

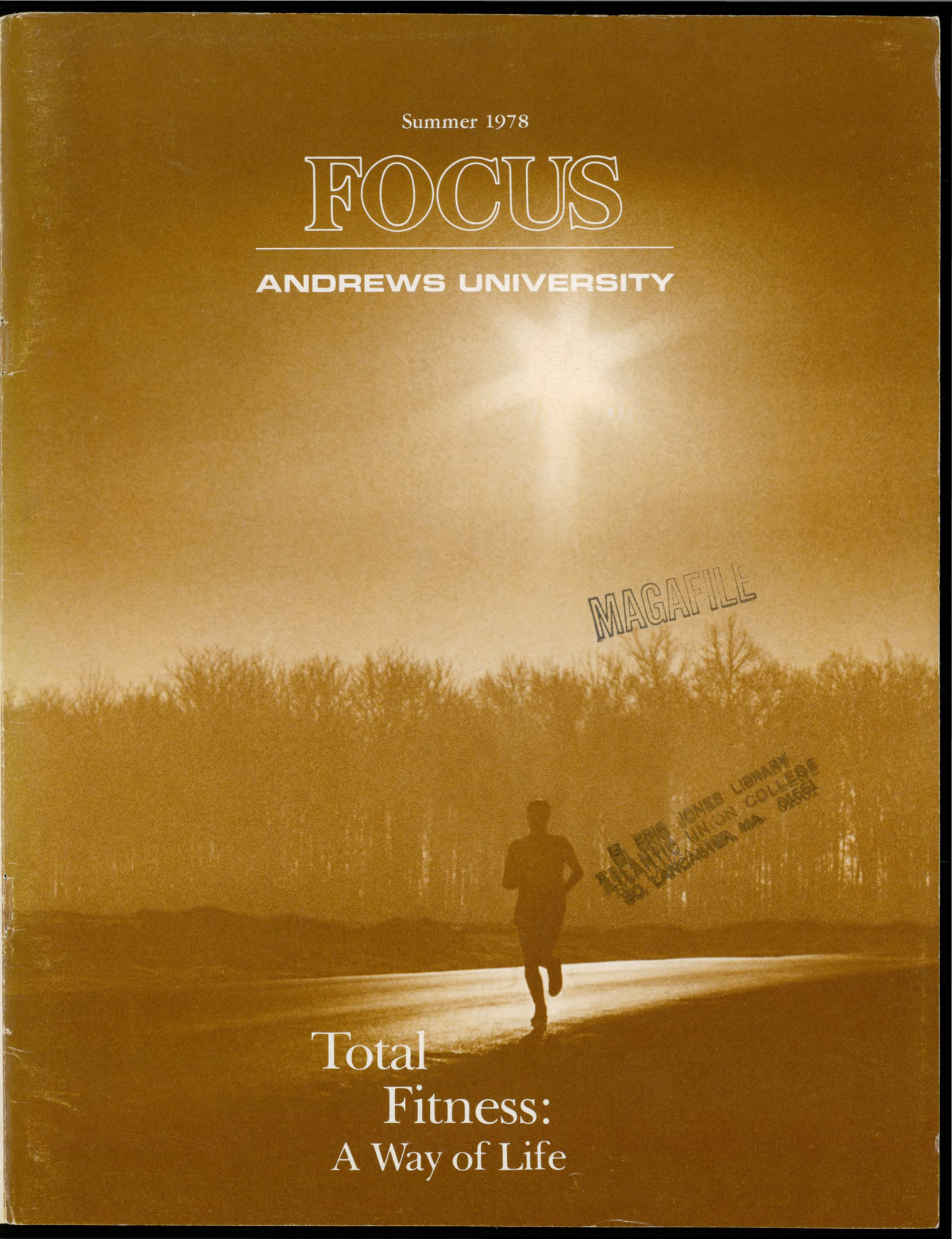
Summer 1978

# FOCUS

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# FOCUS

Summer 1978, Volume 14, Number 3

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The Seventh-day Adventist Church maintains this institution in southwestern Michigan to provide high quality Christian education to students regardless of race, color, national or ethnic origin, or sex. The university is composed of four divisions—the College of Arts and Sciences, College of Technology, School of Graduate Studies, and the Seventh-day Adventist Theological Seminary. Together they offer a wide range of programs in vocational, technical, academic, and biblical subjects to help students fully develop their total potential—physically, mentally, and spiritually.

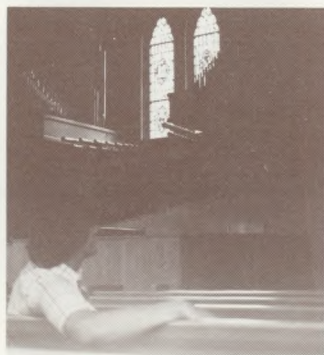
FOCUS is the official journal of Andrews University, Berrien Springs, MI 49104 and is published jointly by the university and its alumni association. William E. Garber serves as president of the Andrews University Alumni Association, and Donald R. Sahly as executive secretary. Letters as well as suggestions regarding news and features are welcome and should be submitted to the editors. Subscription is free.



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Photo by Kendall Andersen.

# News

## Women Recognized, 436 Degrees Granted at Commencement

Andrews University conferred degrees on 436 graduates June 4 at its annual spring commencement. The College of Arts and Sciences presented 263 candidates for degrees, while 85 graduated from the School of Graduate Studies, 70 from the Theological Seminary and 18 from the College of Technology. Three honorary doctoral degrees were awarded.

Highlighting weekend events was commemoration of the 300th anniversary of the first academic degree granted to a woman. According to Joseph G. Smoot, Andrews' president, Elena Lucrezia Cornaro Piscopia was awarded the *Magistra et Doctrix Philosophiae* by the University of Padua on June 24, 1678.

"She was a linguist of note and a musician of considerable talent," Smoot said. "She was also an accomplished scholar in theology, philosophy, dialectics, mathematics and astronomy."

Born in Venice on June 5, 1646, she lived in Padua and died on July 26, 1684.

Andrews joined with universities throughout the world in recognizing this significant event, and saluting women who have received degrees from Andrews, Emmanuel Missionary College, and Battle Creek College.

In the first graduating class at Battle Creek in 1879, two women—Anna E. Boyd and Edith Sprague—joined two



A distinctive feature of commencement was observance of the 300th anniversary of the first woman graduate, signified by the Cornaro medal (above), struck by the University of Padua in 1685.



The Class of 1978 marches into Pioneer Memorial Church for commencement exercises. Dr. James D. Chase, assistant professor of communication, leads the procession.

men—George A. Carpenter and Eli B. Miller—as the first graduates of a Seventh-day Adventist College. Since that time, 4,987 women have graduated from Andrews and the various forerunners of the institution.

A special program featuring achievements of women graduates of Andrews was held on Sabbath afternoon in Rachel Christman Chapel. Participants included Patricia Mutch, associate professor of home economics; Merlene Ogden, assistant dean of the College of Arts and Sciences; Leona Glidden Running, professor of biblical languages; Alice Garret Marsh, professor of home economics; Irma Jean Smoot, assistant professor of secretarial studies; and others who have graduated from or are associated with Andrews.

The program included a historical background of the tercentenary along with presentations detailing the contributions to church and society by women graduates of Andrews and of the SDA Theological Seminary and its forerunner, Potomac University.

Exhibits related to the event were open in the Heritage

Room in the James White Library during regular hours and from 4-7 p.m. Sabbath, June 3.

Sunday morning, an audience which filled Pioneer Memorial Church heard Dr. Nattelkka E. Burrell challenge the graduating class of 1978 to conduct themselves as the members of a royal family.

"Your adoption papers have been signed with the red ink of the blood of our Saviour," she said. "You are now royalty—princes and princesses. You are more precious than silver and gold and all the diamonds in the universe. You are really somebody."

"Having a diploma or a degree should mean having an educated mind," she continued. "But to attain excellence you must also have an educated heart—one that offers thanks for the gift of life and the chance to give the gift of love. Your education is a failure, no matter how much it has done for your mind, if it has failed to open your heart."

Dr. Burrell singled out a few examples of the difference a Christian education can make.

"Communication majors

have an awe-inspiring responsibility in their task to show ethical and moral excellence. So much depends upon the word, whether spoken, written or read. Not only must the construction of your work be excellent, but its content must prepare those who hear or read to make right decisions in preparation for face to face communication with the Creator. What you communicate must always be a reflection of who you are—your heavenly Father's ambassadors.

"Music majors, like communication majors, must make choices," she continued. "You will have to choose between heaven-approved types of instrumental and vocal music and that of Lucifer, the evil one, who knows more about the good and bad in music than any human being, for he once was the choir director, the leading vocalist and head of heaven's music department.

"Because you are heaven's offspring, you must seek and communicate the excellence of the godly music rather than the devil inspirations—a difficult task in a world gone mad with the beat and

the raucous cacophony of disharmony.

"Business majors need all the facts and know-how you have been taught here. But over and above that, you must be men and women of lasting integrity. There must be no 'Watergates,' no 'cover-ups' in your dealings with your fellow men. You must be as true to your word as God is to His. This is your excellence."

Dr. Burrell, who is retired and lives in Berrien Springs, is guest professor of education at Andrews.

Honorary doctoral degrees were given to C. E. Bradford, Josephine Cunningham Edwards and George E. Vandeman.

Bradford, an associate secretary of the General Conference, was cited for his contributions to church leadership, longstanding support of Andrews University as a member of the Board of Trustees for 17 years, and dedication to evangelism.

Bradford, a native of Washington, D.C., represents a third generation of Adventist ministers. The Northeastern Conference was the center of Bradford's activities from 1957 to 1961. As home missionary and Sabbath School secretary he launched the first tent evangelistic meeting in New York's Harlem since the 1920s. He also initiated a layman's training program throughout the conference and conducted evangelistic series in upstate New York and Bermuda. For two years he pastored the City Taber-

nacle Seventh-day Adventist Church in Manhattan.

In 1961 Bradford became president of the Lake Region Conference. Under his leadership the conference grew from the smallest to the second largest in the Lake Union. He demonstrated an interest in community affairs by serving as adviser to business and financial leaders in Chicago as they sought to develop minority businesses.

A writer, teacher and lecturer, he gave the H. M. S. Richards Lecture on Preaching at Columbia Union College in 1973 and inaugurated the lectureship on preaching at Oakwood College in 1977. He authored the book *Preaching to the Times* and has written many articles.

Mrs. Edwards was honored for her dedication to Christian missions, her tireless efforts in Christian education, and the inspiration as a speaker and writer she has given to thousands of people.

After teaching church school in the Indiana, Minnesota and Iowa Conferences

for eight years, Mrs. Edwards received a bachelor of arts degree from Emmanuel Missionary College in 1944. Two years later she went with her husband to Malamulo Mission in Malawi, Africa, where she was director of teacher training. While there she formed a close friendship with Alice Princess Siwundhla ("Alice Princess") who later became a popular lecturer. Mrs. Edwards arranged for Alice Princess to come to the United States and appeared with her on the

*This Is Your Life* television program in 1958. The result was "one of the most powerfully inspirational presentations of our 14 years on national television," according to host Ralph Edwards.

Mrs. Edwards returned to the United States in 1952 and worked with the Bible Correspondence School of the Voice of Prophecy radio broadcast. From 1954 through 1957 she was a scriptwriter for the Faith for Today telecast.

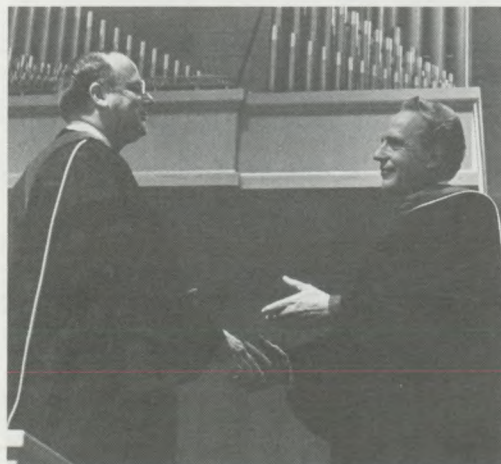
A unique ability in storytelling has made Mrs. Ed-



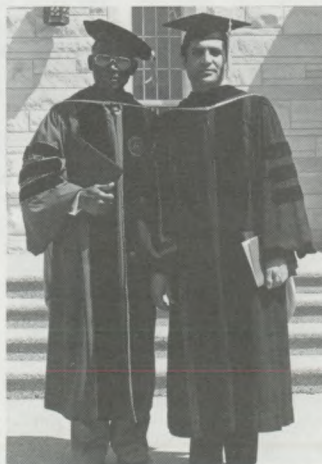
Seven persons received the doctor of education degree. Front row (from left): Mohammed Hossein Moroviti, Vernon Andrews and Larry D. Mahlum. Back row: Raymond K. Wilkinson, Emilio Garcia-Marenko and Nelson Evans. Not pictured: Milton R. Hook.



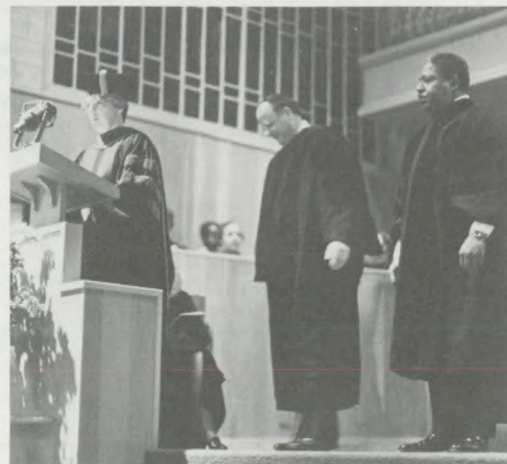
Rita Waterman of Rockford, Ill., president of the senior class.



George E. Vandeman receives congratulations from Dr. Smoot.



Doctors of ministry John C. Palmer and Najeeb Wasouf Nakhle.



C. E. Bradford (right) awaits presentation of his degree.

wards a popular author and lecturer. She has written more than 30 books.

Vandeman was cited by the Andrews faculty for his achievements as a leading evangelist, the determination he has demonstrated in making the *It Is Written* television program successful, and his creativity in developing the seminar approach to Bible study.

Vandeman's ministerial career began in the Indiana Conference of Seventh-day Adventists, where he served as an evangelist from 1938 to 1942. He graduated from An-

draws in 1942 and received a master of arts degree from the University of Michigan in 1946.

In 1952 he established the New Gallery Centre, a headquarters for city evangelism and community services near Piccadilly Circus in London. He was its director for two and a half years.

*It Is Written* is now aired by 60 stations in the United States and 47 in other parts of the world.

In addition to his work with *It Is Written*, Vandeman has written many books, with a total circulation of more than five million.

Doctor of education degrees

were conferred on Vernon Andrews, Nelson Evans, Emilio Garcia-Marenko, Milton R. Hook, Larry D. Mahlum, Mohammed Hossein Morovati and Raymond K. Wilkinson.

Thomas H. Ludowici, Najeeb Wasouf Nakhle and John C. Palmer received the doctor of ministry degree. Ludowici, an Australian, completed his course work and returned home last winter.

Services for the graduates began Friday evening when Dr. James J. C. Cox, professor of New Testament at Andrews, spoke at a special consecration service in the Pioneer Memorial Church.

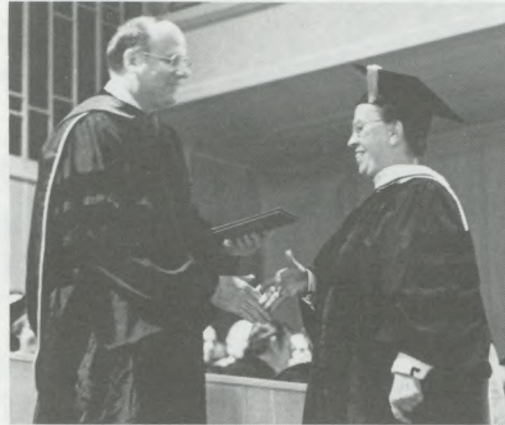
B. E. Leach, president of the Southwestern Union Conference of Seventh-day Adventists headquartered in Keene, Tex., delivered the baccalaureate address Saturday morning.

Andrews Academy graduated 94 seniors at its commencement service, also on June 4. Speakers for the academy's graduation weekend were E. Wayne Sheperd, Jr., H. Roger Bothwell, and H. Floyd Bresee.

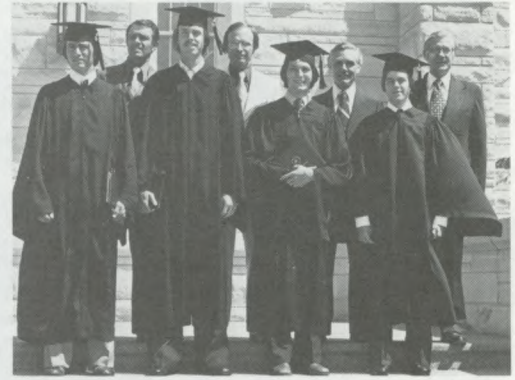
Other commencement events included the awarding of certificates to 43 students completing course requirements in the Center for Occupational Education.



Dr. Zerita J. Hagerman, grand marshal of the commencement procession, instructs graduates as they line up.



Dr. Joseph G. Smoot presents Mrs. Josephine Cunningham Edwards the honorary doctor of humane letters degree.



Four seniors were sons of fathers who graduated from Andrews in 1953. L-R: Tom and Bob Knutson, Michael and Clayton Breakie, Douglas and Ed Higgins, Brian and F. R. Stephan. The fathers taught together at Wisconsin Academy; all the sons except Douglas Higgins started first grade together at the Columbus, Wis., church school.



Andrews Academy Class of 1978.



Dr. Natelkka E. Burrell, guest professor of education, was the commencement speaker.

## Special Report on Homecoming '78

The groundskeepers at Andrews were busy during the last part of April. They cut the grass, sowed new seed, weeded the flowerbeds, trimmed the shrubs.

April is the time for spring cleaning. And for the alumni to come home.

On Friday, April 28, banners welcoming former students appeared on University Boulevard and at the Apple Valley shopping center. Early homecoming arrivals could have their cars washed in the market parking lot by future alumni—members of the 1978 senior class who were raising money for their class gift. Mother Nature gave her best to the alumni, also; an abundance of daffodils and hyacinths, some welcome sunshine, and one of the warmest afternoons of the year.

They came from north and south and east and west, as the school song goes, to see the "old stomping grounds" and friends again. Fern Zillag came from Joshua Tree, California for her first visit to Andrews since 1928. Betty Mohrmann Brewer '37, made the trip from Golden Gate, Florida and met her college roommate, Leona Glidden Running, for the first time in 25 years.

Of course, things have changed a bit since the "good old days." "I couldn't find my way around!" admitted alumna of the year Marie Kibble Robinson '58. A member of the university's Board

of Trustees, she'll have more opportunities to relearn the campus. She won't find "Trash Can Alley," though. In her day, that was the line of demarcation beyond which persons of the opposite sex could not walk together, she recalls.

Former classmates and faculty have changed somewhat, too. For example, Horace Shaw no longer rolls coins down the aisle in chapel, as

Hilda Thiele Flanigan (attended through '31) remembers him doing.

The model of projected campus development on display during the weekend might have interested Sanford Peck '48. "We used to go here when all those rickety old buildings were here," he laughed. "I think (the school) has made a lot of progress," said Yvonne Douglas '61, while standing on the

steps of the church finished during her college days. When she graduated, the administration building, science complex and other newer structures had not yet sprouted.

"It's sure a lot prettier than when *we* were here!" said George Peck '50. Noted Carol Rhodes Brummett, "The campus is kept up very well. Whoever does the job has some real pride in it." (Thank you, Ed Roy!)

The homecoming theme, "A Higher Standard," reflected the university's commitment to progress. "God designs that the college at Battle Creek shall reach a higher standard of intellectual and moral culture than any other institution of the kind in our land," (4T, 425) Ellen White wrote more than a century ago. During the weekend alumni saw how Andrews still strives toward that goal.

Homecoming festivities officially began with the International Flag Raising ceremony during which the Andrews concert band serenaded alumni with hymn arrangements. After a welcome by President Joseph G. Smoot, representatives of the Andrews international community raised the flags of 78 countries over the Seminary Green.

The flags continued to wave in the early evening dusk as alumni, students and faculty met in the church for vespers. Elizabeth Foster Wilkins '62, '75, vice president of the Alumni Association and director of freshman education



Rosalyn Upshaw sings at the Homecoming Sabbath Vespers.



Melvin West and Carol Rhodes Brummett play piano at the President's Reception.



Alumni Association President Garber addresses reception as honored alumni look on.

at Andrews, welcomed the audience. Fordyce Detamore '28, whose smile is still infectious after 50 years in the ministry, offered the invocation.

After music by violin teacher LeRoy Peterson, the audience saw a multi-media presentation written by Opal Hoover Young '26. During the traditional Lamplighter Ceremony, 39 student missionaries and nationals returning to their home countries kindled a flame that will burn brightly around the world. Dr. Floyd Rittenhouse '28, gave the charge and dedicatory prayer. Then the students, each holding a glowing lamp, marched from the



The Neal Sherwins, veteran missionaries to Pakistan.

sanctuary as Carolyn Bisel sang "So Send I You."

Sabbath school featured up on Seminary Drive en route to church. Those who walked by the flag walk passed beds of bright red tulips, many of which were only buds the day before.

Sabbath School featured members of the Silver Class of '53. Winston Ferris '53, '65, led an enthusiastic song service. Neal Sherwin '53, '66, a veteran of 20 years service in Pakistan, Edward W. Higgins Jr. '53, '54, '69) and John Pesulima from Mt. Klabat College in Indonesia, gave mission reports.

The Taylor String Quartet played their mother's arrangement of "Fairest Lord Jesus." A trio composed of Robin Keller '78, Marla Matthews, and Rosalie Juriansz sang, as did Mr. and Mrs. Donald Hanson, both members of the Silver Class.

No one could go to sleep during the lesson study. Dr. Charles Wittschiebe '46, '53, '64, badgered and cajoled the Sabbath school "class" members into thinking and talking about the lesson. Other

participants on the program were Carol Rhodes Brummett '53, '66, Donald Van Duinen '53, Phylis Tackett '53, and Robert Knutson '53.

Worshippers at Pioneer Memorial Church heard stirring choral and brass music. Former or present members of the Andrews faculty composed all the selections which the University Chorale and Singing Men sang. Composers were Dr. Blythe Owen, Dr. Perry Beach, LeRoy E. Froom, and Dr. Charles Hall '52. The University Brass Ensemble, with Patricia Silver directing, also contributed to the glorious music of praise.

At the early service Dr. Leslie Hardinge '50, '53, '59, spirit of prophecy director of the Southern California Conference, presented "Patina of Excellence."

Alumnus of the year Dr. Kenneth Oster '44, '60, '68, '75, presented an appeal for a greater evangelistic thrust among the adherents of Islam at the 11 a.m. worship service. Oster, born in Iran of missionary parents, has spent most of his life in the Middle East and is at present director of a group working on a new approach to missions among Muslims.

At the alternate worship service, Dr. Wittschiebe spoke on "Today's Wonderful Winsome Witches of Endor."

When church was over, alumni made their way to the cafeteria where a room was reserved for them. After munching their way through the vegetarian Swiss steak, strawberry shortcake, and other dishes prepared by the food service, they could visit friends or tour the campus until time for the 3 p.m. concert.

It was billed as a "Panorama of Sacred Music," and it was an extravaganza featuring some of the music department's best. A highlight was "The Coming King," sung by the University Chorale accompanied by the Brass Ensemble. Composer Charles Hall assisted in the percussion section. The rousing piece resounded through the sanctuary while the afternoon sunshine lit up the stained glass window portraying the King on His throne.

