bedroom available for rent immediately. Looking for mature male. Available until the beginning of fall semester at Andrews University. (Room may be still be available in fall. Will let you know.)

Asking $375. Apartment already furnished. Bedroom already furnished w/full-size bed, dresser, lamp and large closet.

Price includes utilities and wifi access. Shared bathroom. Shared kitchen.

Washer and dryer in apartment.

**Contact:** Joshua  bblarivaux@yahoo.com  862-591-0027

**Category:** Classifieds » Property for Rent
Maplewood Apartment for Rent

On-campus corner Maplewood second floor apartment available June 1, 2014

Quiet, unfurnished two-bedroom/one-bathroom apartment. The rent is $670 which includes all utilities (including A/C), cable, high speed Internet (there is a refundable deposit for the modem), trash compactor, and phone line. Amenities include built-in bookcases and an open floor plan. The laundry room is a few doors down. Lease expires August 10th but the option to renew is available. If interested, please contact me via phone, text or email.

Contact: Gresford Thomas
gresford@andrews.edu 707-326-2806

Category: Classifieds » Property for Rent

Apartment for Rent

FOR RENT: 2 bedrm apartment / free internet / 1 bath / 3 miles from campus. Call Berrien Properties at 269-405-5091.
Furnished Apartment For Rent

Newly Furnished Walk-Out Basement Apartment For Rent in Berrien Center, 6 miles from Andrews University. Lots of privacy with nature, secluded garden and patio. Two bedrooms, large living room, kitchenette, bathroom, laundry and some storage space. Price: $350 / month plus utilities (only electricity & optional trash) for single occupancy, $50 extra for each added person. Available starting with May. Long term renting preferred, since we are overseas missionaries. E-mails preferred, because the phone number is my cell in Europe. For a visit please contact Bonnie Beres and make an appointment with her. She can be found at the Christian Ministry Department on the main floor at the Seminary Building.
**Female Roommate Needed!**

**Roommate Needed!**

**Beechwood Apartments!**

Must be 22yrs or older

Hi, I'm looking for a clean, sociable, friendly girl to share and finish my lease. The room is furnished with a bed, dresser, small closet, and desk. There is a shared living space with couches and dining table, kitchenette, and bathroom. Starting in the end of May or June 1; Rent is $355.00 per month including summer. Also there is a fee for half the internet and there a security deposit fee that is required by housing department. I am 26yrs old, friendly, clean, and I like to meet new people. I need somebody from at least June 1 till January. Can't wait to meet you!

Thanks, Lisa

Contact me only at my email:  lisaramirezm@ymail.com

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**Maplewood Room for Rent**

**ROOM FOR RENT - WALKING DISTANCE TO CAMPUS**

Rent per month [Regular Size Bedroom] $250

FEATURES: Large house with only 1 person per room; flexible lease; free laundry; Internet, Cable and lots of other features - ask for details.

FOR AU STUDENTS, FEMALES ONLY

**PROPERTY ADDRESS:** 8871 MAPLEWOOD DRIVE, BERRIEN SPRINGS

Contact

Landlord: Bobby Chacko
Phone: 773-450-6596
Email: chackobobby@yahoo.com

INCLUDES UTILITIES AND PARKING
Notice Dated: 4/22/14
Showing Category: Classifieds
Showing Type: Lost and Found

Saturday, April 26, 2014

Lost Cell Phone
On Wednesday, April 23, I lost my cell phone in the upstairs bathroom of the cafeteria.
It is a Droid Ultra with a black cover over the back and a Red body. The glass is slightly cracked on the left side. I very much need it back if anyone has located it.
Thank you.
Contact: Joseph Shoemate, shoemate@andrews.edu or josephshoemate@gmail.com

Tuesday, February 4, 2014

Cream&Brown Checkered Winter Hat
We have a cream and brown checkered winter hat at the Counseling and Testing Center. It’s fairly big, has brown fuzz inside, and a black latch to secure hat under the chin. Owner lost item about 2 weeks ago.
Contact: CTC  ctcenter@andrews.edu 269-471-3470

Black Leather Gloves
We have a pair of thick, faded, black suede/leather gloves in the Counseling and Testing Center. Owner lost them about 2 weeks ago.
Contact: CTC  ctcenter@andrews.edu 269-471-3470

Thursday, January 23, 2014

Lost 2 USB drives
Between November and December 2013, I forgot two USB Drives in the Bell Hall Computer Lab which contained alot of pictures and some important school materials. The first USB is white with a purple ribbon around. The second one is black with a sliding headpoint (redish). Whoever came accross may he/she call me 2698495418 or take to the JWL circulation desk.
God’s blessings.
Contact: Selina Mwakipunda mwakipun@andrews.edu 2698495418

Thursday, December 5, 2013
Moving Sale (on-going)
Moving Sale
Furniture, decorations and household items. If interested in seeing any of this during the week please contact anneris.navia@gmail.com or stop by Sunday May 4 starting at noon. 9668 Park Ridge Tr. Berrien Center, MI 49102.