As the Sabbath day came to a close, alumni presented a program of sacred music and readings. Participants included Walter Schwertsinske '53, James Hanson, Edward W. Higgins Jr., Kendall Hill '59, Charles Dowell '60, '70, William Hessel '56, '61, '66, Rosalyn Upshaw, Beverly Olson '76, Marie Kibble Robinson '58, and John '52, and Dora Rodgers.

After sunset the mood and scene changed to Johnson



Members present from the silver class of 1953.



Class members of 1953 who sang in the EMC Chorale.



Dr. Joseph Smoot and Alumna of the Year Marie Kibble Robinson.

Auditorium, where Dr. and Mrs. Smoot welcomed alumni at the second annual President's Reception. Members of the honored classes gathered together. There was "such a feeling of comraderie among the classes," said Opal Young.

The Golden Class seemed to have an especially good time. Eleven members of their class, including class president Floyd Rittenhouse, secretary Edith Christiansen Smith, and treasurer Edna Mabel Kennedy Pohlman, came to homecoming. Fourteen members of the Silver Class were present for a class picture. They included class vice president Carol Rhodes Brummett and treasurer Floyd Costerisan.

Mrs. Brummett and Melvin West '52, well-known as duo-pianists during their college days, played several selections. LeRoy Peterson and a string ensemble and organist Beverly Olson also provided music. The program was coordinated by LeRoy and Judy Peterson, Donald and Claretta Kluge, Glenn and Margaret Poole, and Jess Oliver.

During the reception Alumni Association President William Garber introduced the honored alumni (see Alumnotes section in this issue) and presented each with the new alumni medallion. Designed by sculptor Alan Collins, the medallion depicts the four main divisions of the university along with Biblical symbols of good stewardship and faithfulness. It will be awarded annually to distinguished alumni.

Sunday morning alumni and guests looked wide-eyed during the homecoming



Carolyn Bisel sings at the Lamplighters Ceremony in Pioneer Memorial Church.

## Welcome Aboard!

The cap and gown lie in a rumpled heap, waiting to be packed up and shipped to who knows where for another graduate, another day. The dorm room walls are empty, the closet is cleared. The car has driven through the entrance gate for the last time. You've joined the ranks of alumni. Now who on earth are they?

Alumni populate homecomings. They read alumnotes, contribute money, and get together for potlucks. They know both verses to the school song. They get nostalgic when they think about the "good ol' days." Someday you'll understand why.

But alumni are much more than that. Together they are the collective memory of an institution, the human chain linking the present with the past. Birch Hall, Frederick Griggs, Trash Can Alley, Tin Town—to alumni they are still real. Alumni alone have the perspective born of experience.

Alumni are also a measur-

ing stick showing the success—or failure—of the values and knowledge imparted by a school. "The proof of the pudding's in the eating," the saying goes. In the same way, the "proof" of a university is in the caliber of students it sends out into the world. A hundred or more academic programs taught by scores of professors mean nothing without the final result—competent alumni.

But alumni are still more. They are loyal. They recommend Andrews because they know what it stands for. They give it their money, their reputation, their children because they believe in it. What more could an institution ask for?

Drive out of these gates and into the future, graduate. Be proud of your diploma and achievements. Wear proudly your title, be it teacher or plumber, engineer or nurse. But remember another title you hold as well. Alumnus. You can be proud. Graduate, welcome aboard!

—Marilyn Thomsen

brunch despite having lost an hour's sleep when the time changed during the night. The food service provided a delicious spread of berries, waffles, mountains of whipped cream, and a variety of other

tasty edibles.

Before the meal, Alumni Executive Secretary Melvin Andersen introduced Horace Shaw '49, who gave the blessing via long distance telephone. WAUS manager

Wayne Woodhams and chief engineer Stan Bisel set up a public address connection so that the alumni could hear Dr. Shaw speak from the Mayo Clinic in Minnesota. (He was recovering from foot therapy and is now home.) "I think having Horace come in here (by phone) was really an artist's touch," said Mrs. Young.

Garber, who is chairman of the communication department at Andrews, presided over an alumni business session after the meal. He also introduced Mrs. Una Korn '16, '17, a member of the oldest graduating class represented at the brunch. Alumni Association Executive Secretary Andersen gave a summary of the year's activities and reported on funds donated by the honored classes for a scholarship endowment. To date \$2,695 has been received.

Vice President for Development and Public Relations David H. Bauer cited Andersen for his outstanding contributions to Andrews during his 15 years of service. He has been a teacher, admissions counselor, director of the Center for Occupational Education, and executive secretary of the Alumni Association.

Three new members of the alumni board of directors



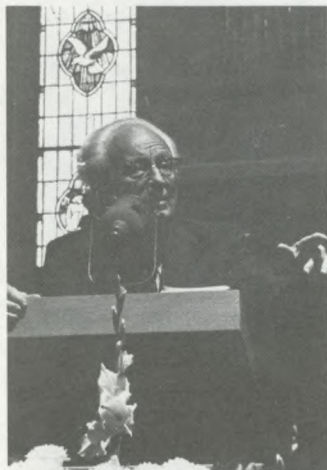
Raising the Korean flag on Seminary green.



Floyd Rittenhouse greets comrade near special section for the class of 1923 at the Reception.

took office at homecoming. They are Gilbert B. Dunn '55, superintendent of schools in Cassopolis, Michigan; Ishmael Olivares '69, '73, director of migrant education in the Berrien Springs public schools; and Dixie Barber Wong '64, a real estate agent in Berrien Springs. Their terms will expire in 1981.

Following the reports Dr. Smoot reviewed the master plan for campus development. Andrews University needs to "take another step—maybe a giant step—to solidify it, to bring it to the place in America where it might be recognized as one of the finest institutions in the land," Dr. Smoot said. "If anything we need *more* faith, not less, in trying to build up His work," he noted. "It's so easy to set your sights too low," he warned. Dr. Smoot described new facilities included in the plan and the channels of support needed to make the project a success by 1985.



Dr. Charles Wittschiede teaches the Sabbath School class.

Homecoming didn't end with the benediction after the brunch. Several alumni, including Jeff Des Jardins '71, Dr. C. W. Crawford '48, and Dr. John Kroncke '66, '73, '74, donned jogging suits and limbered up for the first annual Country Canter. Suggested initially by Dr. Crawford of Green Bay, Wisconsin, the 10-mile foot race tested physical fitness and endurance (see full report elsewhere in this issue). Seminary student Turner Howard and Dr. Dan Klein '66, chairman of the physical education department, coordinated race plans.

By nightfall homecoming was over and alumni had scattered to the four winds. The campus was still alive, though, with students working, studying, and hoping to join the ranks of alumni come June.

From the campus had gone loyal supporters with renewed faith and pride in their alma mater. "We encourage people to come here every time we get the chance," said Martha Feldbush '68, of Hinsdale, Illinois.

With alumni like Martha, the future is in good hands.



Nadine and Dick Dower (left) chat with James Hanson.

## Youth Ministry Center, Horn Museum Voted

At its annual spring meeting, the Andrews University Board of Trustees took action on several items of interest. Among the highlights:

—A Youth Ministry Resource Center is planned, as proposed by Des Cummings, Jr., of the Theological Seminary. The center will be designed to consolidate known youth resources within the church and evaluate materials produced by youth organizations outside the Seventh-day Adventist Church. The center's role will be to research, catalog and develop materials useful in reaching young people with the Advent message. The service will be provided with the assistance of seminary students and will be available to virtually all Adventist ministers and laymen who request it.

—The museum of archaeology in the James White Library will be named the Siegfried H. Horn Archaeological Museum in honor of the former Andrews professor who began the expeditions to Heshbon in the 1960s. Horn is well known in his profession as one of the foremost Christian archaeologists.

—A joint commission was established to foster mutual understanding and cooperation between Andrews and Loma Linda Universities.

—Final approval was given to a budget of slightly more than \$28 million. Preliminary approval had been announced in January.

## Conditioning Centers Subject of Workshop

A week-long workshop on Better Living Centers will be held at Andrews University August 28 to September 4, featuring such notable speakers as Dr. Denis P. Burkitt of London, England, and Dr. William Castelli of Harvard University.

Many health professionals and administrators will be present to give instruction on the establishment and operation of the conditioning centers, patterned after the recently released General Conference Guidelines. This workshop is jointly sponsored by the General Conference Department of Health, Loma Linda University School of Health and Andrews University.

The workshop will spell out details of running successful conditioning centers, delving into specific objectives of the medical, administrative, nutritional and spiritual aspects of the programs. Research statistics will be studied, along with exercise physiology, behavior change and even the physical design of the centers.

Dr. Burkitt is a former missionary to Africa, and is best known for his discovery and study of Burkitt's tumor, a malignant growth on the jaw found in children, and his studies of the fiber content of African diet and its relationship to intestinal cancer.

Dr. Castelli is the director of laboratories for the Framingham Heart Program. A recognized authority on cho-



Kenneth and Dorothy Oster at the Reception.



The Singing Men perform at the Panorama of Sacred Music.



Interior of a 30-foot trailer house, built by senior industrial arts major Winchester Wiley of Berrien Springs. Job was a special project supervised by Laun Reinholtz, assistant professor of industrial education. Trailer value is approximately \$12,000.

lesterol, lipids and high density lipoproteins, Castelli is a research associate at Boston University School of Medicine.

In addition to Burkitt and Castelli, other health professionals will be on hand, including Drs. S. L. DeShay and A. C. Whiting of the General Conference, Dr. Richard Hansen of Wildwood Sanitarium, Dr. Charles Tam, cardiologist at St. Helena Adventist Hospital and Roland Phillips and Dr. U. D. Register of Loma Linda University's School of Health, Drs. Dan Klein and Pat Mutch of Andrews University.

Legal and public relations professionals from Great Lakes Adventist Health Services will discuss the public service and publicity problems encountered in such a program.

Model conditioning centers will be examined, such as Wildwood Sanitarium in Georgia and St. Helena Sanitarium, Weimar Institute and Pritikin's Longevity Institute in California.

In the morning, Spiritual Guides will be led by Carl Coffman and William Lehman. Mini workshops in the evening will cover such topics as weight control, stress management, food demonstrations, behavior change and screening programs.

The \$75.00 registration fee for the workshop also admits a student's spouse and family. Inexpensive housing is available in Andrews' dormitories, and facilities are available for

parking campers and motor homes. Continuing education credit is available for physicians, nurses and dietitians.

Persons interested in attending should write to Director of Special Courses, Andrews University, Berrien Springs, Michigan 49104 for detailed program and reservations.

### SA Elects Women to Top Posts

Becky Frost, a sophomore English major from Virginia Beach, Va., was elected president of Andrews University's Student Association in March for the 1978-79 school year. The results were announced by SA elections committee chairman Dan Cole at the close of balloting on March 9.

Lauri Oliver of Berrien Springs, a junior biology major, was elected vice president.

Miss Oliver is the first female vice president of Andrews' Student Association. Miss Frost is the second woman elected to the presidency in the school's history.

Timothy McPherson of Troy, Mich., was elected sergeant-at-arms.

In other contests, Phyllis Henderson of Hinsdale, Ill., was elected chairwoman of the SA's Student Services Committee.

Don Eckenroth of Battle Creek, Mich., won the post of Social Recreation Committee chairman. The post of Educational Standards Committee chairman was won by Mark



C. D. Christian, president of the Antillian Union Conference (second from left) and Wilson Roberts, union educational director, present Dr. Smoot, Andrews president, with a Puerto Rican flag for the ceremonial flag walk. At extreme left is Luis Leonor, pastor of the Berrien Springs Spanish Church.



Becky Frost, new president of Andrews' Student Association.

Ringwelski of Wausau, Wis.

Roy Castelbuono of Berrien Springs took the position of chairman of Andrews Christian Youth Action, an SA organization concerned with fostering the spiritual aspect of student life at Andrews.

Earl Allen of Berrien Springs and Patty Sawvell of Centerville, Ohio, won election as co-editors of the *Cardinal*, Andrews' yearbook.

Five students were elected from the student body at large to serve in the SA Senate, most of whose members are elected by districts: Bob Hafner of Baldwinville, N.Y., Gaylan Herr of Madison, Wis., Beth Thacker of Boulder, Colo., and Londa Zimmerman of Berrien Springs.

All of Andrews' undergraduate students are members of the Student Association. Membership is optional for graduate and seminary students.

### Loma Linda Accepts 13 from Andrews

Thirteen pre-medical students from Andrews University have been accepted by Loma Linda University's School of Medicine for the class beginning in August 1978.

Those accepted are Pam Anderson, Fort Atkinson, Wis.; Albert Camacho, Hinsdale, Ill.; John Clough, Berrien Springs, Mich.; Dan Cole, Berrien Springs; Tom Knutson, Columbus, Wis.; Robert Lutz, Berrien Springs; Loyd Myers, Berrien Springs; Karen Overfield, Loveland, Colo.; Gary Piekarek, Holly, Mich.; Forrest Ritland, Berrien Springs; Eric Shadle, Berrien Springs; Hwa Sup Song, South Korea; and Karen Ulloth, Westmont, Ill.

### Annual Food Fair Attracts Thousands

The Graduate Guild's 17th annual International Food Fair was held in Andrews University's Johnson Auditorium on Sunday, May 7, attracting thousands of visitors to the campus.

Approximately 6,000 people from all over southwestern Michigan and northern Indiana attended the fair, estimated Mrs. Edith Willis of the Graduate Guild.

The fair, whose primary objective is to raise money



Above and below left: Native costumes add to the international flavors as 6,000 persons attend Andrews' annual Food Fair sponsored by the Graduate Guild.

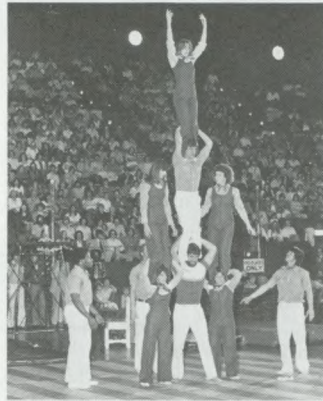


for the education of overseas students, featured booths depicting the cultures of a number of foreign countries, and serving such food as tabbouli and borek from the Middle East, nyoyo and cous cous from Africa, empanadas and tacos from Latin America, palau and curry from India and egg rolls and fried rice from the Far East.

Live entertainment from the stage and on the auditorium floor reflected the various cultures represented at the fair.

As a special feature for visitors to the campus, Dr. C. Warren Becker of Andrews' music department performed two demonstrations on the huge Casavant pipe organ in the Pioneer Memorial Church.

The fair grossed about \$7,500, said Mrs. Willis. The profits from each booth's sales were to be split evenly between the club or clubs which manned the booth and the Graduate Guild. The club's profits are to be used for the educational expenses of foreign students and the guild's profits have been designated to buy playground equipment for the student apartments.



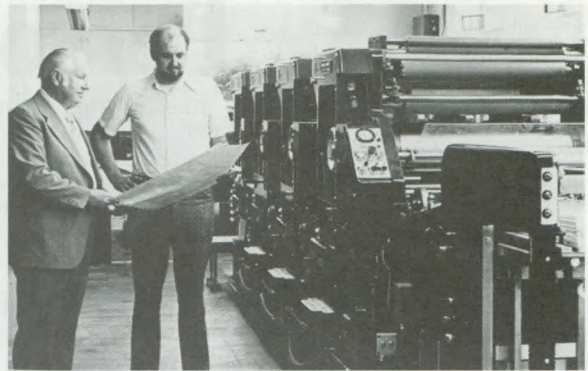
Andrews' Gymnics perform at the Mid-America Festival of Faith.

### Festival of Faith Held in Lincoln; Gymnics Participate

More than 2300 high school and college students, including 130 from Andrews University and 20 from Andrews Academy, gathered in Lincoln, Neb., March 29, for the Mid-America Festival of Faith. The four-day event was a Christian youth convention and practical workshop in techniques of witnessing for Christ.

Sponsored by the youth department of the General Conference of Seventh-day Adventists, the Festival attracted young people from 17 states. They represented three Adventist colleges, 24 academies, and numerous churches.

Delegates spent mornings in their choice of 13 separate seminars on Christian witnessing and the remainder of the day putting theory into practice in personal outreach programs.



University Printers Manager O. K. Wilson and Production Manager Roger Olson check the installation of the new four-color press.

Andrews' Des Cummings, Jr., assistant professor of youth ministry, and Smuts van Rooyen, assistant professor of religion, challenged the delegates during their appearances on the Festival program.

On the second evening, the Andrews Gymnics combined with the Union College Gymnastic Team for an acrobatic and gymnastic performance.

In addition to attending meetings, the delegates helped to conduct blood pressure clinics and health programs in Lincoln schools, visited hospital patients, and invited local people to participate in the Festival.

The Mid-America Festival was one of five such conventions in the United States and Canada this spring. Others were held in Greensboro, N.C.; Portland, Ore.; Camp New Hope, B.C.; and Camp New Frenda, Ont.

### Four-color Press Installed at UP

A new high-speed four-color Crabtree Falcon press has been installed at University Printers, according to Roger Olson, production manager.

All of the four-color work handled by University Printers will be done on the new press, which costs approximately \$300,000. It can handle paper 20½ x 28½ inches wide, says Olson, and make 10,000 impressions per hour.

The press, which was imported from England, was put into operation in June.

### Psychology Recognized by National Group

There has been a knighting on the campus of Andrews University. We had no accolade. No jousting. But a title of honor was bestowed. On April 26, 1978, the department of psychology and 18 of its students were dubbed Psi Chi members.

Psi Chi is the national honor society in psychology, and is affiliated with the American Psychological Association (APA), the largest organization of professional psychologists. The society's membership qualifications are high. To be eligible, a college or university must be accredited, offer both theoretical and practical courses in psychology, and have at least two department faculty members who are part of the APA and have PhDs. For approval, Andrews' psychology department submitted an extensive petition that included such information as course descriptions and an explanation of the grading system. And Andrews qualified.

The requirements for membership on the individual level demand no less excellence. A student must have an overall GPA of 3.0 and one of 3.5 in his psychology courses, besides a recommendation from the faculty. Again, Andrews had qualifying students.

Because Psi Chi is a select organization, its members receive various scholastic advantages and possibilities for growth. Mere membership provides prestige and is viewed favorably by gradu-

ate schools. It also offers an opportunity for students to conduct original research and present their findings at the national and regional conventions held each year. In addition, placement counseling at these conventions is available to match employer and employee.

In an attempt to promote both academic and social activities, the Andrews University chapter of Psi Chi is planning discussion groups, guest speakers, a demonstration of biofeedback equipment, films, field trips, and presentations of student papers at the regional meetings.

According to the sponsor, Dr. Derrick Proctor, membership in Psi Chi supplies another means for the university to develop the whole person. "Its goal," he says, "is to encourage, stimulate, and challenge students in psychology to do their best work and be familiar with current happenings in the field."

New officers of the Andrews chapter are Sharon Mannesmann, president; Mark Ringwelski, vice president; Enid Chambers, secretary; and John Beard, treasurer.

—Alane Samarza

## Phi Delta Kappa Chapter Permanent

The Andrews University chapter of the international educators' fraternity Phi Delta Kappa has been granted permanent status after two years of conditional membership.

"The chapter has done a good job in meeting the standards and goals it set for itself prior to installation," said Dr. Lowell C. Rose, executive secretary of the board of directors of Phi Delta Kappa.

During the two years of conditional membership, the Andrews chapter was to demonstrate growth and the upholding of Phi Delta Kappa standards. By the most recent induction, February 26, the chapter had grown from 29 to 128 members.

Andrews is the first Seventh-day Adventist institution of higher learning to establish a chapter of the fraternity.

# Personal Notes

**Richard Huff** of Boothby, Huff and Yingst, a Berrien Springs law firm, has been named vice president and general counsel of Andrews University, according to Dr. Joseph G. Smoot, university president.

Huff, who served for 12 years as deputy attorney general of Indiana, lives in Indianapolis and has been practicing law in both Indianapolis and Berrien Springs. He and his family are moving to Berrien Springs this summer.

Huff is a graduate of the Indiana University School of Law and has previously served on Andrews University's Board of Trustees, the Seventh-day Adventist Board of Higher Education, and the executive committee of the Indiana Conference. He is presently a member of the executive committee of the Lake Union Conference.

Dr. Smoot also announced the following faculty appointments voted by the Board of Trustees:

**Dr. Mercedes H. Dyer** is to chair the education department, succeeding **Dr. Robert A. Williams** who becomes dean of the School of Graduate Studies. Dr. Dyer is professor of counselor education and has been on the Andrews faculty since 1961.

**Dr. George H. Akers**, professor of religious education, becomes assistant dean of the graduate school and director of the doctor of education program. Akers' current term of service at Andrews began in 1974. He also taught at Andrews from 1964 to 1969.



Richard Huff



Mercedes H. Dyer



George H. Akers



Paul Jackson

**Dr. Dale Twomley** of New Market, Va., was named chairman of the business administration department. He has the rank of associate professor.

**Paul T. Jackson** serves as director of trust development. Jackson previously was in charge of alumni support for the university.

**Dr. Lyndon G. Furst** of the education department was named director of the Center for Studies and Services in Education. CSSE conducts funded research in education and provides consultation services for both public and private schools and school systems. Furst is associate professor of educational administration.

**Sandra Camp** of College Place, Wash., joins Andrews as an associate professor of music.

**Bruce Wrenn** of Kalamazoo, Mich., becomes assistant professor of marketing. Wrenn has been working in products and market research for the Upjohn Company.

**Glenn Johnson** of Erie, Pa., is assistant professor of mechanical engineering.

**Beverly Ruskjer** of Grants Pass, Ore., was appointed instructor in nursing.

**Bob Silver** of Berrien Springs is to be assistant professor of graphic arts. Silver currently works for University Printers at Andrews.

Other appointments include: **Gary Holback** of Marion, Ohio, to serve as instructor in building construction.

**Wayne Hazen** of South Lancaster, Mass., to be instructor in art. He has been on the faculty of Atlantic Union College.

**William Cash** of Bay Village, Ohio, to become assistant director of institutional research.

**Terrance Newmyer** of South Lancaster, Mass., to assume responsibility for student labor and housing assignments.

**Stella Brown** of Berrien Springs to serve as assistant food service director. Mrs. Brown graduated from Andrews in June.

**Judith Anderson** of Stevensville, Mich.; **G. Larry Gatewood** of Pine Ridge, S.D.; and **Albert Withrow** of Oxon Hill, Md., were called to teach at Ruth Murdoch Elementary School, a division of Andrews' laboratory school.

Major changes are taking place in the fields of alumni affairs and student recruitment at Andrews, according to David H. Bauer, vice president for development and public relations.

**Melvin Andersen**, Bauer's assistant with special responsibilities in these two areas, has accepted a call to Loma Linda University to be director of trust services. Andersen has been on the Andrews faculty since 1963.

Andersen left to begin his service at Loma Linda in May. A former director of Andrews' Center for Occupational Education, he also became assistant director of admissions and recruitment before becoming assistant to the vice president.

He is married to the former Isla Buick and they have two sons. Mrs. Andersen has worked for the Alumni Association as a secretary, and their son Kendall, who will be a junior at Loma Linda's La Sierra Campus, was a

photographer for Andrews' public relations department, taking many of the pictures used in FOCUS and other university publications.

**Paul B. Riley**, dean of student affairs at Atlantic Union College, will be taking up Andersen's duties as assistant to the vice president. Riley's responsibilities will include visiting the ten academies within the Lake Union Conference and high school students throughout Michigan, Wisconsin, Illinois and Indiana who may be interested in attending Andrews.