Contact: Anneris Navia
anneris.navia@gmail.com

Kids' Camp Chairs for Sale
Kids’ Camp Chairs - $10 each or both for $15
Carry cases included.

Contact: Julie
goodman@andrews.edu
Brand New Silver 16GB iPad Mini

I have a Brand New Silver 16GB iPad Mini for sale. The unit is sealed and still in the original unopened box which is plastic wrapped. The iPad mini features a beautiful 7.9" display, iSight and FaceTime camera, the A5 chip, ultrafast wireless and up to 10 hours of battery life.

The box contains the following:
- iPad Mini
- Lightning to USB Cable
- USB Power Adapter

**Asking only $350.00.** Text / call 269 815 8004 if interested.

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Mobile Phone - urgently required

I am urgently looking to purchase a mobile phone in good condition.

**Contact:** Ashley  
ashleyr_1@yahoo.com  
7734903758

Laptop - urgently required

I am urgently looking to purchase a laptop in good condition.

**Contact:** Ashley  
ashleyr_1@yahoo.com  
7734903758

Table for Sale

Round table metal pedestal  60" dk brown. Great condition. $35
Table for sale
hey, i have so nice table for sale, you pick up, 40$ cash, needs gone soon, call/text me on 269-33nine-04nine5 David, Thank you!!

Dining table/chairs for sale
Hey, i have a beautiful dining oval table/4 chairs, good quality wood, chairs are handmade, you pick up, 200$ cash, needs gone soon, call/text me on 269-33nine-04nine5 David, thank you!!

GE 12,050 BTU Window Air Conditioner
For Sale

GE 12,050 BTU Window Air Conditioner
$175 obo
Model #AEH12AQ
Purchased in Spring 2012.
Includes plexiglass (for slider window setup) and wooden supports.
Call Andrew at (989) 954-2185

Contact: Andrew pdhockey13@gmail.com 989-954-2185

Elementary Textbooks
People: Together in Time and Place (ISBN 0021491348 & 0021465576) - $4 each
My World: Adventures in Time and Place - (ISBN 0021491339) $4
Science Horizons (ISBN 0382172558) - $3
A Reason for Spelling Level B Teacher Guidebook (ISBN 0936785284) - $4
Scott Foresman Science Grade 2 Assessment Book (ISBN 0328126306) - $5
Scott Foresman Science Grade 2 Workbook Teacher's Guide (ISBN 0328126055) - $5
Scott Foresman Science Grade 2 Teacher's Edition Volume 1 (ISBN 0328149543) - $8
Scott Foresman Science Grade 2 Teacher's Edition Volume 2 (ISBN 0328156280) - $8
Buy both Scott Foresman Teacher's books for $13
Buy all Scott Foresman books for $25
Buy everything for $45
Leather Jacket
New East5th Black Leather Jacket Medium - $40

Contact: Julie goodmank@andrews.edu 269.815.8277

Category: Classifieds » Misc for Sale

Saturday, April 26, 2014

Cheap Moving Sale
Sunday, April 27, 11 a.m. to 6 p.m.
Monday, April 28, 5–8 p.m.
Wednesday, April 30, 5–8 p.m. (leftover items)

Low prices!!! Even some items like clothing, new and used books, will be "buy 1, get 1 free" since everything must go!!

Furniture / Kitchen utensils / Books / Clothing / Shoes / Miscellaneous

Contact information: 269-491-8285 (text for location), moramuno@andrews.edu
Rocker for sale
$30. Call 269-240-8586.

Juicer for Sale
Saftborn Steam Juicer(aluminum). $30. Made in Germany.
Call 269-240-8586
Moving Sale for Africa Mission Trip

- Lamp stand $10
- Quarter-size bottles (12pcs/1b) $5
- Chair $15
- Bunkbed $70
- Garmin Nuvi 200W $40
- Feather badminton shuttlecock $4

Call 269-357-9822 and leave a message, or email jongbongs@gmail.com.

Contact: Jongbong Kim jongbongs@gmail.com 269-357-9822

Thursday, April 24, 2014

2005 Honda Odyssey

2005 Honda Odyssey in Excellent Condition

- Seats for 8 people
- Auto sliding doors
- New battery (warranty two years) and four new tires (warranty 100,000 miles)
- Window screens
- Rubber floor mats
- 125,000 miles
- Price: $8,350 (Come & See & Let us talk ^ ^)

This van is very well maintained and in excellent condition. Contact: 269-357-9822 (HP) / 269-471-6950 (Home) Email: jongbongs@gmail.com.
Moving Sale (Ongoing)
Moving sale (ongoing). Lots of furniture, decorations and household items.
Please contactanneris.navia@gmail.com for more information.