Riley has been at AUC since 1957 and has been dean of men and director of financial aid in addition to his latest position.

He graduated from Washington Missionary College (now Columbia Union College) in 1952 and received a master's degree from Boston University in 1962.

He and his wife, Doris, have two sons.

**Donald R. Sahly**, principal of Lodi Seventh-day Adventist Elementary School in California, has become executive secretary of the Alumni Association. Sahly has worked in the field of education for 14 years in British Columbia, Wisconsin, Illinois and California. He is a bachelor's and master's graduate of Andrews University and is currently completing the requirements for a doctor of education degree from the University of the Pacific.

Sahly's duties will be to promote university programs among the alumni and serve as liaison with individual alumni and alumni chapters.

Referring to Sahly's position, vice president Bauer said, "Andrews University is just beginning to realize the potential of our alumni and the need to have a much better organization that deals with alumni affairs. Because of the growth of the Alumni Association and the worldwide scope of our alumni, we feel that it is a full-time position."

Sahly is married to the former Weslyne Choban. They have a daughter and a son.

**Katie Tonn** is the newest member of Andrews' public relations staff, coming from Pacific Union College where she recently earned a bachelor's degree in communication.

She succeeds **Marilyn Thomsen** who has been with the department since August 1976. As staff writer, Marilyn has been published frequently in FOCUS and other university publications, in addition to local news media and publications of the Adventist Church at large. She and her husband, Calvin, who has been attending the Theological Seminary, will be returning to the Southern California Conference where she

plans to pursue doctoral studies in history at the University of California at Riverside.

Katie has held a variety of positions in public relations and advertising, and served as correspondence counselor for the Voice of Prophecy's Wayout program. She has been a free-lance writer for a number of years with her byline familiar to readers of *These Times*, the *Adventist Review*, *Insight*, and other denominational publications. Katie has also authored a half-dozen pamphlets for the *Uplook Series* issued by Pacific Press Publishing Association of Mountain View, California.

**Dr. Ulysses M. Carbajal** has begun the practice of ophthalmology at Andrews University's Medical Center.

Carbajal is a fellow of the American College of Surgeons and of the American Academy of Ophthalmology and Otolaryngology, and comes most recently from Manila in the Philippines, where he was chief of the eye, ear, nose and throat services at Manila Sanitarium and Hospital for 17 years.

Carbajal has been president of the Philippine Medical Association and the Philippine Board of Medical Specialties, holding the latter position until he came to Berrien Springs in January.

In addition to more than 30 years in the medical profession, Carbajal is an experienced choral conductor and is working toward a master of divinity degree at Andrews' Theological Seminary.

Andrews University's Faculty Awards for 1977-78 were presented to M. Lillian Moore of the nursing department and **Dr. Merlene A. Ogden** of the English department.

Mrs. Moore is an associate professor of nursing and administrative assistant of the nursing department on the Hinsdale campus. Her department chairwoman, Dr. Zerita Hagerman, said of her, "I feel she is a superb teacher. She explains complex nursing theories in a simple and concise manner."

Dr. Ogden is professor of English and director of the Society of Andrews Scholars, the honors program, and is assistant dean of the College of Arts and Sciences.

Dr. Gerald G. Herdman, who presented the award to Dr. Ogden, cited her "tireless effort and efficiency in various duties and willingness to help students individually in a personal way."

The Faculty Awards Committee evaluates nominated teachers on the basis of teaching, research, creative expression and leadership qualities.



Paul B. Riley



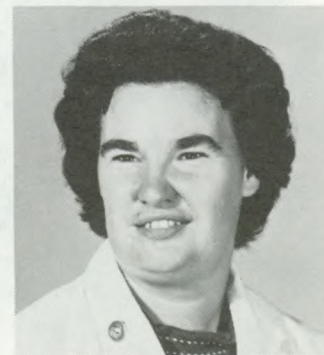
Donald R. Sahly



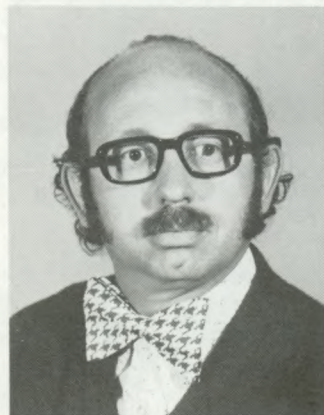
Katie Tonn



Marilyn Thomsen



M. Lillian Moore



Lyndon G. Furst

Two faculty members and a student from Andrews were elected to posts of the Upper Midwest Honors Council at the organization's annual spring conference April 13 to 19 in Mount Pleasant, Mich.

**Dr. Merlene A. Ogden**, assistant dean of the College of Arts and Sciences, was unanimously re-elected to a three-year term as executive secretary-treasurer of the UMHC.

**Joseph Warren**, instructor in English and member of the honors committee at Andrews, was elected one of the two faculty representatives to the UMHC executive council from Michigan. His term will expire in 1980.

Senior communication major **William K. Faber** was chosen to edit the UMHC student newsletter, "The Sisyphian," for the coming year. Faber was the student representative to the UMHC executive council from Michigan for 1977-78.

The Upper Midwest Honors Council is a regional conference of the National Collegiate Honors Council composed

of students and faculty involved with the honors programs of colleges and universities in Michigan, Wisconsin, Iowa, Minnesota, North Dakota and South Dakota.

**Larry Mitchel** and **Myron Widmer**, students at Andrews' Theological Seminary, have been selected for inclusion in the 1978 edition of "Outstanding Young Men of America."

Mitchel and Widmer are being honored for their outstanding civic and professional contributions to their communities, their states and their nation, according to Doug Blankenship, chairman of the organization's board of advisors.

**Dr. Gerald Snow**, associate professor of biology, reports that Andrews' water testing laboratory has recently contracted with the Southwestern Michigan Regional Plan-

ning Commission to monitor the water quality in eight lakes in Berrien, Cass, and Van Buren Counties. The study will be conducted over a six-month period and will employ three students in both field and laboratory work.

The lab specializes in water quality studies, says Snow, and does sampling for various institutions and industries. But small samples of water are also analyzed for individuals, real estate firms, and health departments.

Within the past two years, according to Snow, the lab has also done quality studies on Paw Paw Lake in Berrien County and Dewey Lake in Cass County.

**Reger C. Smith**, chairman of Andrews' social work department, recently received a PhD degree from Michigan State University.

His dissertation, entitled "Planned Short-term Treatment in a Mental Health Clinic," was an interdisciplinary study in social work, sociology and anthropology, with special emphasis on family dynamics.

Born in Conneaut, Ohio, Smith received his bachelor's degree at Andrews and his master of social welfare degree at Michigan State. Before coming to teach at Andrews, he was involved in social and child welfare work.

**Robert Kalua**, assistant professor of physical education, was named Andrews University's Teacher of the Year and more than \$9,000 in scholarships was awarded to students at Andrews' annual awards assembly May 25.

A native of Hawaii, Kalua taught at Andrews from 1968 to 1974 and returned to the faculty in 1976. He is a graduate of Pacific Union College and received a master's degree from the University of Oregon.

Kalua is known affectionately on campus as "Coach Kalua" because of his work with the university's gymnastics and Christian witnessing team, the Gymnics.

Kalua was the originator of the Gymnics and has spon-

sored their activities for several years, booking performances for them in many parts of the United States, Canada and Europe.

Andrews students are given an opportunity to vote for Teacher of the Year, and the winner is presented an award of \$100.

Scholarship funds of more than \$9,000 were divided among 38 students in the College of Arts and Sciences and the College of Technology.

**Royson James**, a senior communication major, and **Ron Edmonds**, a student in the Theological Seminary, were given Outstanding Black Student Awards by Andrews' Black Student Christian Forum. The awards were based on academic excellence and positive contributions to the BSCF and Andrews University.

James has served as editor of the Student Movement during the 1977-78 school year.

**Claudette Ferron**, who served as president of BSCF until the beginning of Spring Quarter, was honored as the black student graduating with the highest grade-point average.

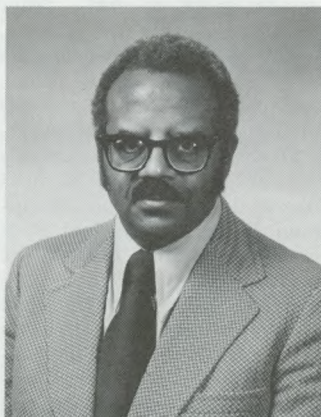
Ten black students were presented with the Natelkka E. Burrell Award, for having maintained a grade-point average of 3.0 or higher during their entire college program.

**Dr. Patricia B. Mutch**, associate professor of home economics, has been appointed to Michigan's newly-created Statewide Nutrition Commission by Governor William G. Milliken. The 15-member commission, established by a 1977 statute, will advise the state Office of Nutrition, review budget projections for nutrition programs in state agencies and make recommendations to the governor and legislature regarding nutrition policies, services and programs.

Dr. Mutch's term expires in October 1980.



Merlene A. Ogden



Reger C. Smith



Coach Kalua (second from left) receives standing ovation as Alex Miskiewicz, Jr., (right) presents Andrews' Teacher of the Year award. Miskiewicz heads the student's Educational Standards Committee.



# Focus on Total Fitness

*Chris Robinson*

It's more than weekend recreation  
or a friendly gathering.

And more meaningful than a passing  
interest or an occasional activity.

It's a way of life.

Physical exercise is an essential element  
for those determined to participate  
to the fullest in this wonderful  
adventure of living.

Total fitness through the development  
of physical, mental, and spiritual  
qualities has always been the central  
purpose of Andrews University.

This school has worked hard to create  
a framework in which high quality  
academic programs are blended with  
distinctive Christian concepts. But  
though Andrews is widely recognized  
for innovative approaches to technology,  
an ambitious range of courses in the  
arts and sciences, and quality instruction  
in graduate programs and the  
Seventh-day Adventist Theological  
Seminary, other equally important  
aspects of campus life are too  
often underemphasized. For physical  
vitality is necessary for the full  
exercise and enjoyment of mental  
and spiritual strength gained  
on this campus.

Within these pages, FOCUS presents  
a glimpse of Andrews' commitment to  
providing a balanced educational  
environment and channeling resources  
toward the goal of ensuring that every  
student and graduate "mayest  
prosper and be in health, even as  
thy soul prospereth." 3 John 2.

This is not a supplement presented in  
the manner familiar to FOCUS  
readers; but, rather, a series of  
feature articles, essays, and technical  
presentations which focus attention  
on efforts being made by this  
institution and its graduates to make  
total fitness a dynamic reality.

If these authors generate a greater  
appreciation of the physical, mental,  
and spiritual dimensions of our lives,  
this issue will be a success.



# The Physical Fitness Parade

*Everett Butler*

The Physical Fitness Parade, you might call it. But it's more than a parade. It's a movement. It's a witness. It's even something of an epidemic infecting ordinary bicyclers, snow shovelers, gardeners, and lawn mowers.

The evidence of the "affliction" is a gleam in the eye, an air of purpose, and a springiness of step. Which brings shame and humility to the typical

innocent — or rather, the guilty onlooker. And it's going on at and around Andrews University, not once a year, but the year around.

Who knows when it all started? But have you noticed the runners, joggers, and walkers going by? Early in the morning, often before sunup; late in the evening after dark; even during snack times and lunch hours when

piece-loving, cholesterol addicts are adding to their reserves. On and on they come. On and on they pass by, slim and trim, leaving you flat, as it were, and possibly also fat and flabby.

Have they no concern for your sense of shame? Well, yes. It would seem they're not trying to rub it in. Not with the hours they keep.

They actually seem to be a shy group, notwithstanding the shorts and assorted odd-looking gear; however, the joggers and runners do appear to be more outgoing than the walkers.

Possibly, but subject to questions, they may be, in a punnish sense, out going in defiance of weather more than do the walkers.

It's some of the walkers that challenge detection as being on physical fitness jaunts. They go around in broad daylight, even in the rain, turning down rides from pitying would-be good Samaritans, who probably pause to take stock about this business of trying to do missionary work.

But instead of being critical of turn-downs, why not give them credit for doing their thing? Breathing fresh air; cleaning out the mental cobwebs; toning up, building muscle; regarding their bodies as temples.

Why not think of them as Nehemiahs on the walls of progress, saying "I am doing a great work, so that I cannot come down . . ."

Nehemiah 6:3.

See them as: flab fighters; blood bankers; weight shifters; life cyclers; and glow getters.

See them as Andrews stars, striving for the ideals of physical well-being, spiritual maturity, and mental excellence.

Also, see them as supporters of Dr. James H. Sammons, executive vice president of the American Medical Association. In the January 15, 1978, issue of *Family Weekly*, he said, "Too many of us eat and drink too much." He named "self-induced disorders" as this country's greatest weakness with regard to health.

The Andrews physical education department launched a faculty-staff fitness program the fall quarter of 1977. The 12:30 to 1:30 p.m., Monday, Tuesday, and Thursday sessions are devoted primarily to walking and jogging, following warmup exercises. Wednesday is the fun day involving a variety of recreational activities such as volleyball, basketball, and even cross-country skiing.

Hoping for increased participation in the program, Dan Klein, chairman of the physical education department, mentioned the body's need for physical activity.

"The Lord made the body for movement and activities. It is built in such a way, if we don't ask it to do something, it becomes weaker," Klein said.

He also referred to a statement that "many more rust out than wear out." 2T, 526.

There is also an adult swimming program at the Beaty pool. The interest increased to the extent that early morning sessions were added to the 12 noon to 1:30 times.

The premise in the activities is one of total development. Without the

physical dimension, a person cannot have maximum mental and spiritual benefits.

How about introducing you to some of the pro-physical-fitness folks? You can expect to be amazed:

Mrs. Nora Guild, overseas 42½ years and now working at the Ellen G. White Research Center. She learned to walk, so to speak, in the West China province of Yunnan while accompanying her husband, Elder G. B. Guild on two-to-three-week trips, stopping for visitations and meetings along the way.



They climbed into the border of Tibet on the China side, and later, after transfer to India, contemplated climbing a portion of Mount Everest, beginning from the Seventh-day Adventist hospital in Nepal; however, in the spring of 1974 the untimely death, following surgery, of Elder Guild tragically ended the plan.

But Mrs. Guild keeps walking, and barring bad weather and poor walking conditions, makes it a point to walk the two-mile round trip to work, church services, Sabbath vespers, and prayer meetings.

Mrs. Charlotte Hamlin, R.N., who is in charge of health education in the Andrews department of nursing. She has a goal of walking one round trip



on days she goes to her office. For exercise, she favors useful activities such as gardening, raking leaves, and shoveling snow. She even rakes leaves for others as missionary work. How about that! Although cautioning people not used to shoveling snow, she says it is good exercise, unless, for example, plaques in the arteries prevent sufficient oxygen from reaching the heart muscles. (Plaques are a combination of such items as cholesterol fat, calcium, and blood, she explained.)

Dr. and Mrs. Malcomb Russell. He teaches history in the university; she, home economics in the academy.

He swims regularly during the noon hour program in Beaty pool. And during the summers, he bicycles 15 to 20 miles a day, with 150-mile trips not uncommon.

Mrs. Russell (Sharon) usually goes solo jogging mornings, leaving home between 5:15 and 5:30. She mentioned seeing while on her jogs Dr. Richard T. Orrison, academy principal out walking, and also Turner Howard.

David Bauer, vice president for

development and public relations. A three-to-four mile jog each time out for him.

Kathy Hafner and Susan Davidovich, nursing students. They jogged evenings, six days a week, 1½ miles a day.

Academy librarian and French teacher, Mrs. Velma Butler. She received a pedometer for a Christmas gift; now, when she goes for a walk, she, for example, can proudly announce, "I went two and a quarter miles." Or, "Do you know it's farther to Apple Valley by way of the path at the end of Main street than by going through the woods?"

Lydia Chong, academy physical education teacher. Besides the exercise in connection with her teaching, she enjoys swimming four days a week at the Beaty pool. And expect her to travel a half mile before exiting from the water.

The discipline of Dick Davidson and his wife Jo Ann in their program is something to behold. It's either walk or ride a tandem bicycle for them, 3½ miles each way at least four times a week plus a trip to Pioneer Memorial Church on weekends.

The automobile is reserved for Friday, and is important in running errands and shopping.

Jo Ann is enthusiastic about the benefits of the program: (1) Good fellowship walking and biking together, and talking to each other. (2) Great personal blessing. (3) Economizing. (4) Exercise. (5) "Studies come better."

In severe winter weather, Jo Ann enjoys bundling up and walking blind, letting Dick do the steering.

Dick is working on a doctor of theology degree and Jo Ann is a secretary in the Seminary for Doctors Elden M. Chalmers, Walter B. T. Douglas, and Werner K. Vyhmeister.

Runners are in a sense a group apart from the joggers. But where jogging leaves off and running begins is an interesting question.

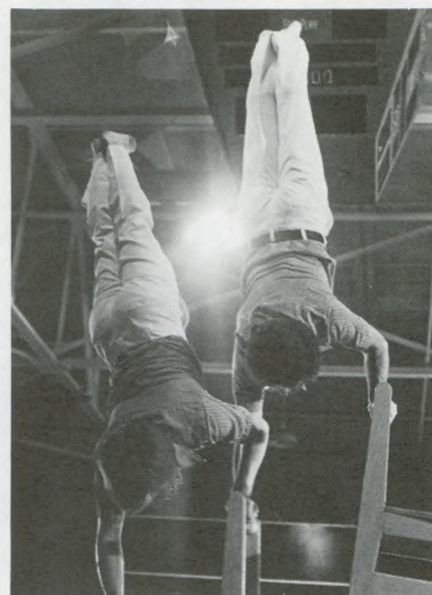
Ron Mellor, master of divinity student, is turned off by the very word





“jogging.” He ran in the Mayor Daley marathon in Chicago September 25, 1977. Out of a group of more than 5,000 starters, he was among the 2,131 who finished the 26.2-mile event. He was timed at two hours 56 minutes and 42 seconds, good for 90th place.

In the same race Dean Bruington, master of divinity student, finished in 154th position with a time of 3:04:58, and Steve Daily, also a master of divinity student, was in 182nd place at 3:07:58. Steve had participated in the spring of 1977 in the Chicago Distance Classic, a 20-kilometer event.



Ron ran in the Boston Marathon April 17 and participated in the 10-mile Country Canter at Andrews April 30. Turner Howard, master of divinity student, is a veteran of three Boston marathon races. He participated in 1974, 1976, and 1977. In last year's event, he finished in the top 10 per cent with a time of 2:44:08.

Turner and Ron run together daily, starting at about 5:30 a.m. for a distance of seven, sometimes nine, miles. On Sunday Ron adds a 20-miler, on Thursday a run of 15 to 20 miles, and on Tuesday, in addition to a seven to eight mile run, does special speed work, running shorter distances at faster speeds.

The wives, Pat Howard and Judi Mellor, are also in on physical fitness activities. They are getting in about 25 miles a week jogging. Judi ran in the Women's Bonne Belle race, a 10,000-meter event held in April in Chicago and both entered the Andrews Country Canter. Judi works in the computing center and Pat is a housewife and mother, having a baby daughter, Hannah to look after.

These and other sports enthusiasts are taking seriously the counsel of Timothy, who urged us to

Run with patience the race that is set before us, Looking unto Jesus the author and finisher of our faith. Hebrews 12:1, 2.

If you experience some self-disgust over being less than physically fit, you have much in common with the rest of us. Like some people I know, your lack of fitness—a *little* short of breath, a *little* flabby—is hidden by both your clothing and a style of living that is physically non-demanding. Or, like other people I know, you're *obviously* unfit, bursting at the seams, and don't particularly enjoy how you look or feel.

Whether or not you can hide your flab, chances are you're struggling with a number of mixed feelings. Generally, people are overweight because: (1) they don't have any self-control or self-discipline when it comes to eating and exercise; (2) they have metabolisms that cause them to tend to flab (even when they "starve" themselves); (3) they have a psychological barrier about looking good enough to face the reality of their sexuality and reactions to it, and so remain unfit to avoid conflict; (4) they have a very low self-concept which subtly affects everything they do (these people tend to overindulge in other things besides fat-producing behavior); (5) they had a very active childhood and flab just seemed to *grow* on them; or (6) they have the sort of physique that absorbs fat all over (fingers and toes, even) and one day they realize they're flabby all over!

Those are just some of the reasons why people find themselves physically unfit. They feel badly about their fat and flab, they resolve to do *something* about it, but all too often they can't carry through with their good resolutions. What to do?

### Feelings Defeat

Recognize that your negative feelings serve to defeat you before you've begun. You must begin to love yourself, including fat, flab, inconsistencies of character, failings.

*Love my flab?* Yes! Behavioral scientists have proven that loving yourself is the first step to healing.

# The Flummoxed, Frustrated, Fattish, Flabby Fellow or Female

Katie Tonn



It is true in spiritual growth as well. It is equally true in physical development.

How does loving yourself help in developing your physical fitness program? Humans are psychologically constructed in such a way that they *cannot* change (in the long-range, most effective changes) unless they do so from a basis of healthy self-love. For those who are Christians, this

sense of self-love proceeds from the fact that God loved first (Romans 5; 1 John 4).

Now, it is a fine thing to accept that fact intellectually, but that truth of God's love does you no good unless you internalize it. The way to make God's promises your own is through immersing your mind in the *positive* things of the Scriptures. (There are many admonitions which will only serve to add to your sense of self-defeat until you learn that you are loved and accepted by God *as you* are.)

Your feelings and emotions are the direct result of your thinking. If you *think* negatively about yourself, you will come to *feel* negatively; conversely, if you think *positively* about yourself, you will come to feel positively. In everyday experiences you have much more negative material upon which to base your thinking than you have positive material.

Try an experiment with yourself—or with a group of friends—by taking one minute to write down all the negative things about yourself you can think of. Then, flip the page and spend another minute putting down on paper all the positive aspects of yourself. You will no doubt find that the negative characteristics come more readily to your mind. That's the way humans are!

### Faith Overcomes Feelings

The only foundation upon which Christians can build positive thinking is the foundation gained through a clear understanding of what God thinks about humans. The crisis in self-concept springs from a desire to be loved, and God has much to say about this.

I can recall with clarity the first time I read Psalm 14:2, 3 in my *New English Bible*:

*The Lord looks down from heaven  
on all mankind  
to see if any act wisely,  
if any seek out God.  
But all are disloyal,  
all are rotten to the core;  
not one does anything good,  
no, not even one.*



affliction is preparing us for an eternal weight of glory beyond all comparison, because *we look not to the things that are seen but to the things that are unseen; for the things that are seen are transient, but the things that are unseen are eternal.*" (emphasis supplied)

Apply that passage of Scripture to your physical fitness problems. Do you feel as if your body is wasting away? Are you centering your attention upon the *seen* things or the *unseen*? Do you see the beautiful you inside? Or are you lamenting over the outside?

The nature of faith is always that it causes the mind to take hold of the *unseen*. Hebrews 1:1—"Faith is the *substance* of things *hoped* for"—clearly indicates that exercising faith includes developing a lot of patience and hope. Applying that scriptural principle to your dilemma means that by faith you should begin to love yourself now and actively picture what you wish to become. That you be physically fit is God's desire (3 John 2), and He will enable you to maintain your determination to become healthy in self-attitude and in body.

### Fortitude Follows Faith

If you believe you can become physically fit through proper exercise and diet, it will take determination to continue when the beautiful you doesn't emerge quickly enough and your feelings are dark with discouragement. Fortitude is developed through the proper exercise of the mind; however, you are also interested in developing the fortitude that has to do with physical stamina.

At the beginning of any exercise program you have to fight both psychological and physical feelings of self-defeat. Your mind tells you that you'll never make it. Your body shouts the same thing. Your muscles are tired and you begin to think that all this exercise isn't *good* for you! Don't give up! You must go past your threshold of pain to develop fitness.

Just as building faith in God's promises is the result of practice, so developing physical fortitude is due to repetition. Your effort is required. You must *actively* choose to exercise, and you must *continue* to choose. But never for a moment think that your effort is only *your* effort. As a Christian, you may ask the Holy Spirit to enable you in your choices as well as in your action.

The following are tips on how you can keep on when you feel like throwing in the towel:

- (1) *Choose a time to exercise.* Whatever time is best for you is your time to exercise. Stick to that time. Don't waffle. It is your choice, but you must put on your swim suit, or jogging shoes (or whatever you wear for your chosen exercise activity), and then you have to get out there and go for it! One foot in front of another. One lap after another. Nothing else will develop physical fortitude.
- (2) *Don't over-tax your energies.* Many people start an exercise program with a burst of energy and quickly fizzle. If you have been physically inactive, don't try to become a dynamo overnight. (In fact, it wouldn't hurt for you to get a physical check-up before you start on any exercise program that's more strenuous than brisk walking.)

From those words I suddenly understood that God *knows* what I am like. I no longer need to try hiding from Him! That was the beginning of healthy self-love for me.

How do you allow God's positive promises to permeate your mind? By fixing your mind upon them.

But what does being aware of God's promises have to do with being physical? Let's try to correlate the spiritual real with the material.

In 2 Corinthians 4, the apostle Paul writes that though he is "afflicted in every way," he can also say, "we do not lose heart." Why? "Though our outer nature is wasting away, our inner nature is being renewed every day. For this slight momentary





- (3) *Do get plenty of sleep.* You will find when you begin exercising that you *need* your sleep more than you otherwise did. You will also discover that you are more mentally alert.
- (4) *Be sensible about your diet.* If you exercise and still continue to eat junk food, you will find that you're tired, you can't expend much energy before you fall down, you keep on getting flabby even though you're exercising.

Within reason, determine that nothing will come between you and your exercise program. Also determine to immerse yourself in God's promises and gain spiritual insight in your relationship with Him. Determine that you will adopt and stick to a dietary plan that enables you to develop physical fortitude.

#### **Fitness From Fortitude**

One of the essential factors of your spiritual growth is the avoidance of over-inspection of your performance. To a certain extent, you *are* to question your sincerity in maintaining a relationship with God, but you are also told that you shall never know when you are "perfect enough," and that the closer you come to Christ the less

good you will see in yourself. These concepts are carried over into how you should think in relation to your progress with physical fitness.

Certainly, you will be weighing yourself, and inspecting the way your body responds to diet, sleep and exercise. But to be overly concerned with how you are improving will only serve to make you discouraged; you will not lose weight or firm up the flab anywhere near as quickly as you want to. Furthermore, when you do become fit, self-observation to excess will possibly serve to make you feel complacent and quit exercising. But healthful living is not something you should engage in until you feel good about yourself; it is necessary to life! One day you will realize that you no longer run short of breath as you once did. You will be able to jog for a longer period of time without feeling as if your muscles are going to turn to jelly. You will find, engaged in an activity you once avoided, that you are able to experience more freedom in *all* of your physical activities. One day you may discover that you have to take in your clothing!

#### **Finally, The Fun**

It's true. Your exercise program will eventually become fun! You will actually enjoy running, or swimming, or walking, or whatever physical activity you enjoy most. You will find that there are a lot of other things you can do because you are physically fit. Games you've always wanted to learn (but felt you were too uncoordinated) will be games you can play.

The body is built in such a way that once it learns coordination and some discipline in one area, it more readily learns in another area. You already know about this if you have water skied and learned to snow ski; the balance you gained on the water helps you stay upright on the snow, even though the exact way you balance on snow is different from the way you balance on water. Fun comes along when you are able to do things with your family and friends that you never were able to do before.

One day you will no longer be the flummoxed, frustrated, fattish, flabby fellow or female you once were. Just don't let your feelings defeat you. Exercise faith in God's promises. Determine to develop spiritual and physical fortitude. Don't give up on yourself. Enjoy your growing fitness. Have fun!



# Running 10 Miles With Bill Rodgers

Marilyn Thomsen

He wore blue track shorts, a yellow tank top, color-coordinated running shoes, and the number 178. And 306 people ran for 10 miles trying to catch him. They didn't.

Not too many people have ever caught Bill Rodgers. Rated the world's top marathoner of 1977 by *Runner's World* and *Track and Field News*, he recently won the Boston Marathon for the second time. In 1975 he set the race record there, covering the 26-mile course in two hours, nine minutes and 55 seconds—an average of five minutes per mile.

It was sunburn weather for the hundreds of participants and spectators who turned out for the first annual Country Canter at Andrews. Temperatures hovered in the mid-forties, but the bright sun and the adrenalin flow made it feel warmer.

Runners came from throughout the midwest to test their endurance. They came because they like to run. And they came to run with Rodgers. Some may have been surprised at his physique—only five feet eight inches tall, counting the shock of yellow hair, and 125 pounds. But that slight frame packed a lot of power.

Rodgers had worn a navy blue warm-up suit before the race, but when he took his front row position at the starting line he had shed it like a cocoon. The competition pressed all

around him. Running shoes and an occasional pair of Converse stamped the ground nervously.

With a bang of the starter's gun they were off, and any vague hopes I'd had of tagging along for the first mile were quickly dispelled. Before I could make it to Hillcrest Drive, Rodgers and company were rounding the bend.

I wasn't the only one that Rodgers left in the dust. "I saw him the first mile and a half," said Turner Howard, race coordinator. "Then he disappeared in a cloud of smoke."

As Rodgers and other big-name runners such as Ohio University's all-American Bill Haviland and 1977 Chicago Marathon winner Dan Cloeter took off at a five-minute-mile clip, others cantered at their own pace. The line of runners soon stretched more than a quarter mile long. After all, in a race like this, said David Bauer, Andrews' vice president for development and public relations, "you don't root to win. You only root to finish."

For the first five miles the course was fast, according to Hal Higdon, well-known writer for *Runner's World* and the first person over 40 to finish the race (in 55 minutes and 40 seconds). Halfway out, though, the loop course headed the runners straight



into a stiff 20-mile-per-hour wind. "It was enough to bring tears to your eyes," said Howard. Rodgers tried to psych himself up. "I love the wind. I love the wind," he chanted as he ran the back stretch.

And then It appeared. The Hill. Heartache Hill, as Howard dubbed it, was a quarter mile long with a 45 degree incline, and even Rodgers noticed it. "The hill was hard," he said after he had sprinted up it. "It's steeper than the hill in Boston." (That was as renowned as "Heartbreak Hill" in the country's most famous marathon.) "It'll separate the men from the boys," the course designer had chortled before the race. It did. Meanwhile, I had been racing across cornfields and down side streets, hoping at first to cut the runners off at the pass. When that seemed hopeless, I aimed to get to Lemon Creek Road before they did. I did, too, thanks to sheer speed—the four speeds of a little red Toyota with a sympathetic driver.

We had no trouble locating Rodgers. An entourage of cars and bikes pressed him fore and aft. Directly in front of him a photographer periscoped through a sunroof immortalizing his form on film.

That form was something to behold. Stride after stride, mile after mile, it was the same. Smooth. Easy. Fast! He looked as though he did it every day. Maybe because he does.

He was still in step—and all alone—as he passed the Andrews University highway sign on U.S. 31. Down University Avenue and around Westwood Drive he flew, while spectators raced for the finish line hoping to arrive there before he did. As he passed the laundry, a rustle of applause heralded his arrival. He looked pretty much the same as when he'd left. Except that he'd had company at the beginning.

It was no surprise that Rodgers won. His mark of 49 minutes and six seconds may give Andrews runners something to shoot at for years to come. It was surprising, though, to discover how totally unpretentious he was after the race. Celebrity seekers, autograph

hunters, serious runners—he talked to them all with equal charm.

Rodgers was 16 when he got into running, he said during a post-race interview. The summer recreation program in his hometown ended with a track meet, and he entered the mile. Speed seemed to come naturally. "I want to run all my life," though not always competitively, he said. He may have to keep running. "I can't walk good at all," he admitted. "I'm much more comfortable running." His immediate goal is the 1980 Olympics, and if they were held tomorrow, he'd be the favorite in the marathon.

The main prerequisite for distance racing, Rodgers advised, is simply "accumulating mileage on the roads," building up the body. Rodgers runs about 20 miles a day, averaging six and a half minutes a mile. During his busy racing schedule he sometimes runs in airports. Does he chase jets, he was asked? "No," he replied. "They chase me."

While Rodgers was captivating part of the audience with his genuine friendliness, his competition was crossing the finish line. First runner up was Dan Cloeter, a student at Concordia Seminary in Fort Wayne,



Indiana, who finished in 49 minutes and 30 seconds. Close on his heels was Bill Haviland, turning in a 49:41.

Seminarians Turner Howard and his partner, Ron Mellor, were the first Andrews students to finish the course, in 58:24. The men had to move along. Their wives were also in the race. Judi Mellor, an employee in the Andrews Computing Center, was the third woman to finish, trailing her husband by only 17 minutes. Howard's wife, Pat (who had their first child seven months before the race) was the sixth woman finisher with a time of 79:45.

As the big clock by the finish line ticked off the seconds, more and more runners finished the race. Within the first hour and 25 minutes, 175 participants finished. Surprisingly enough, few looked exhausted. "I feel great," said Bauer with a big grin after finishing in a respectable 70 minutes. "I'm ready to go jogging in the morning." Wife Marilyn looked more relieved than he did. "I feel thankful that he's here!" she said, clinging to his arm.

Dr. John Kroncke, pastor of the Pioneer Memorial Church, finished in 95 minutes. He had been shooting for 100 minutes. "I beat what I expected to do," he said.

Responses weren't universally positive, though. Said a tired Bonnie Cinquemani, a physical education major at Andrews, "I'm not gonna do that tomorrow!"

Remarkably, 306 of 312 starters completed the race. During the vegetarian dinner after the race, runners waited anxiously for the results to be posted. Bauer was soon surrounded when he brought the first computer list of times.

When the day ended, 306 people had a combined 3,060 miles to their credit. They had collectively burned about 350,000 calories or 100 pounds of fat and could go home to talk up their exploits or relax in a warm shower.

Number 178 was off running again, though. He had another 10 miles to do before bedtime.



# If the Shoe Fits, Should You Wear It?



Lynne Doyle

Ever since it was discovered in 1615 that Indians wore a type of sneakers (maybe it helped them chase buffalo faster) various versions of sneakers have become a part of our life as much as apple pie and Volkswagens.

Fortunately, sneakers have come a long way since 1615. Back then the Indians hadn't figured out that if you vulcanized the rubber first the bottoms of the shoes wouldn't melt in July and snap in two in January.

Even in the past few years, sneakers have been renovated to the extent that choosing a pair can become a three-day ordeal. In fact, the selection is so great that it tends to make one want to avoid any sneaker-selling stores and stick to one's Hush Puppies. After all, a shoe is a shoe. Right?

Not really. Don't think that you can wear your oldest, most beat-up shoes because all you are going to do is a little running around. Consider what your feet are going to be doing for you and get the most comfortable shoe you can.

Being economical definitely has its advantages, but anyone who stints

by buying cheap sneakers just so he can return home with change in his pocket is asking for an excuse to visit his doctor. A great deal of activity (especially jogging) in cheap sneakers will have you hobbling with sprained ankles and shin splints.

This isn't to say that all cheap sneakers are taboo. The cheapies vary in quality. By studying the more expensive brands you will know what features to look for and might find a more inexpensive pair with good cushioning, firm leather heel support, lightness, and so forth.

Rumor has it that a popular brand of sneakers are mass-produced in Taiwan or neighboring countries for a cost of \$3-4. Obviously, it is the *name* that is giving them a 900 percent mark-up, not the quality! With a little discrimination it is possible to buy a low-cost sneaker that won't ruin your feet and legs.

When you have decided that the time has come to buy a new pair of sneakers, first decide whether you will be wearing them to putter around in the yard or for sports. If you want sneakers for tennis, consider whether you will be playing on grass, clay, or artificial turf. If your active exercise is limited to jogging, the shoe that works well on pavement may not be as satisfactory on a track. And before you walk out your front door, grab a pair of socks to try on with the sneaker. Believe it or not, it can make a big difference in the fit.

Once you are in the store, don't let a salesperson talk you into something that doesn't leave you perfectly satisfied. However, if you know and trust the salesperson, take whatever advice you can get. Reputable shops make sure their sales people know the merchandise.

Some things to look for are a wedge on the back to protect the Achilles tendon and one-half-inch to one-inch cushioning. When the sneaker is on your heel, it should lift no more than one-half inch. It should fit tighter than street shoes without cramping your toes. Your feet should never slide unless you are looking for a quick way to get blisters.

Sneaker uppers are available in three types of material: leather, canvas, and nylon. Leather is long-lasting but hard to clean and can stretch out. Canvas sneakers are cheaper than leather or nylon and soak up moisture better. If you are a runner you might opt for nylon because it is lightweight and forms to the shape of your foot.

The list of sneakers with the various advantages and disadvantages is long but the important thing to remember is to buy the right shoe for *you* and not for the label or the looks!

# How Shall They Know?

Brett Baker

It sits there mostly ignored by the hundreds of people who pass it each day. The artistically rusted exterior an abstraction to set off the words carved in steel—Corpus/Mens/Spiritus.

It was the gift of a grateful graduation class. It turns on its pedestal, driven by the wind; and to anyone who will look it states in latin the words *body, mind, soul*. The three parts of man. According to the book title *Education*, 15, “. . . to promote the development of body, mind and soul. . . . This is the object of education, the great object of life.”

That statement is contained in the Andrews University handbook for students, and represents the official statement of the board of directors of the university, and the education department of the General Conference of Seventh-day Adventists—the guiding principle behind all Adventist Christian education.

“It (education) means that, in the whole being—the body, the mind, as well as the soul—the image of God is to be restored.” *Ibid.*, 16. It is here on this basis that the statement “the purpose of education in a Christian institution is the restoration of the Image of God in man” is made.

To what extent is this principal being acted on at Andrews University?

It is important to state, at this point, that I am incapable of being truly objective. Such a condition rarely exists and, as a graduate of the institution about which I am writing, I am incapable even of coming close. I am further attempting only to set a framework within which we may take a

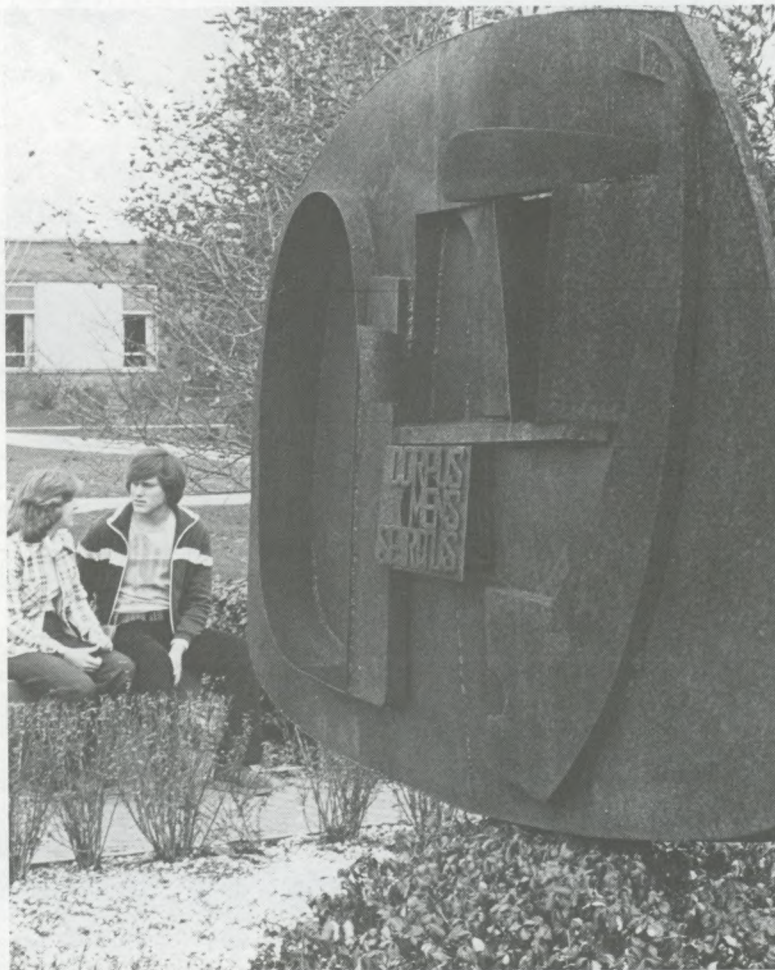
closer look at the attempt to restore the image of God in man. As it is practiced at Andrews University, with which, I, as an alumnus and observer, am familiar.

Finally, I am attempting to suggest at least one perspective with which we can work with perhaps more

success than we often have toward the challenge we have been given—“Higher than the highest human thought can reach is God’s ideal for His children. Godliness—godlikeness—is the goal to be reached.” This statement, if accepted as fact, sets Christian education apart from education in general by a measure of difference that is, if not incomprehensible, then at least only marginally comprehensible.

I should like in the remainder of this article to take off the tint of “Our School” loyalty, if possible, and look at Andrews University as a complex of policies—official and unofficial—of behaviors, both the authorized and the tolerated, and relationships, personal and informal in addition to the formal and the structured.

I would like to do this within the framework that semanticists refer to when they say that everything we know is learned. We have in the secular world the things which we know by report. For me, both the pyramids and Neil Armstrong on the





moon fall into that category.

There is also experience. The smell of the flank of a cow at four a.m. and the thrill of freefalling from 7,500 feet meet the criterion of experience for me, I've done both.

For the Christian there is the additional framework of revelation. It is subjective and important. It is also an added dimension that enhances learning.

Together with the physical and mental, the spiritual combines to provide for the possibility of the "whole man."

S. I. Hayakawa has been widely reported to have said that when report and experience conflict we will believe the experience. Stated in a more provincial fashion, my very wise grandfather used to tell me solemnly to believe none of what I heard and only half of what I saw.

It would be easy at this point to view with alarm the inadequacies in the system of Christian education as practiced at Andrews University. It would be exceedingly easy to set people squirming by stating that this or that is wrong. It would take little or no thinking to lament that the "blueprint" which we were given under inspiration (whether we have been given one or not) has been cast unheedfully aside.

It is true, in fact, that the lofty ideals of Christian education are sometimes obscured by the incessant crush of academic deadlines; the increasing emphasis on grades and accreditation. It is remarkably evident that the desire to be accredited and acceptable to the orthodox in education is at times more a god than inspired counsel.

It cannot be denied that in an attempt to make the experience of Christian education more palatable to what we think are the wants of students, we undo some of the good we are at the same time trying to create. A good example being the valiant attempt of the food service to serve wholesome, balanced diets in the cafeteria while the beckoning of the junk food dispensers in the dorms contradict the very basis of the health message we espouse.

As I said, nay-saying is easy. It is much harder rather to deal with the reality of possible change. Where is change likely to happen? Who is likely to be the catalyst for change? Under what conditions can there be effective change?

I can offer no operational solution to these and to the myriad of similar questions that haunt educators, administrators, and serious students. Nor can I offer carefully worded, systematic prose that will logically overwhelm the scholarly observer.

I can offer only a challenge in the attempt to effect more completely the restoration of the image of God in man.

Someone much wiser than I once said, "The essence of education is Mark Hopkins on one end of a log and a student on the other."

The truth of the maxim applies well here.

It is not the desire to achieve and maintain accreditation, nor the attempt to make life palatable for students that causes problems. Further, the difficulty with restoring the image of God lies not in the fervent pursuit of educational excellence, any more than it does in the fact that there are dispensers for recreational food in the dormitories. None of these is, in itself, bad. The difficulty lies in the fact that we seem, in pursuing them, to have taken the means for ends.

While it is difficult to even admit, and perhaps impossible to prove, we have become more and more conformed to the notion that we are here because education is valuable in itself. The symptoms are seen often enough that I will not attempt to prove their existence. If you reject the idea then the argument is lost. If, in any measure, you accept the notion, then the possibility for change that I offer may seem meritorious.

The power to change any institution lies in those who, because they are on the "cutting edge" of operational functionality, can effect the implementation of policy and the attitude towards goals, means, and ends. In the case of a university it is, without question, the faculty.

They are the Mark Hopkinsons of today. They are the ones in a position to offer the consistency of "report" and "example" that S. I. Hayakawa says are essential to belief structure formation.

So this becomes a challenge—if the means have all too often become the ends, if the policies made to serve in the orderly process of education have become edicts, if that has left the individual with the feelings of inability, or through laziness, the excuse to cease being—then what?

The administrator has as his or her primary function the provision of a framework in which the institution can exist. The student has the primary function of learning. It is only the faculty member, as an individual who is charged by both environmental expectation and by role definition, to make change.

It is the individual faculty member who must take the initiative if there is to be closer harmony between profession and action in the restoration. It is the professor, fully informed about the exact goals

of the institution as a Christian educational facility, who can take informed action.

In reversing whatever trend there may be to imitate secular schools, it is the Christian educator who is strategically placed. Through a willingness to see a larger picture than a particular discipline, it is the professor's privilege

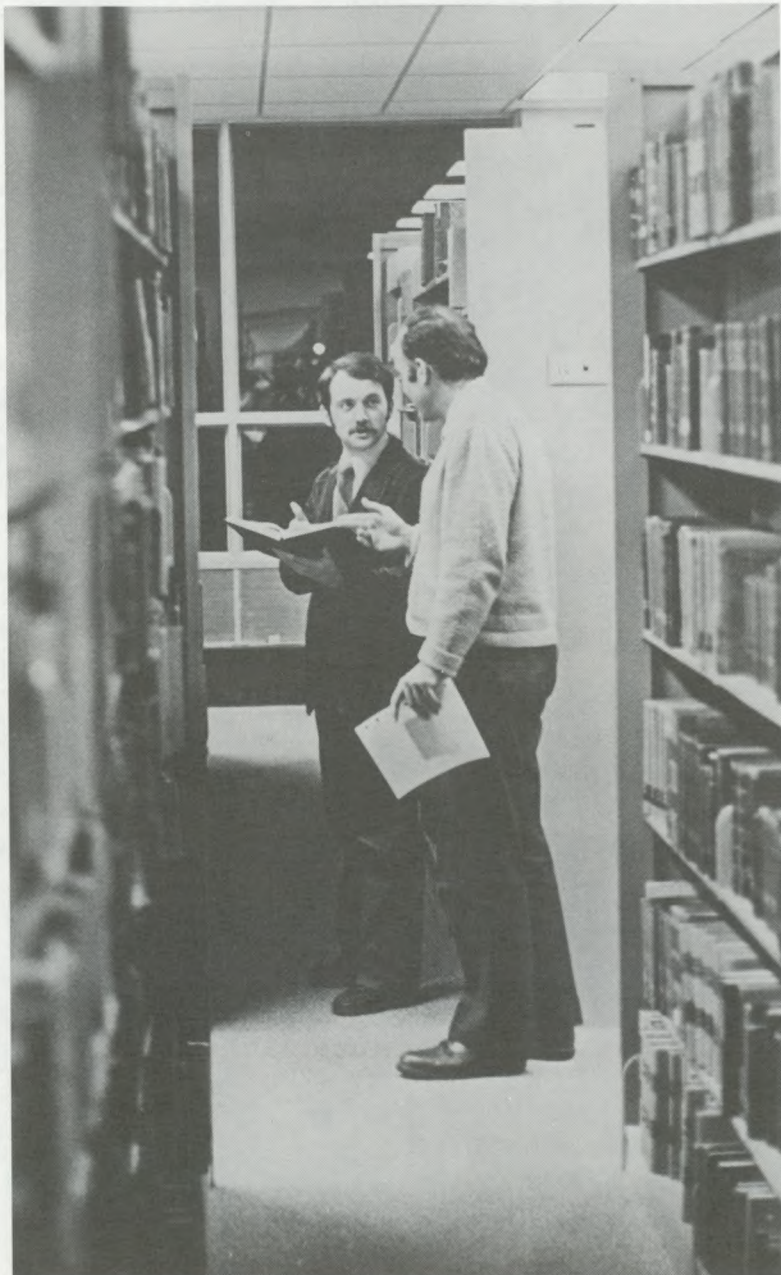
to reestablish what seems often to be a dimming vision.