Husky Lady Bicycle for Sale
Brand new. $90.
Moving Sale for Mission Trip

Moving Sale for Africa Mission Trip

This is moving sale for fund raising for Africa Mission Trip

1. Navigation - Garmin(Cable, Holder, Box) : $43
2. Feather Badminton Shuttlecocks 20 pcs(used) : $4
3. Desk($8) + Chair($5): $10 for both
4. 2 box of Glass bottles for grapes juice(1/4 size, 12pcs/1B): $6
5. My Bible Friends(Book): $20
6. Black & Decker Screwdriver: $5
7. Metronom(included a Battery): $8
8. Lamp stand(Included a bulb): $10
9. Iron gym pull up bar: $12
10. Microwave + a base: $10

If you have interesting about any of these,
Call 269-357-9822 and leave message jongbonos@gmail.com
Monday, April 21, 2014

Graduation Moving Sale

IT'S A NEW SEASON.......GRADUATION MOVING SALE!!!!!!!!!!!!

Transitions......transitions......transitions..........are inevitable. Looking to liquidate items between now and the end of May.......if you're interested please contact me for "Items Price List". Thanks in advance for your support!

God bless you!
Administrative Assistant Wanted

Part-time job opening at Adventist Frontier Missions in Berrien Springs, Michigan: Administrative Assistant to the International Field Director. Duties include coordinating the gathering, storage, and circulation of various budgets and technical documents, planning meetings and events as needed, providing back-up phone and reception services for the office, and general support of the International Field Director. Must be a committed Seventh-day Adventist in good and regular standing and a self-motivated team player with good organizational skills, a high degree of confidentiality, and a willingness to learn. Requires physical activity typical of an office job. Work hours will be 1:30 – 5:30 pm, Monday – Thursday. Job will begin June 1, 2014. Applicants should submit their resume to payne.su@afmonline.org.

Milker Assistants Wanted

The Andrews Dairy is hiring Andrews University students to assist with milking cows during one of the three shifts per day: 3 a.m., 11 a.m, or 7 p.m. Each shift lasts about 5–6 hours, including clean-up time. Wages start at $8/hour. Interested students may contact Dr. Katherine Koudele (koudelej@andrews.edu) in Smith Hall 112 for an application. They will also receive a Training Manual and will need to pass a written test over the material in the Manual before starting the hands-on training.

Female Nurse/Aide Needed

We have an urgent need for a nurse/aide to handle a 12-8 a.m. shift with female patient in Berrien Springs. Must be female and experienced.

Excellent wage.

269-287-0458

Job Openings with Fiskar Inc

Construction Estimator

Fiskars, Inc. has an opening for an experienced General Contract Bid Estimator. The position will be filled with the following qualifications:

1. Minimum 10 years proven/profitable experience in General Contract bidding.
2. Minimum of a Bachelor's Degree in Civil Engineering or Building Construction and Contracting programs.
Female Nurse/Aide Needed
We have an urgent need for a nurse/aide to handle a 12-8 a.m. shift with female patient in Berrien Springs. Must be female and experienced. Excellent wage.
269-287-0458

Child Care Available
I am a stay-at-home mom with a four year old. I have many years experience keeping babies and young children in my home. I have an opening available. I provide a safe, Christian environment and individual attention. We keep a consistent schedule as well as go on educational and fun outings. I can provide several references. Call or email Chelsey if interested.
Contact: Chelsey Wilson  wchelsey04@gmail.com  662-617-5721

Massage Therapist
Are the stresses of work and study getting to you? Would you like to boost your athletic performance? Do you have a muscle ache that just won’t go away?
Ray McAllister, an Andrews alumnus who despite total blindness is now a licensed massage therapist, invites you to visit Healing’s Rays Massage. Proficient in deep tissue, sports and relaxation massage, Ray can relieve aches, help you tone muscles, and give you the energy boost to finish studies. He also offers hydrotherapy, hot stone massage, reflexology and now hot bamboo massage. His wife, Sally, is a certified aromatherapist and will be present for female clients. She sells home-made aromatherapy blends.
Introductory cost is only $25 for your first hour, $15 per half hour, for students all the time. Contact Ray for regular, competitive rates. 30 no-cost massages are available for those with Adventist Risk Management insurance, including sponsored seminary students.
8936 Grove St
Berrien Springs MI
Contact: Ray McAllister  raymcal@att.net  269-471-7422

Photo Booth
Book a photo booth for your next party or event.