If we accept the clear admonition from Ellen White (ED, 16) that the purpose of Christian education is "Godlikeness", then we must constantly orient ourselves to that goal.

It is clearly the teacher who can have the effect of translating this or any policy of the university into clear, consistent efficient action. It is therefore for the faculty that can make the difference in attitude which, once began, can recapture the essence of mission that makes Andrews University stand out among counterparts in higher education.

It is not only in the classroom that learning and teaching takes place. The lifestyle, the informal, interpersonal interactions that tie the formal ritualized thing we call education to the informal flow of events that are life, are at least as important. There, too, the teacher has the potential for the greatest impact on students.

Not only as they profess but also as they integrate the physical, mental and spiritual values they espouse into a functioning lifestyle, they teach the undeniable reality that the goal of Corpus/Mens/Spiritus is alive and thriving at Andrews University.



# Lowering the Risk of Disease

*Charlotte Hamlin, RN, MPH*

For more than five years it has been my privilege to work with students at Andrews University, teaching persons from the surrounding area to lower their risk of degenerative diseases.

Every three months we do a risk evaluation called the 3 Cs for Coronary, Cancer, and C.V.A. (stroke). An average of 90 people attend each session. Following the evaluation a five to eight night Health Education program is conducted.

Television, radio, and newspapers have given us free coverage on a continuing basis. We also have a ¾-minute television spot and radio spots which can have the time and places added to make up one minute.

Wayne Kablonaw, a seminary student, is coordinating two programs in

different districts. We just began a program here at school almost entirely organized and manned by students who are majoring in health, physical education, nursing, or other fields of study. One cannot over emphasize the importance of working as a team. If all our ministers had the opportunity to go through a complete program themselves, they might feel more comfortable in forming a team from the professionals and laymen in their district. Our churches have many members with talents that could be used.

Mrs. White writes that "we have come to a time when every member of the church should take hold of medical missionary work." 7T, 62. TM, 415 and 416 gives seven points on how to return the breath of life to the churches:



1. "Prosecute this work with tact
2. and ability
3. set to work with young men and women in the churches
4. combine the medical missionary work with the proclamation of the Third Angel's Message
5. Make regular, organized effort to lift the churches out of the dead level into which they have fallen, and have remained for years.
6. Send into the churches workers who will set the principles of health reform in their connection with the Third Angel's Message before every family and individual.
7. Encourage all to take part in work for their fellowmen, and see if the breath of life will not quickly return to these churches.

A text with 45 ten-minute illustrations, demonstrations, or lectures with references and masters for overheads is used by the students. Each new class adds up-to-date references. A short film from prevention series is also shown, and often a short period is reserved for questions.

One man in New York was so appreciative that he gave \$1000 to the Yonker's church. Another man who has had five heart attacks and

two bypasses is now overjoyed with the life-style change that has brought new life and hope where once there was disease and despair. Research performed at Andrews University shows significant change in cholesterol triglycerides, blood pressure, blood sugar and weight among 3 C participants. Some have gone through the program as often as 3-4 times. A gentleman called the other day, stating that he had suffered eight heart attacks and was just told that nothing more could be done for him. Already, much of his aorta has been replaced by a prosthetic artery. The patient was allowed to observe during an angiogram. He could see the fatty plaques which are severely occluding his vessels, even into the coronary arteries. A nurse at the hospital told him that we had a program that had helped many others and advised him to call us.

Recently I spent a day at the Longevity Clinic in Santa Barbara. There isn't space here to tell about the wonderful changes taking place in the lives of clients who came there from all over the world. One client said, "this place reminds me of the text in the Bible that gives the command, 'take up thy bed and walk.'"

Children and youth often think that they cannot be harmed by living and eating like everyone else. But data collected in New Orleans shows that all children over seven years of age have some fatty streaks in their arteries. (S. G. Bergamn, M.D. *Clinical Pediatrics*, Jan. 1975.)

"There are many among professed Christians today who would decide that

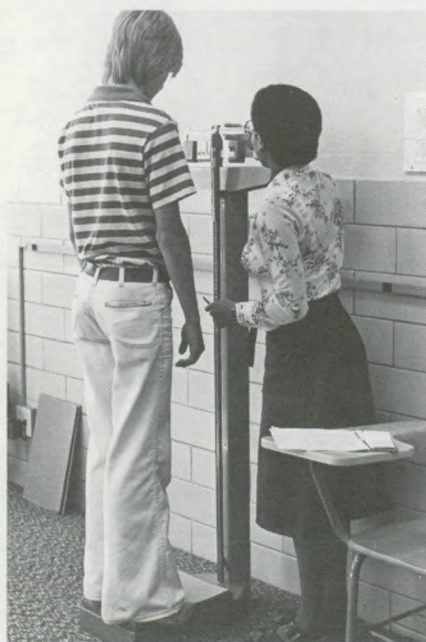
Daniel was too particular, and would pronounce him narrow and bigoted. They consider the matter of eating and drinking as of too little consequences to require such a decided stand—one involving the probable sacrifice of every earthly advantage." SL, 19. "But Daniel resolved that he would not defile himself with the king's rich food, or with the wine which he drank; therefore he asked the chief of the eunuchs to allow him not to defile himself." Daniel 1:8 RSV. "The way in which Christ worked was to preach the word, and to relieve suffering by miraculous works of healing. But I am instructed that we cannot now work in this way; for Satan will exercise his power by working miracles. God's servant today could not work means of miracles, because spurious works of healing, claiming to be divine, will be wrought." MM, 14.

We are seeing miracles of healing all about us. God's simple laws of health do vindicate His power and restore men, women and children to new life and health.

"Pure air, sunlight, abstemiousness, rest, exercise, proper diet, the use of water, trust in divine power—these are the true remedies. *Every person should have a knowledge of nature's remedial agencies and how to apply them.*" MH, 127. (Italics supplied)

A questionnaire is given out to everyone in the follow-ups, inviting them to attend further health programs and Bible discussion groups. Some are studying to know the Great Physician better and prepare for a home free from sorrow and sickness.

As the sun begins to set on the western horizon may we join hands around the world to form an unbroken chain to restore man to the image of God not only in outward appearance but also in character, "God will do great things for those who trust in Him". PP, 493.



# How Fit Are You?

*Marguerite A. Pike, DHS*

Do you have sufficient energy to do the things you must do and the things you wish to do without becoming unduly tired?

When driving the five minutes to the store can you keep your mind on one subject?

When you are presented with an issue, can you discriminate between right and wrong?

Can you keep your thoughts pure?

Do you have trouble making yourself do what you should?

Last week I noticed an article in an airline flight magazine with a title something like this: "Fitness, America's Latest Craze." Should fitness be assigned a place in America's list of "fads"? There is much evidence to suggest we should consider it more seriously than that.

The picture that comes to mind when most of us hear the word "fitness" is that of an individual jogging down the road in special clothes and shoes; surely that person is "fit." Most of the popular literature today on fitness refers to cardiopulmonary and musculoskeletal training—that is, to accustom the heart and lungs to more work than our inactive life style requires and to get adequate flexibility of joints and muscles. In the scientific sense, fitness is measured by how much oxygen a person is able to use when working his hardest.

On an everyday basis, it is not practical to use oxygen uptake as the criterion of fitness. It requires special equipment and specialists to run it and make the calculations. Kenneth Cooper<sup>1</sup> in his book, *The New Aerobics*, explains a simple twelve-minute test by which a person can measure his own fitness level. It requires a good bit of effort and should be done only in the method and under the conditions Dr. Cooper specifies.

Perhaps you would like to get just a rough estimate—a quick idea of whether your life is active enough. The answer can be obtained by asking yourself the questions at the beginning of this article. An answer of "No" may indicate insufficient exercise. Human beings act as a "whole" and what affects one part is reflected in the rest of the person. What is done with the body affects the functioning of the mind. An inefficient mind can be the result of an inadequately exercised body.

The basis for this view of "fitness" is found in the writings of Ellen White

in such statements as the following: "Anything that lessens physical strength enfeebles the mind and makes it less capable of discriminating between right and wrong. We become less capable of choosing the good and have less strength of will to do that which we know to be right."<sup>2</sup> "Physical activity is essential to purity of thought."<sup>3</sup> "Activity is the law of life. . . ."<sup>4</sup>

How much activity and what kind of activity is sufficient for efficient and proper functioning of mind and body? The principle to follow is: "A proportionate exercise of all the organs and faculties of the body is necessary. . . ."<sup>5</sup> This means an exercise program that is adequate for your routine days will not be enough for those times when there is extra work or pressure at the office or when a special problem has come up with the children, or on Thanksgiving Day. When more effort is required of the mind or the stomach, more effort should be required of the muscles, lungs, and heart. If there are times when you are irritable, discouraged or unable to concentrate, then you should increase the physical activity.

The cardiovascular system, like the skeletal muscles, works on the overload principle. Greater than usual effort (work) must be placed on it in order

to cause it to gain in strength—to become trained. Persons wishing to become fit in the sense that Dr. Cooper and others speak of "fitness" must engage in "cardiovascular"—aerobic exercises such as jogging, cycling, swimming, raquetball, skiing. The best way to make sure you are on an adequate and safe program for this training is to follow a program such as the one Dr. Cooper outlines. Because it puts such a work load on the heart, all precautions and other details should be carefully followed.

Those who do not wish to train aerobically can consider walking. Walking can be done safely by practically everyone and meets the requirement of calling the entire system into action. The walk should be brisk and out-of-doors. For most persons it should last at least twenty minutes. If your mind does not clear with this amount, a longer walk or another twenty-minute walk later in the day may be necessary.

Fitness cannot be obtained without an investment of time and effort any more than a steady, predictable income is obtained by chance or gambling. A sedentary life and fitness cannot exist together. Systematic, planned physical activity—walking, gardening, jogging, etc.—will pay off in a predictable manner for, as Mrs. White says, "Intellectual power, physical stamina, and the length of life depend upon immutable laws."<sup>7</sup>

1. Cooper, Kenneth H.: *The New Aerobics*, New York, Bantam Books, 1970, 27-34.
2. White, Ellen G.: *Christ's Object Lessons*, Washington D. C., Review and Herald Publishing Association, 1941, 346.
3. White, Ellen G.: *Education*, Mountain View, California, Pacific Press Publishing Association, 1952, 209.
4. White, Ellen G.: *Christ's Object Lessons*, Washington, D. C., Review and Herald Publishing Association, 1941, 364.
5. White, Ellen G.: *The Adventist Home*, Nashville, Tennessee, Southern Publishing Association, 1952, 494.
6. Cooper: *Ibid.*, 21-120.
7. White, Ellen G.: *Prophets and Kings*, Mountain View, California, 1943, 489.

# What You Should Know About Exercise

David Nieman, MPH

VARIETY	Because your body adapts, and because no one exercise will affect all the muscles of the body, engage in several different types of activity.
SLOW PROGRESSION	If you're out-of-shape, <i>gradually</i> build up.
PROPER WARM-UP	To minimize injury and unnecessary muscle strain, warm up before strenuous exercise.
TRAIN, DON'T STRAIN	Exercise within your tolerance. Don't over-do it!
COOL DOWN SLOWLY	Walk to ease the transition between activity and rest.
TIME OF DAY	Whatever time works for you. Just make it regular.
MUSCULOSKELETAL PAINS	These happen, usually, when you're out-of-shape, or when you have improper running shoes, or an improper running style, or weigh too much.
RUNNING STYLE	(1) Keep your body straight up and down (don't lean or bend); (2) look 20 feet ahead; (3) keep the arms at a 90° angle, relaxed, and don't cross them in front of the body; (4) land almost flatfooted with weight back towards the heel, then thrust off toes; (5) breathe through mouth and nose; (6) avoid wasted action; (7) overall — be loose, natural yet poised.
TEMPERATURE/WEATHER	From 0° to 95°, no problem. Otherwise, curtail activity. Rain? Keep running. Cold? Dress for it. Heat? Drink water. Smog? Early morning activity.
ALTITUDE	No compensations at 5,000 feet and below.
CLOTHING	Loose, comfortable clothing is needed. You don't <i>have</i> to invest in a jogging suit. Women may want to use a supportive bra for comfort.
FEELING ILL	Engage in light activity only; nothing vigorous.
MEAL TIMES	The limits are two hours after, or one hour before (vigorous activity).

RUNNING SHOES	Invest in a good pair — padded, arched, light, durable. This is a must if you are serious about not injuring yourself when you are jogging.
WALKING	Walking briskly up and down hills is best. Not recommended for persons under 25, but check with your doctor before starting any exercise program.
INDOOR EXERCISE EQUIPMENT	Skipping rope is best. But reserve this only for days when you can't get outdoors.
EFFORT	Yes. Lot's of effort. You are going to sweat, huff, and puff at 70 percent maximum heart rate. If you've been out of it for awhile, it'll take six - eight weeks before you enjoy regular exercise.
COMPETITION	Not with others, but with yourself.
REST	If you exercise, you must rest. Exercise tears down and rest builds up. This means that when you exercise you will need your full eight hours of sleep.
WATER	Sweat must be replaced. Exercising people need at least eight glasses a day.
DIET	Use fresh, natural foods. Avoid overeating as a reward for exercise. (You burn 100 calories per mile of running.)
ENJOYABLE	In regular, aerobic exercise, you must first undergo a difficult learning process. Then, with discipline, exercise becomes enjoyable.
HOW LONG	Exercise is something that you should plan to begin now and keep it up for the rest of your life.
MEDICAL EXAMINATION	If you are over 30, check your doctor first.
THE LAW OF USE	If you don't use your body, it breaks down. Every person has two doctors — his right leg and his left leg.

# Test Your Nutrition Knowledge

Sylvia M. Fagal, RD

- T F 1. Man-made vitamins are just as good as natural vitamins.
- T F 2. There is no difference in food value between food grown in poor worn out soil and food grown in rich soil.
- T F 3. The chemicals added to manufactured foods take away much of their value for health.
- T F 4. Food grown with chemical fertilizers is just as healthful as food grown with natural fertilizers.
- T F 5. Most of our food has been so processed and refined that it has lost its value for health.

The questions above were selected from a quiz given to a large number of Americans.<sup>1</sup> Are your answers with the *majority*, or are they *correct*?

**1** Sixty-five per cent who previously took the quiz answered False. But the correct answer is True. Man-made vitamins must be able to function in the same chemical way as "natural" vitamins. Whether vitamin C, for example, is squeezed out of an orange or is synthesized in the laboratory, the chemical structure is identical and they function the same.

Despite claims by certain vitamin sales people, not everyone needs to take extra vitamins. The vast majority

of people get sufficient vitamins from their food. If a person feels he must take vitamins separated from his food—a psychological boost for some, or the added security of "nutritional insurance"—there is no need to use the costly brands. The cheapest local drugstore brand is fine. But avoid the separate vitamin A pill, vitamin E pill, vitamin C pill, etc. for the danger of toxic doses and imbalances is too great. If you must take vitamins, choose a low potency multivitamin. No single component should exceed your Recommended Dietary Allowance for that vitamin. Remember, you will be getting vitamins in your food, so the pill's content of vitamin A should not exceed 5,000 IU and

vitamin D should not exceed 400 IU, to name two that are dangerous in large doses.

**2** Eighty-five per cent said false. A favorite theme with the sellers of food supplements is, "American soils are worn out. Our food crops are devoid of nutrition. The supplement I sell is formulated to make up the deficiencies in your food." But the fact is, there is no difference in food value between food grown in poor soil and food grown in rich soil (with one exception). The difference in crops grown on poor soil and on rich soil is in their *yield*. The handful of wheat from the poor acre are nutritionally equal to the bushels of wheat

from the rich acre because the plant's genetic code predetermines the result. The one noteworthy exception is iodine. Food crops grown on soils poor in iodine will be low in this mineral. Using iodized salt will cover any lack.

**3** Fifty-two per cent answered False and they were correct. We cannot say that the additives put in manufactured foods take away *much* of their value for health. Most additives are put into processed, ready-to-eat foods to prevent them from deteriorating, to hold them in an edible and acceptable form. However, many people are demanding fewer additives and preservatives in their foods and in the same breath demanding the convenience of instantly ready foods. It is nearly impossible for the food industry to meet both demands in the same food. The more a food is changed from its original form, the more necessary are preservers, stabilizers, emulsifiers and coloring agents to hold it ready to eat. A mashed, buttered, salted potato on a TV dinner tray needs all the help it can get to remain perfect until eaten. A bag of raw potatoes needs only cool and dark storage to remain good for quite a long time. It is up to each of us to be responsible for what we eat. Let's stop blaming the food industry. There are plenty of good basic cereals, legumes, fruits and vegetables in the stores that have no chemical additives. If we want foods free of additives, we must be willing to put a little more time into the preparation of them.

**4** Fifty-six percent said False. The answer is True. The plant is unable to use natural fertilizers in the organic form. Soil bacteria must first break the organic matter into its inorganic components before those elements can nourish the plant. The plant does not care whether the nitrogen, potassium, or phosphorus came from a bag of chemical fertilizer or from rotted cow manure. If the elements are in the soil, the plant can grow well and produce a good food crop. In agri-business, the only way to be certain just how much of the essential elements is applied to the soil is by using formulated fertilizers. In home

gardening, a person can use manures or composted materials and also get good food crops—if all the necessary elements happen to be present. Composted organic matter adds good humus to the soil, which a commercial fertilizer cannot do. However, plant matter collected from the garden plot and recycled back into the same plot year after year may only perpetuate a lack of some needed nutrient, and crop yield may not be optimum.

**5** Sixty per cent said True. But the issue is overstated. We should answer False, for we cannot say truthfully that *most* of our food has lost its value for health. It is true that many "junk" foods are manufactured—highly refined, high sugar, low nutrient concoctions that do not contribute to a healthful diet. But *most* of our foods do contribute something to health.

Again, each individual must be responsible for his own nutritional status. We can choose unwisely the white breads, refined sugary cereals, and excessively fatty and salty forms of food. But from the same store we can buy whole wheat breads, old-fashioned rolled oats, and potatoes rather than French fries or potato chips.

A great deal has been written lately about the importance of fiber in the diet. Cereal fiber seems to do best the work of adding necessary bulk to the intestinal contents, holding water, shortening the transit time, and lowering the pH (a higher pH is associated with bacteria that produce carcinogens).<sup>2</sup> There also appears to be less absorption of cholesterol from the intestine when there is adequate bulk in the diet. With plenty of fiber and water in the diet, the 250-million-dollar-a-year laxative industry in America would be out of business! Diverticular disease, hiatus hernia, colon cancer and other varied complaints would also decrease dramatically, according to one expert who has for years studied the role of fiber in the diet.<sup>2</sup>

The ideal is to eat foods that have not had their fibrous bran layers refined away. Second best is to add bran back to foods that have lost it. If we choose to eat most of our foods in their natural state, retaining their natural fiber, we will be eliminating the refined foods that so often also have large portions of sugar and fat added. This does not mean uncooked foods—proper cooking enhances digestion and absorption. A nutritious diet will include some raw and some cooked foods.

As a guide to good nutrition, the four food groups remain impressive in their simplicity and adaptability to any culture's foods. A person can be quite assured of good nutrition if he daily gets:

- 2 servings of protein food
- 2 servings of milk or milk products or a fortified milk analog (4 servings for teens and pregnant or lactating women)
- 4 servings of fruits and vegetables (with 1 serving a citrus or tomato for vitamin C and 1 serving a deep green or yellow color for vitamin A)
- 4 servings of breads and cereals.

If your diet consists largely of concoctions that are hard to class in one of the four groups, maybe you'd better take a hard look at what you're eating! Possibly you're choosing highly processed junk foods, or you are hiding simple, nutritious foods under such a covering of gravies, glazes, creams, and mixtures that a lot of unneeded fat and sugar slip in unnoticed. Enjoying green beans for their own sake, not because of a cream sauce, is an art worth cultivating—in you and your children. Foods can be seasoned tastefully with herbs, lemon juice and judicious use of seasoned salts without adding unnecessary calories.

Here's a question not included in the quiz, but worth some thought:

A vegetarian diet is nutritionally adequate—true or false? Without further definition, that could be answered True or False. A lacto-ovo-vegetarian or a lacto-vegetarian can be in excellent health. So can a strict vegetarian if he is very knowledgeable in nutrition and knows precisely how

to combine incomplete plant protein sources so that his body cells have all the amino acids they need. But strict vegetarian diets can also lead to serious deficiencies. Extreme examples are those following the "advanced levels" of the Zen macrobiotic scheme, consisting largely of brown rice. Every nutritional deficiency disease known has been reported in Zen adherents, including death. It is very difficult for young children to eat the large amounts of bulky foods necessary for good nutrition on a strict vegetarian diet.

We know without any question from Ellen White's counsels that meat is not a wise dietary choice. "There are those who ought to be awake to the danger of meat eating, who are still eating the flesh of animals, thus endangering the physical, mental, and spiritual health. Many who are now only half converted on the question of meat eating will go from God's people to walk no more with them." CDF, 382. But some, in choosing a meatless diet, also choose not to eat milk or eggs. Ellen White counsels us to be ready to do without milk and eggs when the time comes. But we are not left alone in making that decision. "When the time comes that it is no longer safe to use milk, cream, butter and eggs, God will reveal this. No extremes in health reform are to be advocated." CDF, 206. "The time will come when we may have to discard some of the articles of diet we now use, such as milk and cream and eggs; but my message is that you must not bring yourself to a time of trouble beforehand, and thus afflict yourself with death. Wait till the Lord prepares the way before you." CDF, 206.

We know a time is coming when we cannot buy or sell. Food may be scarce, or limited to a very few foods. If we keep ourselves as well nourished as we know how, and do not 'bring ourselves to a time of trouble beforehand,' we can much more likely survive a nutritionally slim period. Vitamin B<sub>12</sub> is in protein foods of animal origin, but not produced by any

plant in the vegetable kingdom. With an adequate intake of B<sub>12</sub>, adults can store a five to seven year supply of the vitamin in the liver. Then when a true food shortage comes, our body cells can turn to their reserves. Adults need about 3 micrograms of B<sub>12</sub> daily. There is 1 mcg. in 1 cup skimmed or whole milk, in 1 egg, and in a short half cup of cottage cheese.

Another point worth noting is that the vegetarian diet is commonly high in folic acid. This member of the B-complex can mask the early symptoms of B<sub>12</sub> deficiency. When the deficiency finally appears, degeneration of the central nervous system has probably already occurred. The damage to the spinal cord and brain is generally irreversible.

There is no better diet than well-balanced vegetarian choices. Health professionals are urging those who eat meat to cut down their consumption to the recommended daily allowances for protein of approximately 46 grams for women and 56 grams for men. Many a meat-eater gets 100 or more grams of protein a day. Along with the meat protein comes saturated fat and cholesterol. The body has the chore of disposing of the unneeded nitrogen and of coping with the fat and cholesterol—with greater or lesser degrees of success. The McGovern senate committee has recommended dietary goals for the U.S. that would substantially reduce saturated fats and cholesterol and other excesses in the American diet.<sup>3</sup>

Another plus for the vegetarian diet comes from the results of bone density studies conducted by the home economics department of Andrews University in cooperation with Michigan State University and the University of Michigan. Bone densities in more than 800 vegetarians (mostly lacto-ovo) have been determined by photon absorptiometry. These were then paired in race, sex and age with meat eaters. It appears that bone demineralization does not occur in older vegetarians to the extent observed in the general population. Where the bone density curve for the meat eating woman drops toward or into the fracture area as she gets older, the

lacto-ovo-vegetarian woman's graph shows significantly less demineralization as she ages. The hypothesis is that a vegetarian diet is more likely to produce an alkaline condition in the body, favoring deposition and retention of calcium in the bones. Meat in the diet produces a slightly acid condition, due to larger amounts of sulfur and phosphorus in animal proteins, and bone mineral may be drawn away to help neutralize the acidic condition.<sup>4</sup>

The intricacies of the human body and the balance among our physical, mental and spiritual aspects will be studied into eternity. We know that our salvation is not by diet, as was so well presented by Elder Carl Coffman at the closing session of Nutrition Day during observance of National Nutrition Week on the Andrews campus.<sup>5</sup> But we are told that "a close sympathy exists between the physical and the moral nature." CDF, 43. "God demands that the appetite be cleansed, and that self-denial be practiced in regard to those things which are not good. This is a work that will have to be done before His people can stand before Him a perfected people." CDF, 381. Though we cannot eat our way into heaven, we can dig our graves with our teeth. CDF, 141. And the loss can be of eternal as well as physical life. But a sensible, well-balanced diet can help keep us in optimum physical health and further our mental and spiritual development.

<sup>1</sup> Unpublished study by H.E.W. in the U.S. Reported by Ronald Deutsch at the American Home Economics Convention, San Antonio, Texas, 1975.

<sup>2</sup> Denis Burkitt, M.D., F.R.C.S., "Diseases of the Affluent Society." Lecture at Stoneham, Mass., April 20, 1978.

<sup>3</sup> Select Committee on Nutrition and Human Needs, George McGovern, chairman. "U.S. Dietary Goals," revised Jan. 1978.

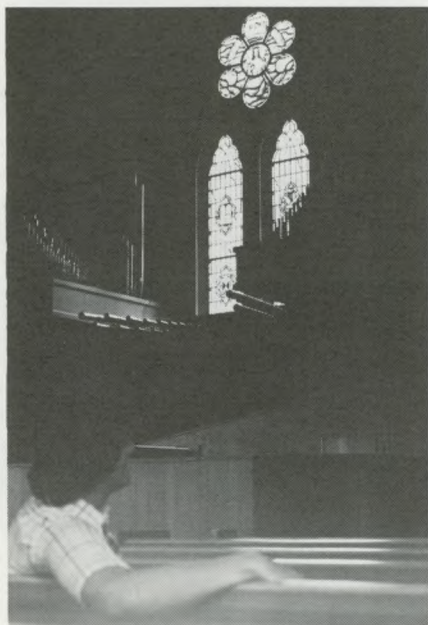
<sup>4</sup> T. V. Sanchez, O. Mickelsen, A. G. Marsh, S. M. Garn, G. H. Mayor, "Bone Mineral Mass in Elderly Female Vegetarians." Presented at the 4th International Conference on Bone Mineral Measurement, Toronto, Canada, June 1978.

<sup>5</sup> Carl Coffman, "Is Salvation by Diet?" Pioneer Memorial Church, March 8, 1978. Tape available from A.U., WAUS.

# In His Image

## *An Examination of the Biblical Call to Fitness*

Dan Klein



I am not going to talk with you about exercise, or the way that you should eat, or the way that you should sleep, or the amount of water that you should drink.

For I'm afraid that most of us have heard these kinds of things until they either go over our heads, through our heads, or just bounce. I would like to have us consider three different aspects of health. First, The Why?

Why health? Forget about the things that we are to do and not do, the things that you can have and shouldn't have, and just consider—why health?

"See what great love the Father has bestowed upon us that we are called the children of God." And John underlines this in 1 John 3: *We're children of God, and such we are.*

*For this reason the world does not know us, because it didn't know Him. And he emphasizes it again: Beloved, are we the children of God, and it doth not yet appear what we shall be, but when He appears we shall see Him just as He is and we shall be like Him. Everyone who has this hope (the hope of being a child of God) fixed on Him, purifies himself, even as He is pure.*

As I looked deeper into these verses this past summer, it struck an awareness in my mind of how I really don't realize who I am and what I am. If I really understood and believed those first verses of 1 John 3, I don't think I would even want to do some of the things that I desire.

We are made in God's image. The very beginning of the Bible starts out that way. In Genesis 1:26, God said, *Let us make man after our likeness.*

And He made us with His own hands, even though the great God of the universe had the power to speak and make things exist. He knelt down and formed Adam and Eve with His own hands. He made a model somewhat like himself—in his own form.

As in our theme, in Philipians 2, Christ also came and existed in the form of God, so were Adam and Eve originally created. In the same form that God had created man in the beginning, yet with the fallen creature weighted with the centuries of sin, Christ came and was willing to serve.

Sons of God. Wouldn't it be grand to be a son or daughter of a queen or a king?

Sometime ago there was a young girl who came to her parents in tears. She claimed that people said she was no good. They had said, "Do you really know where you came from . . . the part of town that you came from? And your parents—your mother was a woman of the streets; your father—I'll bet you don't even know who he was." She broke down in uncontrolled sobs. Soon her head lifted from her hands and she looked with tears running down her face and blurted out, "It's not fair, it's just not fair."

The head dropped and tears flowed freely. There was a long silence, almost an uncomfortable silence. And at last as the sobbing ceased, she raised her head once again and very carefully measured her words. Looking straight into those two eyes, asked the question, "Do you love me? Do you really love me?" And the father reached out his hand and took hers and drew her into a circle of three. And then in a very gentle and peaceable tone said, "Love, we chose you not for where you came from or who your parents were, or that you were cute, but that we loved you. We chose you to be part of our family because from the time that we first found out about you, we loved you . . . we loved you."

Sonship and daughtership means being a child of a king. It seems to me that there are just two requisites to having this royal name being yours and mine. And yet it's a unique thing. It isn't something that just happens—a kind of birth certificate that you have and that's it. It's something that potentially can happen again and again, day by day. Like in the conversation that Jesus had with Nicodemus. John 3: 1-21 is the most complete yet the simplest explanation that Jesus ever gave on salvation. Just 21 verses.

First, we must be born of the spirit—born again, realize our need. I acknowledge my need of being changed, of wanting to be his. And second, as

Moses lifted up the serpent in the wilderness, so must the Son of Man be lifted up.

Paul puts it a different way in Romans 8:14. He says, *All of you who are being led by the spirit of God, they are the sons of God.* Being led, continually each day. Not once, not even just once a day—but continually. God has given us many promises in the Old Testament, “If my people, which are called by my name, shall humble themselves, and pray, and seek my face, and turn from their wicked ways; then will I hear from heaven, and will forgive their sin, and will heal their land.” 2 Chron. 7:14. Jesus never placed restrictions upon those who needed healing. In John 5, we have the example of the man who was sick for 38 years. We’re not told what it was except that he wasn’t too able to get around. And Jesus saw him there. And I heard this story many times, and yet never really *heard* it.

There was just one thing, one thing the man needed and that was to be healed. Christ asked him, “Do you want to be well?” In my mind, I can see Jesus coming to this man and asking him, “Do you want to be well?” And I try to picture the type of man that Christ would have been. He must have been the epitome of health. Suntanned, muscular, communicating non-verbally his assurance of health. The confidence of Christ’s conversation with this man left no question, no question at all. He knew and responded immediately to the command, “If you want to be well, take up your bed.”

Sometimes it’s turned around the other way. In the conversation with the leper, the leper came to Jesus and he said, “Lord, if you will, you can heal me.” Christ didn’t hesitate then and He doesn’t hesitate now.

Restoring in me His image that has been lost over the thousands of years since Adam and creation. Restoring in me his name—Christian—and what that implies. Christian—taking the name of God for my name. Being a son or a daughter of the most powerful, loving, considerate person in all the universe. Jesus Christ, himself, in whom the whole building is built upon even the



## “Why health? Because He was and wants me to become—*In His Image.*”

chief cornerstone, the whole building being fitted together and growing into a holy temple of the Lord in whom you also are being built together to a dwelling place of God and the Spirit.

Rules, values, regulations become a different color or shade as I consider my responsibility, not to do things or even because they’re really good for me, but because I want God to restore His image in my life.

Why health?

Why not? He is shining out through me and my life radiating and reflecting His character by the way I live and walk and speak and act—drawing others to my Heavenly father.

Why health? Because He was and wants me to become—*In His Image.*

It seems as if, in our thinking of who we are and what kind of tremendous value God has placed upon us, it really changes the perspective on why we do what we do. I firmly believe that if I caught a glimpse of what it really means for Dan Klein to be a son of the most powerful being in this universe, that my desire and motivation for doing those things which would be pleasing to Him would be entirely different than having to struggle and work at doing things.

If my mind, my attitude, my tastes, or my habits need to be changed, there’s one part of me that must do that changing.

I often hear people say, “you are a physical education teacher and it’s no problem at all for you to exercise enough and live healthfully.” The kinds of things that are hard for you to do are similar to the kinds of things that are hard for me to do. There are individual variations, but

there are pitfalls for us all. The conditions for sonship and daughtership that we described are realizing our need, asking Him to come in, and then being willing to be led by His Spirit. “For as many as are led by the Spirit of God, they are the sons of God.” Romans 8:14. His name, His image, His character, His likeness in my life.

And now—What Health? If I, in fact, am made in His form, in His image, what does this really mean for me—What Health?

An important concept is found in Ephesians 2:20-22. “You are built upon the foundation laid by the apostles and prophets, and Christ Jesus himself is the foundation-stone. In him the whole building is bonded together and grows into a holy temple in the Lord. In him you too are being built with all the rest into a spiritual dwelling for God.”

Dan Klein is a holy temple for God. That’s what he is choosing. In John 14:23, we are told that God is wanting to make His abode, His dwelling place in me, inside me, to live in my life, completely controlling. For Paul tells us that we are slaves nonetheless—it is our choice in determining who we’re going to serve. Christ must dwell in the heart. My heart or my temple.

Are there some parallels, some lessons that I can learn from going back to the temple that God asked to be built that He might dwell among His people in Israel’s time?

We find recorded in Exodus 25 some very definite plans and patterns that

God gave to Moses; He wanted them to follow the pattern exactly and make the pieces of furniture part of the pattern that was shown them. And we find God very explicit in the kinds of furniture, how it was to be made, how it was to be decorated, how it was to be used in His temple, His dwelling place. I'd like to have us think for just a moment about the sanctuary, the temple place of God. On entering the temple, there are three pieces of furniture. On one side, the table of shewbread, the physical dimension which God has placed in His temple had very specific reasons. This table symbolizes health, the physical part of man and woman He created. For this table was to always have bread continually before the Lord. God did not intend that this was, at least in symbol, to be apart. It was to be before him continually.

Some of us would find it very difficult to go seven days or a month or more without the consideration of the food that we take into our bodies. And most of us find it very difficult to go from one meal to the next or skip a meal.

Physical nourishment was not meant to be a happenstance and most of us make it a regular habit. And yet in this sense, some of us need to have our tastes and habits changed or modified according to His way which is best for us. Physical. One of the dimensions in God's sanctuary.

Across from this table there was a lampstand with seven candles which gave light continually before the Lord. Enlightening to the mind by choosing the source of material. God was very explicit in the way in which this lampstand was to be built. Its beautiful painstaking, time-consuming

workmanship, was continually lit before the Lord—not just feeding it once in a while, not having the oil occasionally placed there, but continually. The table of shewbread was continually before the Lord with the bread upon it. And now the light from the lampstand is to continually give light.

As we look ahead just in front of the veil, there is a third article—the altar of incense. For morning and evening, incense was to be burned before God while the prayers and supplications of His people ascended.

Particularly appropriate I think is this concept of beginning and ending the day with God. This continuing before Him, this constancy. And I look at my life and some of the habits and desires that I have and I am perplexed for it is not always in His way. And as I stand there in this first compartment and as I'm looking and observing these three pieces of furniture before me there is a veil made of four colors, representing my brother, Jesus. Blue for His trustworthiness. Purple for His establishment of royalty. Scarlett to remind me of the blood that He shed for me. White for purity. God is on the other side of this veil, for no man can see God and live. Yet He's there dwelling in the Holy Temple. A meeting place with God.

What do I see when I look at God? I see the veil, my Brother, His life, His character. What is God seeing when He looks at me among the three pieces of furniture? He sees the Son. Not my life, but His covering—shading and changing my life. In the tabernacle, in the dwelling place, in the sanctuary, this Holy Temple of God, I meet with Him there.

What if someone came to you and

said maple leaves were really the thing that you should eat. The reason I picked maple leaves is because I told you that I wasn't going to talk about the particulars, that we were just looking at health—physical, intellectual, and spiritual. But let's just consider this as an example.

Suppose someone came to you and really convicted you that maple leaves were the thing to eat and there was a good reason for this. You accept this information and you go out and pick some maple leaves and you start eating them—raw. And it's pretty bitter tasting stuff, not something that's very appetizing.

And so you start cooking—boiling—and that just doesn't quite make it either. It's kind of like eating twigs that are laying there in yellow green water; so you make it into all sorts of things to try and change it around because maple leaves are supposed to be the thing that are good for you to eat. But you just can't like it. It does not satisfy your taste buds very well.

Now let us further suppose that, in fact, maple leaves are the thing that you *are* to eat. What is going to be the only way that you are really going to be able to continue to eat maple leaves and like them? You've got to have your tastes changed—in the mind as well as your taste buds.

Changed—because we want to? Well, we made a decision that we knew was best for us and decided that this was what we were going to eat. But when we tried to eat it, it wasn't very good and we didn't like it; we didn't stick with it.

We left it—too bitter, too hard to swallow, too hard to take. Perhaps



“Physical nourishment was not meant to be a happenstance.... Yet in this sense, some of us need to have our tastes and habits changed or modified according to His way...”



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“If we try to balance a tricycle on...one wheel, we are not balanced and we are not complete as God would have us to be.”

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what I should do is pray, “Lord, if this is going to be really good for me, if this is what I need, and this is your spirit that’s convicting me that this is what I need, change my taste, change my mind, change my desire that I will want that which you have for me.”

You see,—if we can regress a bit back to our childhood—I think some of us are trying to act like circus performers and taking a tricycle which was meant to be driven on three wheels. It is balanced very nicely and can be propelled easily but some of us are trying to balance this tricycle on two wheels or one. Wanting God to come in is the first step—receiving Him was mentioned earlier—but being willing to be led and being willing to be changed by His spirit. And that is the continuing step in Him—growing into perfect health.

Titus 3:5 is a verse that should become very much of an encouragement to each of us because of tastes, habits, and attitudes. He has saved me. Not on the basis of what I have done, but according to his mercy and by the washing of regeneration, and the renewing of His Spirit. The only way that my life will become like His is by having His life in me and being willing to have His Spirit change me into that likeness.

*Father, wash, regenerate and renew me into your likeness.*

The physical, mental, and spiritual dimensions must develop completely.

There are a number of quotations in the Spirit of Prophecy that I would like to take time to share with you concerning the necessity of each of these areas developing proportionately that

we may in fact be completely like Him. If we try to balance a tricycle on two or even one wheel, we are not balanced and we are not complete as God would have us to be. For it is only as we, through His guidance and His spirit, develop each of three areas, being made equal and being renewed in His likeness, that we become complete. The “When” of God.

I would like to have us think on some of the familiar stories. Four characters in the scriptures teach some lessons of the response to the various areas of health that we’ve considered. Each of these really start with the mind, for God reaches us through our mind by renewing of our mind.

But within each of three areas of dynamic health we’re observing, I’d like to have you first recall the life of Mary Magdalene. A very beautiful young girl who lived and grew up in a family with brothers and sisters.

But something, some place, maybe because of her physical beauty, things went astray. Considering Mary’s experience, there’s something that comes through to me that is really overpowering. Mary had with Simon, and probably others, entered into sin. All knew that Mary was a woman of the streets. It was not something to be proud of or talk about. It was probably the reason why Mary left home and for some time lived apart from Lazarus and Martha.

But as Jesus was traveling through the country and came close by where Mary lived, as she was listening to Jesus, she was touched and convicted that her life needed changing.

Coming into the presence of Jesus, she was changed. The desire for a new life was empowered in her by coming into the presence of Jesus. While Christ was there, the new life and the new lifestyle was very real; but as soon as Jesus left she was alone in the environment in which she lived. In the work and her social contacts, things began to slip very rapidly back to the old habits.

As Jesus was traveling from one city to the next and came by her way again she was once more compelled, convicted of her life. She wanted to change, not desiring the way that she was now in, but wanting His way. And again, the presence of Jesus was compelling her to change.

Mary subsequently fell again, and again, and again. Yet I do not see Jesus condemning her or saying, “That’s once too many, go your way for you have no part in me.” Mary continued to desire, though she did not have the ability, apart from Jesus, to change her life.

I like this experience of Jesus continually encouraging, strengthening and empowering her with His presence. Have I spent the time with Him so that He may be able to empower me and change me in areas of my life that I wish were different? Does it sound familiar when Paul says: “I do those things that I don’t want to do, and that which I hate, that’s what I find myself doing.”

Jesus is coming down the road, and Zacchaeus, having heard of this teacher, desired to listen to the words He had to say. There had been something that he had heard that stirred his heart and had convicted him that some of the things that were going on in his life, though beclouded and chained by habit, were really not what he wanted his life to be. And yet, being of this small stature of his, unable to get up close to Jesus, his creative mind finds a way to overcome this small obstacle. Climbing the tree he is able to listen as Jesus slowly is moving underneath with the crowd of people. He almost fell out of the tree when he heard Christ’s invitation to him.

With each step in the development of the relationship with Jesus, as with

Mary, Zacchaeus is given a choice—he does not have to stay in the presence of Jesus, he can choose which way he would go—whether or not he would continue to desire to have Christ remain in his presence. Very openly and not realizing what he was asking Jesus to do, Zacchaeus invited Him to dinner because he wanted Him to come to his home. Because of the desire Jesus has for all men and women regardless of who we are or where we're from, He went, and a man's life was changed. His attitude, his thoughts were changed because of the presence of Jesus.

Referring to John 3, Ellen White tells us that Jesus presents for us the most concise yet complete outline of salvation. Though he was a leader in the church and one of the most respected,

and guide and lead with no apparent, positive proof or decision. There was no apparent reason for Jesus, after his very first introduction in his discourse with Nicodemus, to continue.

If there was anyone who should have known what was right and how to and why, it should have been Nicodemus. And yet this seed that was sown by Jesus took about three years to germinate and grow. Nicodemus became one of the very strongest supporters of the early Christians. The mind, the spirit, and the body was being tamed by a willingness to come into His presence. In each case it was a continued choice of whether or not Mary and Zacchaeus and Nicodemus desired to stay in Jesus' presence.

But we must also look at one other

between him and God that was more important that he was unwilling to change and give up.

The response of this young man could have been the same of Zacchaeus or Mary that continued in truth and growth and a life that is full, dynamic, exciting. For if we try to put ourselves in the position of either Mary or Zacchaeus and imagine in our own minds the miraculous transformation that would take place in our lives, we would be greatly encouraged that there is nothing that can separate us from God's love. Not height, nor depth, nor principalities, nor powers.

In whatever area of my life, in whatever area of your life you have found a conflict of not being able to be victorious, it is not because of the lack of power or the lack of desire on God's part. That does not change. It is because I do not trust Him fully. There's something about being changed—an insecurity—being afraid that God is going to take something away from me that I really enjoy, that He really doesn't have my best interest at heart.

"Trust in the Lord with all your heart and lean not unto thine own understanding. In all (physical, mental, and spiritual) thy ways acknowledge him, and he shall direct thy paths. Be not wise in thine own eyes: fear the Lord, and depart from evil. It shall be health to thy navel, and marrow to thy bones." Proverbs 3:5-8.

My prayer is that our kind Father will continue the drawing of His Spirit in each one of our lives. Forgive us, Lord, for turning aside from the way in which You would have us to go. Forgive us for thinking that we know a better way than You do. Forgive us that in our pride we set ourselves up to give direction. Help us to realize our complete dependence upon You everyday. And as the bread offering was set, the candles continually giving light, the incense burned in the morning and the evening, may we start and end our day, yes, and walk step by step through each day with You.



"The mind, the spirit, and the body were being tamed by a willingness to come into His presence."

looked up to, and honored members in the religious circles in this day, Nicodemus did not know God personally. Nicodemus' is the spiritual regeneration, the change in his life needed was for his spirit to be washed and regenerated by God's Holy Spirit. Jesus' experience with Nicodemus was a bit different than with Mary and with Zacchaeus, for there was not an apparent, an immediate, response.

In Christ's contact with Mary, she responded right away—a decision, a wanting to change right there. With Zacchaeus, "Oh Lord, I'll pay back more than what I've taken from any man." But with Nicodemus it was different. Though he was a spiritual leader, there was not an immediate change, there was not any realization of his true need. Yet Christ saw a mind who desired truth.

We find in Nicodemus' experience the willingness of Jesus to encourage

situation of the contact with Christ and coming into His presence. It's one other area that most of us fall into, at one time or another. If it were not for the continuing, loving, drawing way of God's Spirit, we would all turn away as the rich, young ruler did. He came to Jesus and said, "Here's my credentials; I don't really lack anything. I've got my whole life all put together just as it should be. I've kept every commandment. Since I can remember from the time I was a small boy right up till now, I've kept everything." And I imagine it was more of a statement when he said, "What do I lack yet?"

But wanting to make sure that Jesus didn't think he was thinking too much of himself, he threw that in on the side.

Is there anything he really lacked? Only that he was apart from God. There was something that stood

# Alumnotes

TO EVERY THING there is a season, and a time to every purpose under the heavens... Ecc. 3:1

## A Time to Build Up News Highlights

A broad range of health professions at Hinsdale Sanitarium and Hospital near Chicago, Illinois are represented by Andrews graduates.

Administrators and managers, nurses, medical technologists, health educators, and staff specialists in a number of fields are making significant contributions to the physical, mental and spiritual health of their patients.

Although Andrews alumni are carrying forward the health work of the Church throughout the world, this report from Hinsdale serves

to highlight the importance of health-related training in the spectrum of career preparation at Andrews.

Among those serving at Hinsdale:

**Louise Buxton Dr HSc BA '73**, is the health education director and participates in a variety of community outreach programs such as the recent health screenings held at Old Chicago and Oak Brook.

**Retta Fisher-Michaelis BS Med Tech '78**, is a hematology technologist in the pathology laboratory of the hospital.

**Donald Prouty MD BA '72**, is a second-year resident in the Family Practice Residency Program at the hospital.

**Herb Peak BS '66**, is the hematology supervisor.

**Barry Schneidewind BS '77**, is a medical technology student.

**Owen Spencer BS '64**, is an administrative technologist.

**Roger Murrill BS '76**, is an assistant in personnel.

**Larry Schalk BS '64 MBA '71**, is a vice president of the hospital.

**Jack Blume BS Med Tech '61**, is an administrative technologist.

**Bruce Taber BA '70**, is the supervisor in the blood bank.

**Sallyann Gabriel BS '76**, is an emergency room supervisor.

**Duane Dodd MD BA '57**, is associate director of the Hinsdale Family Practice Residency Program.

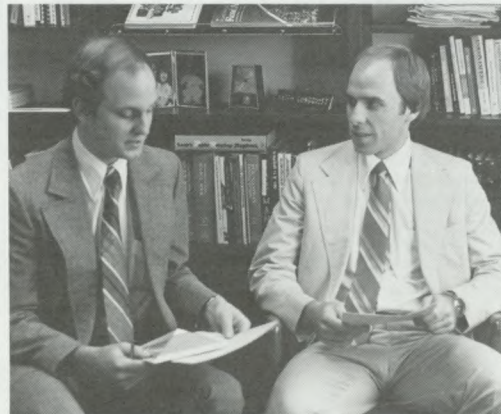
**Joel Brown MD BA '73**, is a second-year resident in the Family Practice Program.



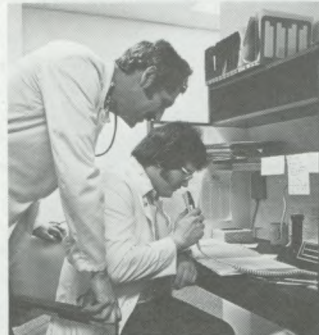
Larry Schalk



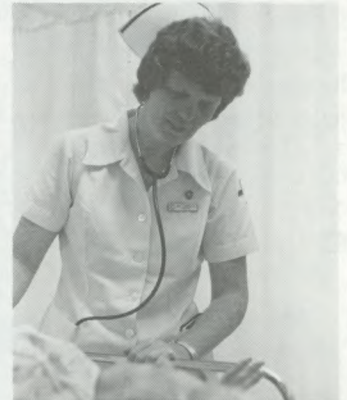
Charles Snyder



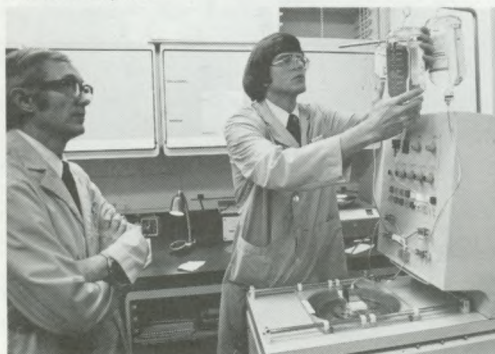
Roger Murrill, (right), consults with Keith Lundquist, PR director, on a recruitment project.



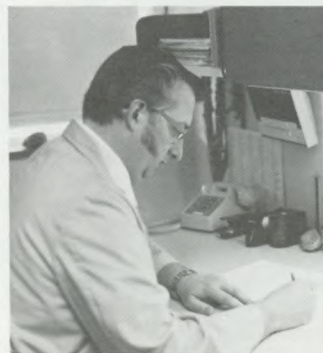
Duane Dodd MD (left), with Joel Brown MD. Right, Sallyann Gabriel.



Retta Fisher-Michaelis processes blood cell counts on the Coulter Model S in the laboratory.



Jack Blume (left), and Bruce Taber confer on operation of new IBM Blood Cell Processor.



Owen Spencer



Manuel Dizon and Herb Peak examine blood cells.

**Charles Snyder** BA '70, is a vice president of the hospital.

**Manuel Dizon** BS '75 BS '76, is a hematology technologist.

**Rita Waterman** BA '78, is a public relations assistant.

**Richard D. Show** BS '67, supervises chemistry activities in the pathology department.

**Irwin Hansen** MBA '76, is president of Hinsdale Sanitarium and Hospital and executive vice president of the Great Lakes Adventist Health Services, Inc.

FOCUS is pleased to present career highlights of alumni who were honored during the 1978 Alumni Weekend April 28-30. Reprinted here is material originally published in the official homecoming program:

**Marie Kibble Robinson** BS '58, alumna of the year.

Marie Kibble Robinson is one of three women currently serving on the Andrews University Board of Trustees. Her term began in 1976 and will continue until 1981.

Born in New Jersey, Mrs. Robinson graduated from Adelpian Academy near Detroit, Michigan. In 1958 she earned a bachelor of science degree from Emmanuel Missionary College with a double major in business administration and home economics. Nine years after completing college she began graduate studies in social work. Having received a master of social work from the University of Illinois, Chicago Circle Campus in 1969, she is now a candidate for a doctor of so-

cial work degree there.

Mrs. Robinson's special interest is psychiatric social work. She is now assistant professor of social work at the University of Illinois with a joint appointment in the Abraham Lincoln School of Medicine and the School of Associated Medical Sciences. She is also co-coordinator of the social work training program and field instructor for the University of Chicago School of Social Work Administration.

Mrs. Robinson holds membership in the Council on Social Work Education and the National Association of Social Workers. She presented a paper before the 125th Annual Meeting of the American Psychiatric Association and is currently engaged in research into "Social Functioning as a Measure of the Effectiveness of Alternative Methods for the Treatment of Depression."

In addition to membership on the Andrews Board of Trustees, Mrs. Robinson is a member of the Scientific Committee (and Lay Committee on Human Experimentation) at the Cook County Hospital in Chicago. She is a past member of the Board of Trustees of Hinsdale Sanitarium and Hospital and was a social work consultant for the Cook County Department of Corrections for five years.

She is married to Edward E. Robinson, J. D., vice president and legal counsel for the Hinsdale Sanitarium and Hospital.

**Kenneth Oster** BA '44 MA '60 MDiv '68 DMin '75, alumnus of the year.

Though his passport reads "United States of America," Kenneth Oster may be more at home in Iran. Born there of missionary parents, he has spent most of his life among its people.

Two years after graduating from Emmanuel Missionary College with a bachelor of arts in religion in 1944, Oster and his wife, the former Dorothy Nelson, returned to Iran. He served as an evangelist there until 1959.

From 1960 to 1971 Oster was a Bible teacher in Iran Academy, Middle East College, and Battle Creek Acad-

emy in Michigan. Since 1971 he has been located in Shiraz, Iran, where he is director of the Middle East Union TEAM—Thrust for Evangelism Among Muslims.

The five men who organized TEAM have tried to completely rethink the approach of bringing the gospel message to the adherents of Islam. Oster, who has a knowledge of seven Middle Eastern languages and is fluent in Farsee (the language of Iran) and Armenian, has collaborated with the other members of the TEAM group to write a Sabbath school lesson quarterly, Bible study lessons, and a health study course, all specifically geared to the Muslim way of thinking. Off the press is Oster's missionary book for Muslims, *Cosmic Perspectives of God and Man*.

Oster has also published a series of six articles in the *Adventist Review* and a book, *Islam Reconsidered* (1978). In 1976 he presented a paper entitled "Addiction-Prevention Strategy" before the 25th Iranian Medical Congress.

Oster is a four-time alumnus of Andrews University. He received, in addition to his bachelor of arts, a master of arts in 1960, a master of divinity in 1968, and a doctor of ministry in 1975.

Dorothy Oster has received three degrees from Andrews: a bachelor of arts in 1945, a master of arts in 1966, and a master of music in 1971. In Iran she teaches piano lessons to local children, helping to make friendship contacts with families in Shiraz.

The Osters have three children: Donald, Ellowyn May Tweddell, and Cyrus.

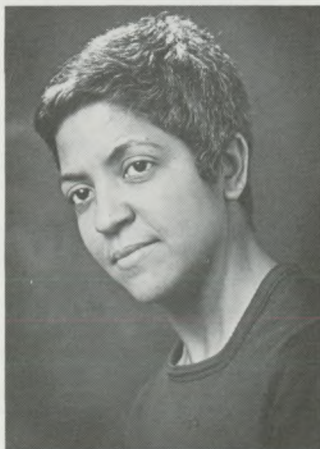
**Louise J. Ambs** BA '33, alumna of distinction.

Education has been Louise J. Ambs' life ever since she graduated from Emmanuel Missionary College in 1933 with a bachelor of arts degree in elementary education. She has excelled in the classroom as both teacher and student.

A native of Medford, Wisconsin, Miss Ambs began her career as dean of girls at Cedar Lake Academy, where she remained five years. In 1937 she was asked to be supervisor of teachers at the Campus Schools of Union College in Lincoln, Nebraska. Four years later she returned to her alma mater as chairman of the elementary education department and supervisor of student teachers. During her 13 years at EMC she earned a master of arts degree in curriculum and supervision from Michigan State University.

New duties called Miss Ambs to the Pacific coast in 1954, where she has remained ever since. From 1954 she held the position of curriculum coordinator for the department of education of the Southern California Conference of Seventh-day Adventists. For the past 16 years she has been professor of education and supervisor of elementary student teaching at Pacific Union College. She also coordinates the Small Schools Center there.

A continuing student herself, Miss Ambs went on to earn a master of education degree in supervision and elementary curriculum from the University of Southern California and has pursued further study at the University



Marie Kibble Robinson



Kenneth Oster



Louise J. Ambs

of California, Berkeley, and at the University of Michigan.

Students formally recognized her pedagogical abilities when she was elected Teacher of the Year at PUC in 1970.

Miss Ambs is a member of the Association of Supervision and Curriculum Development, the International Reading Association, and the American Association of University Women. She is also a long-standing member of the elementary Bible textbook committee of the General Conference.

When not in the classroom she enjoys gardening, reading, and photography.

**Fordyce W. Detamore** BA '28, alumnus of distinction.

Next month, while holding an evangelistic series in Indonesia, Fordyce W. Detamore will complete 50 years of preaching the Adventist message. Now an evangelist with the Voice of Prophecy Evangelistic Association, his home base is located near Orlando, Florida.

Born in St. Paul, Minnesota, Detamore graduated in 1928 from Emmanuel Missionary College with a bachelor of theology degree. The day after graduation he married Aletha Stout, who was his companion in evangelism until her death in 1974. He entered the work of the church in Michigan and later served in Indiana.

While working as a tentmaster and singer for an evangelistic series in 1930, Detamore was invited to serve in the Malayan Union Mission of the Adventist church. He was one of the first Christian leaders to enter the wild portion of Borneo to establish a mission station in 1931.

Returning to the United States, Detamore was ordained to the ministry in 1935. After studying the work of a successful evangelist he put the new techniques to the test and in two campaigns brought a total of 127 people into church membership.

While located in St. Louis, Missouri, Detamore began using radio in his ministry. He continued radio ministry after transferring to Kansas



*Fordyce W. Detamore*

City in 1939. Convinced that a Bible correspondence school would be a good way to follow up interests created in his evangelism, he organized such a school and soon had 2,000 students enrolled. In 1941 he was invited to join the Voice of Prophecy radio-broadcast as associate speaker, manager, and organizer of the Bible correspondence school.

Because of a strong desire to continue in field evangelism Detamore went to Texas in 1944. "From that day to this I have been literally living out of suitcases—for more than 33 years, and enjoying every minute of it," he says.

After many evangelistic campaigns in the southern United States, Detamore returned to the Orient, arriving in Shanghai in January, 1948. Later he conducted campaigns in Hong Kong, Thailand, Ceylon (now Sri Lanka), Singapore, the Philippines, and Indonesia.

In 1953 Detamore returned to evangelism in the United States, and in 1970 he joined the Voice of Prophecy Evangelistic Association. This year he will conduct six evangelistic series. Another six are scheduled for 1979, including one in Australia.

**Leslie Hardinge** MA '50 MDiv '53 MTh '59, alumnus of distinction.

Leslie Hardinge is well-known among Seventh-day Adventists, having served the church as pastor, evangelist, Bible teacher and writer for many years. In 1976 he was appointed by the Southern



*Leslie Hardinge*

California Conference as the denomination's first Spirit of Prophecy Director at the local conference level. In this capacity he conducts Prophetic Guidance Seminars in local churches dealing with the life and writings of Ellen G. White.

Born of British colonial stock in Calcutta, India, Hardinge went to England as a young man to study for the ministry at Stanborough College near London. In 1947 he received a bachelor of arts in theology from La Sierra College. He later earned master of arts (1950), bachelor of divinity (1953), and master of theology (1959) degrees from Andrews University and a doctor of philosophy degree in theology from the University of London (1964).

Before assuming his present responsibilities, Hardinge pastored the Glendale City Church in California. From 1965 to 1973 he was professor of religion at Pacific Union College in Angwin, California. Prior to this he chaired the religion department at Columbia Union College in Washington, D.C. During four of his 15 years with CUC he represented the college at Newbold College in England. Hardinge has also taught in the religion department at La Sierra College.

Hardinge has been a pastor and an evangelist in London, England, Edinburgh, Scotland, and in Lincoln and York, Nebraska. For seven years he pioneered the work of the church in Devonshire and Somersetshire in South West England.

During his career Hardinge has been a prolific writer. His five books include:



*Floyd O. Rittenhouse*

*These Watched Him Die, Elisha—Man of God, Dove of Gold, Shadows of His Sacrifice, and The Celtic Church in Britain.* In addition, he has contributed 50 articles to *Present Truth* magazine in England and others for the *Adventist Review*, *Signs of the Times*, and *Ministry*. He is a member of the Society of Biblical Literature.

Hardinge is married to the former Ellen Miriam Petavel, an author in her own right. She has written two books, *Happy Sabbaths* and *Begin the Day with God*, and has written 88 quarterlies for the Junior Sabbath School division.

The Hardinges have a daughter, Mrs. Deane Wareham, and two granddaughters.

**Floyd O. Rittenhouse** BA '28, alumnus of distinction.

Floyd O. Rittenhouse has the distinction of being the only man ever to serve as president of Emmanuel Missionary College, Potomac University, and Andrews University. His hand guided the development of the institution from 1955 to 1963.

Rittenhouse's attachment to the university dates back to 1926 when he enrolled at Emmanuel Missionary College. In 1928 he received a bachelor of arts in Spanish and history. He later continued his education at Ohio State University where he earned master's and doctoral degrees in history.

At Mount Vernon Academy in Ohio Rittenhouse began a career in Adventist education



Edwin Richard Thiele

which spanned 44 years. He was dean of boys and history teacher there for four years before accepting the post of principal and teacher at Takoma Academy in Maryland, which he held for five years.

During the next 34 years Rittenhouse served at four Adventist colleges. At Southern Missionary College he taught in the history department and later served as department chairman and dean of the college. During his nine years at Washington Missionary College (now Columbia Union College) Rittenhouse held the positions of registrar, professor of history and dean.

After three years as academic dean and professor of history at EMC, Rittenhouse was elected president in 1955. He also held the presidency of Potomac University from 1958 until it became part of Andrews University. He remained president of Andrews until 1963 when he took up duties as president of Pacific Union College in Angwin, California.

Rittenhouse retired in 1972. He now writes and lectures and has charge of the restoration of Elmshaven, home of Ellen G. White.

Rittenhouse is included in *Who's Who, Dictionary of American Scholars*, and *Presidents and Deans of American Colleges and Universities*. He holds membership in the American Historical Society, Rotary International, and Phi Alpha Theta, the international history honor society.

Nellie Blair Hubbard has been Rittenhouse's wife since



Edward R. Bloomquist

1937. They have two daughters, Mrs. Duane Dutcher and Mrs. Thomas Dybdahl.

**Edwin Richard Thiele** BA '18, alumnus of distinction.

"Edwin, I think you could look a hole right through a block of wood." That was professor Joseph Harvey Haughey's comment in front of a class after Edwin Richard Thiele was able to solve a rather difficult geometry problem. That same perceptiveness later helped Thiele solve the mystery of the chronology of the kings of Israel and Judah that had baffled historians and chronologers for centuries.

Born in Chicago, Thiele came to Emmanuel Missionary College in 1912. He received a bachelor of arts degree in 1918 and later pursued graduate studies leading to master of arts and doctor of philosophy degrees from the University of Chicago.

After graduating from EMC, Thiele became Home Missionary Secretary of the East Michigan Conference. Two years later he and his wife, Lorena, went to Shanghai, China, where he was editor and manager of the Signs of the Times Publishing House.

In 1937 Thiele returned to EMC where he served as a teacher in the Bible department for 35 years. He also served as department chairman for nearly a quarter century.

Thiele contributed articles dealing with the chronology of the Hebrew kings to the *Journal of Near Eastern Studies*, *Vetus Testamentum*, *Andrews University Seminary Studies*, the *Journal of Biblical Literature*, and the



Ronald D. Graybill

*Bulletin of the American Schools of Oriental Research*.

The author of five books, he is best known for his authorship of *The Mysterious Numbers of the Hebrew Kings*, published in 1951. According to Dr. Emmett K. Vandevere in *The Wisdom Seekers*, Thiele helped keep scholarship active on campus at EMC.

After the death of his wife, Thiele married Margaret Rositer. He has one son.

**Edward R. Bloomquist** BS '48, alumnus of achievement.

Edward R. Bloomquist is recognized nationally as an authority on marijuana and other dangerous drugs. More than a quarter million elementary, high school, and college students have heard his lectures on drug abuse.

A 1948 graduate of EMC with a bachelor of science, Bloomquist earned his M.D. degree from Loma Linda University and later took a residency in anesthesiology at the White Memorial Medical Center in Los Angeles. Since 1957 he has had a specialty practice in that field in Southern California.

In addition to his medical practice, Bloomquist serves as associate clinical professor of anesthesiology at the University of Southern California School of Medicine, lecturer in the departments of police science and health education at California State University, Los Angeles, and a visiting professor at various other colleges. He has also been a witness before both California State Legislature

and federal investigating committees on drug abuse.

Through the American Medical Association, Bloomquist was script consultant for television programs such as "Ben Casey" and "Dr. Kildare." He has appeared on camera as well on national television shows such as "Art Linkletter's House Party" and "You Asked for It," and other local programs.

Author of more than fifty articles on drug abuse and general medical problems, Bloomquist has published two books: *Marijuana* (1968), and *Marijuana, The Second Trip* (1971). He has also contributed chapters to other books.

Bloomquist has been the recipient of several awards and citations, including the Honor Award given by the American Federation of Police, and a Certificate of Achievement from the National District Attorneys Association. He has received the Meritorious Citation from the California Narcotic Officers Association twice.

In the field of anesthesiology he has developed two instruments for medical use: the A Y Adapter for Open System Intubation Anesthesia, and the Bloomquist Infant Circle Absorber for the administration of anesthesia to infants and small children.

Bloomquist is married to the former Lila Mae Skadsheim. They have two sons and a daughter.

**Ronald D. Graybill** MDiv '68, alumnus of achievement.

"To enhance our common memory without distorting it; to defend our faith without resorting to propaganda; . . . to seek the truth about the past . . . these are worthwhile goals of Adventist history." So wrote Ronald D. Graybill in the *Adventist Review* this winter.

Graybill is qualified to speak on the subject. An Adventist historian and ordained minister, he now serves as an assistant secretary in the Ellen G. White Estate in Washington, D.C. He has held the position since 1970. A specialist in denominational history, he deals with historical aspects of Ellen White's life and work. His responsibil-

ities include writing articles, giving talks, helping to direct research, answering questions directed to the Estate, and serving on committees studying special problems.

In 1966 Graybill graduated from Loma Linda University with a bachelor of arts degree in theology. After receiving a bachelor of divinity from Andrews in 1968 he was a ministerial intern with the Northern California Conference until 1970. He was ordained into the Adventist ministry in 1973 at Takoma Park, Maryland.

Graybill earned a master of arts in history from Johns Hopkins University in 1976 and served as president of the Association of Seventh-day Adventist Historians in 1977. He has published two books, *Ellen G. White and Church Race Relations* (1970) and *Mission to Black America* (1971), and numerous articles in the *Adventist Review*, *Insight*, *Spectrum*, and *Liberty* magazines.

In addition, Graybill has presented papers entitled "The Hymns of the Sabbath-keeping Adventists" and "Millenarians and Money: Adventist Wealth in 1860" before the Hopkins-Harwichport Conference on American Religious History. He is a member of the American Historical Association. Graybill is married to the former Gerte Bacher. They have a son and a daughter. His hobby is marathon running.

**Marianne Sjoren Scriven BA '67 MMus '68**, alumna of achievement.

Only ten years have elapsed since Marianne Sjoren Scriven left Andrews University. But she has made the most of them.

Mrs. Scriven earned a bachelor of arts from Andrews University in 1967 and a master of music in 1968. Continuing her musical education at the University of Missouri-Kansas City, she was awarded a doctor of musical arts degree in 1973. Her dissertation dealt with the Art Songs of Wilhelm Peterson-Berger.

A soprano soloist, Mrs. Scriven has sung at the National Presbyterian Church in Washington, D.C. and the Napa, California, First

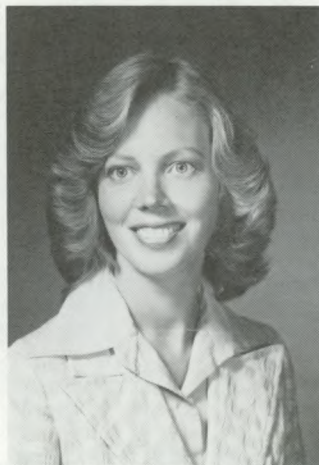
Church of Christian Science, as well as performing for local civic groups, charity functions, and recitals. She is a choir director at the Pacific Union College Seventh-day Adventist Church.

Since 1975 Mrs. Scriven has been a teacher of voice, choir, voice pedagogy, and music history at Pacific Union College in Angwin, California. She holds the faculty rank of assistant professor of music. In this capacity she directs the 16-member choral touring ensemble, "I Cantori" which is planning a tour next Christmas to Poland under the auspices of the Friendship Ambassadors foundation.

Mrs. Scriven's professional affiliations include the National Association of Teachers of Singing, the California Association of Professional Music Teachers, Pi Kappa Lambda honorary music society, and the American Association of University Women.

Her husband, Charles W. Scriven, received a master of divinity degree from Andrews in 1968. He is a former associate editor of *Insight* magazine. At the present time he is a doctoral student in philosophy of religion at the Graduate Theological Union of the University of California, Berkeley.

The Scrivens have two children: Jonathan and Christina.



Marianne Sjoren Scriven

**Sharon Anderson Collins BS '67**, has completed her medical degree at the College of Human Medicine at Michigan State University in East Lansing, Michigan. She was presented the Julie Klemkosky Award in Human Development for 1978 on March 10. This award was established in honor of Julie Klemkosky and is given annually "to the medical student who has completed at least two years of his/her medical education and who has demonstrated outstanding proficiency and interest in the areas of child health and human development." The awardee is selected by a committee of the department of human development and approved by the dean of the College of Human Medicine.

Dr. Collins will begin her residency in pediatrics on July 1 at the M.S.U. Co-operative Hospitals, and plans to subspecialize in cardiology.

Her husband, **Louis BA '75**, is employed by the Michigan department of public health as a public health field representative—emergency medical services division. He is a certified emergency medical technician, working on his masters in public health.

They are members of the Bethel S.D.A. Church in Lansing, where Louis is an ordained elder.



Sharon Collins

## Chapter News

The Andrews alumni association has been busy this winter with many chapter meetings conducted by Melvin Andersen, alumni executive secretary and David H. Bauer, vice president for development and public relations at the university. About 400 alumni attended the various meetings held in the early part of 1978. Each program featured a multi-media program, originally shown for the Autumn Council in Washington, D.C.

At many of the meetings, awards were given to the president or some valuable worker for the association. The award is a marble paperweight with the school seal inscribed on it.

The first meeting of the season was held in California in January (see report in Spring 1978 FOCUS). Then on Saturday night, March 4, the Hinsdale alumni met at the Hinsdale church. They were also favored with a vesper program by **Lennart Olson BA '50**, **Lewis Carson BA '50**, received the alumni award (see class notes for details).

Thursday, March 4, the Kettering alumni chapter met at Kettering Medical Center near Dayton, Ohio. **Joe Stoia BA '66 MA '71**, and **Ray Hill BS '49**, were presented alumni awards by Mel Andersen.

On Saturday night, March 25, Southern Missionary College hosted an alumni meeting with special recognition given to **Mary Shull BA '33**.

Another chapter meeting was held on Sunday, March 26 at Oakwood College.

Fletcher, North Carolina was the next alumni chapter meeting held at the Fletcher Seventh-day Adventist church on April 15.

The final chapter get-together was on April 16 in the city hall of Takoma Park, Maryland. **Clayton Forshee BA '24**, received the alumni recognition award (see class notes for details). **Duane Potter BA '60**, was elected president of the National chapter and **Lloyd Kidder MA '64**, vice president.

## New Positions

**Robert M. Hillier** BA '45 MA '61, former chaplain of Pleasant Grove Hospital and Friendship Manor in Louisville, Kentucky, is chaplain of Highland Hospital in Portland, Tennessee.

**William Bornstein** BA '49 MA '52, former pastor in College Place, Washington, is secretary and ministerial secretary of the Ontario Conference.

**Arnold Friedrich** BA '49 MA '54, has joined the Carolina Conference as an evangelist. Prior to this he was pastor of the Aurora, Illinois church. He is married to **V. June** (two-year '44) BS '49.

**Phyllis B. Acosta** BA '55, has been appointed associate professor of allied health professions (dietetics) and associate professor of pediatrics at Emory University in Atlanta, Georgia. Prior to this she was associate professor of nutrition in the department of foods and nutrition in the School of Home Economics at the University of Georgia. She has a master of science degree from the State University of Iowa and received her master's degree and doctorate in public health from the University of California at Los Angeles.

**William A. Geary** BA '56, former secretary and ministerial secretary of the Ontario Conference, is secretary and ministerial secretary of the Carolina Conference.

**Ralph W. Martin** MTh '57, former coordinator of pastoral ministries in Oregon, is the ministerial director of the Northern California Conference. For the past three years

some of his duties have involved visiting and counseling with all the pastors, publishing a paper entitled, *The Oregon Pastor*, and writing a column in the *Ministry* magazine called, 'Shop Talk.' He has also worked in the Idaho, Upper Columbia, and Washington conferences.

He and his wife, Joan, have three children: Charles, Paul, and Diana.

**Lester Carney Jr.** MA '58, has assumed the duties of ministerial secretary of the Indiana Conference. Prior to this he served as an evangelist in the Southeastern California Conference. He has also worked in the Upper Columbia and Potomac conferences. He and his wife, Bernice, have two children: Franice and Lester III.

**D. Malcolm Maxwell** MA '58, dean of the Walla Walla College School of Theology, has been named vice president for academic affairs at the college.

**William C. Scales** MA '58, is an associate secretary in the General Conference Ministerial Association. Prior to this he was pastor of the Berea Temple church in Baltimore, Maryland. He and his wife,

Lois, have two children: Linda and Larry.

**Roger Coon** MA '59, is the senior minister of the Takoma Park Seventh-day Adventist church in Maryland. His 1500-member congregation is served by a pastoral staff of four. He has been at Pacific Union College since 1967—the first three years he served as director of college relations and then as professor of religion.

Mrs. Coon is a CPA candidate from the State Board of Accountancy, Sacramento. The family will join Coon after school is out in June.

**Wayne Andersen** BA '60, has joined the pastoral care staff at Shawnee Mission Medical Center in Kansas. He will be working with the medical/surgical units. Prior to this he pastored in Minnesota, was principal of Minneapolis Junior Academy, religion teacher at Maplewood Academy, and a pastor in Hawaii.

Andersen's wife, Aretas, is a medical secretary. They

have three children: Mike, Michelle, and Mark.

**Robert Clarke** MA '60, is the senior pastor of the Kettering, Ohio church. Prior to this he served six years in the Pennsylvania Conference and 17 years in the Central and Columbia unions.

His wife, Joan, is a secretary at Kettering Medical Center. They have three sons: Robert, Jr., Stephen, and Andrew.

**C. Lee Huff** BA '61 MA '62, is the stewardship director for the Colorado Conference. He was a pastor in Boulder, Colorado previously. He has also pastored congregations in Texas, Wisconsin, and Michigan.

He and his wife, Barbara, have two children: Teri and Tom.

**Robert G. Burgess** MA '62, has been appointed chairman of the newly established department of business administration at Korean Union College. The authorization for this department was received from the Minister of Education early this year. Burgess has been a faculty member for the past five years working toward this event. He received his B.A. from Walla Walla College and his Ph.D. in administration of education from the University of Sarasota.

A biographical sketch of Dr. Burgess' 25-year career at home and abroad will appear in the 1978 edition of *Men of Achievement*, Cambridge, England. His distinguished participation in international service organizations has also earned him recognition in the 1978 issue of *Distinguished*



Ralph W. Martin



Barbara and C. Lee Huff



Phyllis B. Acosta



Robert Clarke



Eugene M. Stiles (see next page)

*Personalities of the West and Mid-West.* Currently he is president elect of the Seoul Down Town club of Kiwanis International, and a popular contributor to the *Korea Times*.

**Phil Gager** BA '64 MA '65, former pastor in the Chesapeake Conference, is pastor of the Ann Arbor, Michigan church.

**Harold Otis Jr.** BS '65, former publishing director of the Columbia Union, is the manager of the Review and Herald Publishing House, based in Washington, D.C.

**Eugene M. Stiles** MBA '66, has been named the general manager of the Christian Record Braille Foundation. Prior to this he has served at Spicer Memorial College in India, spent 15 years in Southern Asia, and has been with the Christian Record since August of 1975.

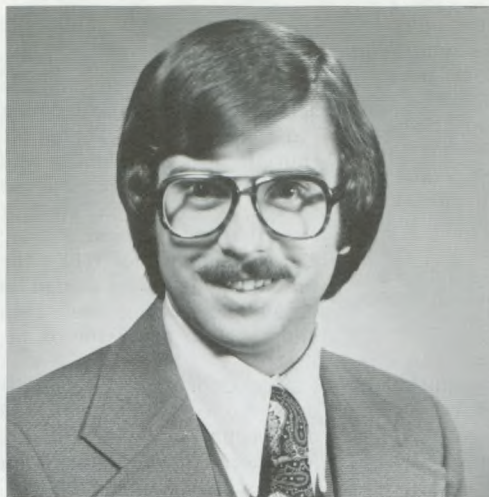
He and his wife, **Helen**, have two children: **Marvin** and **Rani**.

**Richard Habenicht** BA '67, is the associate pastor of the Hinsdale, Illinois church. Prior to this he served as Bible teacher and pastor at Broadview Academy. His wife is **Cherry** MA '72.

**Garry Donesky** BA '71, former assistant administrator of Hialeah Hospital in Miami, Florida has been appointed administrator of the Watkins Memorial Hospital in Ellijay, Georgia.

**Lloyd E. Hallock** MDiv '72, former pastor of the Buckhannon-Webster Springs district in West Virginia, is the senior pastor of the Clarksburg, Grafton, and Buckhannon churches. This district was recently formed and is the second largest in the conference.

**Martin R. Butler** BMu '73, joined the public relations department of the Voice of Prophecy in April. He is working with broad areas relating to broadcast promotion in addition to serving as assistant editor of the *VOP News*. Butler previously served as a consultant with the General Conference Insurance Service based in Riverside, California for two-and-one-half years.



*Martin R. Butler*

**Ray Dabrowski** MA '75, sent this note: "As of January 1, 1978, the Polish Union Conference and the Znaki Czasu Publishing House promoted me to editor-in-chief of *Znaki Czasu*, *Signs of the Times* and other periodicals, church and Sabbath school quarterly."

He and his wife, **Grazyna**, live in Warszawa, Poland.

**Kenneth Schander** MDiv '75, former minister in the Pennsylvania Conference is a pastor in the Manitoba-Saskatchewan Conference. His wife, **Frances** BA '70 MAT '72, is a student.

**Donald R. Laing** BS '74, is assistant manager of the Western Canadian Adventist Book Center in Calgary, Alberta.

**Miroslav Kis** MDiv '77, has been promoted to associate youth director for the Quebec Conference. His wife, **Brenda** ('75-76), is enjoying being a homemaker and mother.

### Class Notes

**Helena Sargent-Rosenberger** (3 year '22) BA '30, is a retired teacher living in Hilmar, California. She enjoys traveling. Her travels include Europe and England, Penang, Malaysia, Singapore, Hongkong, Bangkok, and Tokyo.

**Otto** (2 year '24) MA '45, and **Dorothy Christensen** BA '55, former professor of Biblical languages and associate professor of home economics, respectively, are retired in Ooltewah, Tennessee. They



*Fern and Clayton Forshee*

have two great-grandchildren. **Dorothy** is conducting home nutrition instructor training courses and cooking schools, and works with the Seventh-day Adventist Dietetic Association.

**Clayton D. Forshee** BA '24, retired from denominational work in 1971 after 46 years of service to the Review and Herald, Far Eastern Division and the General Conference. He has not "retired" however, for he was re-elected on March 28, 1978 to his 12th consecutive two-year term as a councilman for the city of Takoma Park Maryland, a suburb of Washington, D.C. with a population of more than eighteen thousand.

His wife, **Fern Watts**, is a retired nurse, having been head nurse at Tokyo Sanitarium and Hospital and Washington Adventist Hospital.

**Bertha M. Plunz** BA '25, was unable to attend the homecoming weekend but sent a letter of greeting to all the alumni and members of her graduating class.

**Elizabeth Nickel** BA '28, was unable to attend alumni weekend. She wrote the following about the FOCUS: "It is always a pleasure to read about the progress of the work at Andrews. Above all I watch for every indication that it is holding to the principles of education as outlined for us and for spiritual growth in

these last days. At ninety-four I am enjoying good health. I am able to do many chores about the place and am grateful for my many blessings."

**Ray** BA '31 MA '49, and **Alberta Jacobs** BA '35, attended a recent alumni gathering. They write: "After 38 years in mission work in South America, Inter-America, and the Afro-Mideast we retired in Collegedale, Tennessee. Recently we spent three months in volunteer service in Hilo, Hawaii."

**Mary Elizabeth Shull** BA '33, is a teacher living in Chattanooga, Tennessee.

**Irene Wakeham** BA '34, has recently returned from spending a year of "retirement" at Antillian College in Puerto Rico. She writes: "This year at Antillian College has been a very busy one, since we experienced three accreditation visitations, none of which have given us their verdict yet. In November a group from the government Council on Higher Education visited our campus for a few days, and in February we were inspected by the Middle States Association. Then just a few days later we had a group from the General Conference department of education."

When school closed in May, **Dr. Wakeham** joined her family at Weimar Institute in northern California where she can be with her mother who will be 99 in July.

**Albert J. Patt** PreMed Dip '35, and his wife, **Donna** ('32-35), are living in Wildwood, Georgia. Patt is a physician-surgeon (otolaryngologist) at Wildwood Sanitarium. They are involved in veg-a-weight control programs at Wildwood. The Patts have four children—three of whom have attended Andrews.

**Roscoe Nelson** ('38, '65), and his wife were recently presented a friendship quilt by members of the Big Rapids, Michigan church. The quilt was made by Mrs. LeRoy Wickland—those who wished to put their name on the quilt block gave a small donation and Mrs. Wickland embroidered the name for them.

**James Barclay** BA '39, and his wife, **Connie**, are living in Western Springs, Illinois. Barclay is an accountant and management consultant.

**Leonard I.** BA '39, and his wife, **Frances Summerton Woods** BA '36, are retired in Highland, Maryland.

**Huldrich H. Kuhlman** BA '40, has done advanced studies in biology through the years. He has been chairman of the biology department at Southern Missionary College for 32 years.

**Arnold Wallenkumpf** BA '40 MA '44 MDiv '54, is the associate director of the General Conference Biblical Research Institute. Since attending Andrews, he has received his Ph.D. from the University of California at Los Angeles. He and his wife, **Mae**, have three children: **Karen E. Olsen**, **Mary K. Nelson**, and **Victor**.

**L. D. Jaecks** BA '41 MA '52 DMin '76, former pastor of the Takoma Park, Maryland church is the minister in Redlands, California.

**Walter Russell Turner** BA '45, is retired. He keeps busy, however, serving as head deacon at the Berchwood church and his talents of carpentry, plumbing, and electricity enable their church to be a more attractive place.

**Jean Purdham** BA '46, recently entertained the Battle Creek Creative Writers with selections of her own poems. *The Battle Creek Shopper*

*News*, Thursday, February 23, 1978 had the following to say: "Jean Purdham learned to love the sound of words even before she could read, by listening to her mother read to her. She wrote her first poem at age 5. 'Dishes, dishes, dishes — All I have is dishes — If I could have three wishes — I'd wish away all the dishes — Wouldn't you?'"

"Jean has written hundreds of poems and had several published in *Peninsular Poets*, the official poetry book of the State of Michigan; in *Bardic Echoes*; in church related papers, and in other publications. . . .

"Jean is a member of the Lansing Poetry Society, the Michigan State Poetry Society, Christian Scribes, and Battle Creek Creative Writers club."

**Jesse Tyson** BS '49, is director of the pharmacy at Wytheville Hospital in Virginia. He and his wife, **Gloria**, have two children: **Michelle** and **Hardy**.

**M. D. Lewis** MA '46 MDiv '59, recently retired after more than 36 years of denominational service. Lewis plans to lecture in the United States.

**Lois Z. Doherty** (two-year '48), is a librarian assistant in charge of the S.D.A. room of the McKee Library at Southern Missionary College in Collegedale, Tennessee. She has three children: **Mike**, **Barbara**, and **Clifford**.

**Hugh Love** DDS BA '49, recently spent four months helping in the dental office at Bulawayo, Rhodesia.

**Lewis Carson** BA '50, is a CPA working at Hinsdale Sanitarium and Hospital serving as the hospital controller. In 1977 he successfully passed a comprehensive examination and is recognized as a Fellow of the Hospital Financial Management Association.

Lewis has been active in taking course work from the Dale Carnegie Institute and has done some teaching for them. He is also active in church work.

**Rex G. Pearson** BA '50 MA '64, is secretary of the Zambesi Union.



*The Deryl Hoyt family*

**Ronald Van Arsdell** BA '50, received his medical degree from Howard University in 1956 and is a practicing physician living in Locksport, Illinois. He and his wife, **Jeannette**, have three children. He invites his classmates to visit for he says "you all come".

**Everett E. Cumbo** MA '51, is executive secretary and religious liberty director of the Georgia-Cumberland Conference. He and his wife, **Meryle**, have three children.

**Raymond L. Mayor** BA '51, is an OB-Gyn practicing in Pontiac, Michigan. His wife, **Wilma L. Casano** ('46-49), is trained as a medical technologist, but at the present time is a housewife.

**B. Maurice Siler** MA '51, and his wife, **Doris**, live in Milford, Delaware.

**Paul Reed Yeoman** BA '51, is selling medical-surgical equipment in Chattanooga, Tennessee. He and his wife, **Alberta May** ('41-42), have two children: **Greg** and **Shirley Ann**.

**John** ('53-55), and **Shirley Christian** ('53-54), are living in Downers Grove, Illinois. Christian is serving as a director of education and training. Since attending Andrews he has received his master's degree from Northwestern University and his doctor of philosophy degree from Washington State University. They have two children: **Jeff** and **Jennifer**.

**Robert Knutson** BA '53, is superintendent of education in the Wisconsin Conference. He has served in this position

for 2½ years. Prior to this he taught math and science at Wisconsin Academy for 15 years, and was principal there for eight years.

**Clifford E. Vixie** BA '53, is a dentist and nursing home owner and operator in Nevada City, California. He and his wife, **Patricia**, are active in church work and have traveled in Europe, the Middle East, Canada, and Mexico.

**Lucas M. Diaz** BA '54 MA '55, is serving in the MV and educational department in Caracas, Venezuela. He and his wife have two daughters: **Marlene** and **Yvonne** who are attending Columbia Union College. He writes: "do keep FOCUS coming my way for Mrs. Diaz and I like to keep in touch with the alma mater."

**Gerald R. Abel** BA '55, is a physician living in Centerville, Ohio.

**Roselyn Crowder** ('55-56, 59), is a secretary living in Frankfort, Illinois. She and her husband, **Edward**, have two children: **Vonnie** and **Bryan**.

**Deryl Ronald** BS '56, and **Ann Liles Hoyt** (two-year '56), reside in Battle Creek, Michigan. Hoyt also holds a B.S. in mechanical engineering from the University of Michigan and is a senior design engineer for Clark Equipment Company. For the last five years, Ann has been teaching at Battle Creek Academy.

They have four children: **Carla**, **Cari**, **Cheri**, and **Ronnie**. Cari was recently named the Battle Creek Student

Youth of the month. She was awarded a framed certificate, an engraved plaque and a \$50 savings bond. She is active in her school and church work and looks forward to the time when she will be attending Andrews.

**William F. Justinen** BA '56, is a literature evangelist living in Bolingbrook, Illinois. He and his wife, **Donna** BS '60, have six children: Lars, Bruce, Ginger, Scott, Cherish, and Christine. Lars is a pre-med student at Walla Walla College. Donna, assistant professor of nursing from 1968-77, is presently a homemaker.

**Jack E. Bynum** MA '57, was honored as the "Outstanding Teacher of the College of Arts and Sciences" at a 1978 graduation day banquet on the campus of Oklahoma State University. In making the award, students, faculty, and alumni of the 25,000-student university cited Bynum's major contributions as a researcher, writer, and teacher of sociology. In 1977 he was among thirty American sociologists who received national recognition in a special publication of *Change Magazine*.

After graduating from Andrews, Bynum served for twelve years as a pastor in California before earning a master of science degree from Southern Oregon State College and a doctor of philosophy degree from Washington State University. His academic specialties are urban sociology, demography, and social problems.

**Edith** BA '58, and **Stanley Applegate** BA '61, are living in Spring Valley, Ohio. Since graduation, Edith has received her master's degree from the University of Michigan. They have two sons: David and Douglas.

**Reginald Barnes** BA '58, is superintendent of education in the Lake Region Conference. He has served in Adventist education for 21 years, 10 as a teacher and principal, and the past 11 years in his present position.

**Harold O. Burden** MA '58 MDiv '69, is the health education director at Portland Adventist Medical Center in Oregon. He writes that they

enjoy receiving the FOCUS "and recalling memories of our time at Andrews back a few years." He and his wife, Rosemayne, have four children.

**Dallas Dull** MA '58, is the associate pastor of the Meadow Glade church in Washington.

**Virgil V. O. Earlandson** BA '60, is a dentist at the Hongkong Adventist Hospital. He and his wife, **Cheryl** BS '60, have two children.

**Desmond Ford** MA '60, is professor of religion at Pacific Union College. He was the guest speaker for the spring week of devotion at Loma Linda University. Since graduation, he has received doctoral degrees from Michigan State University and England's Manchester University. He was chairman of the department of theology at Avondale College from 1961 to 1977 when he assumed his present position.

**Duane A. Potter** BA '60, is the assistant personnel director at Washington Adventist Hospital in Takoma Park, Maryland. He and his wife, Leona, have two children: Ronald and Coral.

**Esther J. Sias** BS '60, is a materials development specialist in the Chattanooga public schools. Since graduation she has received an advanced degree from the University of Tennessee. Her husband, **Bill** ('52-54), is employed by the college press at Southern Missionary College. They have four children: Rhonda, Carmen, Rodney, and Kim.

**Harry Bennett** MA '61, is teaching music at our college in Brazil. Dr. Paul Hamel, chairman of Andrews' music department shares this information from a recent letter he received:

"Simply too much to do. Went to summer school at the University of Sao Paulo and studied a little clarinet (first time since 1965!). This week moved into a new music building—simple but nearly adequate for our needs. Choirs, college classes in church music and conducting, responsibility for all church music and song leaders, pian-

ists and organists, 115 private music students to supervise, 10 private lessons to give, plus chairman of social activities and member of administrative council keeps us out of mischief here at Northeast Brazil College."

**David L. Meeker** BA '61, is a cutter operator at University Printers. He is also a graduate student at Andrews and will finish his MA in history in August, 1978.

**Bruce A. Dame** MA '62 MDiv '68, has been promoted to director of pastoral care at Shawnee Mission Medical Center in Kansas. Prior to this he has been the chaplain for the mental health and alcoholism recovery units. He has also worked at Loma Linda University Medical Center where he was a chaplain and the assistant professor of pastoral care. Under his leadership, the chaplains will be exposed to more areas of the hospital instead of specializing in an area or two.

Dame also directs a program for clinical pastoral education. This interdenominational project gives post-graduate students pastoral experience in a hospital. He also hopes to establish a one-year residency program for beginning chaplains.

Dame and his wife, Karen, have two sons: Paul and Eric.

**Federick G. Thomas** MA '62, and his wife, Jean, are living in Beirut, Lebanon where Thomas is secretary of the Afro-Mideast Division.

**Henri E. Marais** MA '63, is president of the Zambia Union. His mission service has included Zaire, Zambia, Zambesi, and the South African Unions.

**Nancy G. Tait** BS '63, is assistant to the chief accountant on the La Sierra Campus of Loma Linda University.

**Don H. Thomas** BA '62 MA '63, is secretary of the Southern Union in Africa. Prior to this he was president of the Rhodesia Conference, now known as the Zambesi Conference.

**Nicolas Emile Araman** MBA '64, received a master of business administration from Western Michigan University in their April graduation.

**John Branson Chrispens** MA '64, and his wife, Martha, a retired secretary are living in Van Nuys, California. Chrispens is serving as the part-time associate pastor of the Glendale City Church. He was lay activities secretary of the Southern California Conference from 1967 until his retirement in 1976.



Harold O. Burden



Reginald Barnes

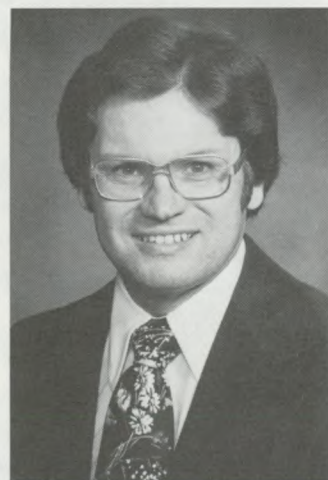


Bruce A. Dame

**Wayne Janzen** BS '64, is a teacher at Southern Missionary College. Since graduation from Andrews, he has received his master of arts and EdD degree. He and his wife, **Elaine** MA '67, have three children: Barry, Warren, and Charlene.

**Lloyd B. Kidder** MA '64, is an education specialist at U.S. Army headquarters in Washington, D.C. Betty, his wife, has been chairman of the business education department at Albert Einstein High School for the past 12 years. They have two children: Marsha and David.

**James McClelland** BA '64, professor of art at Union College in Lincoln, Nebraska, displayed his works at the Battle Creek Civic Art Center from May 10-June 4. His work has been exhibited in shows in the mid-west and Canada, and is represented in many private collections throughout the United States and Canada. He has concentrated most recently in the



James McClelland



Ed Bryan

painting of wildlife, particularly birds, choosing watercolor as his medium.

**John Sharp** MA '64, is the assistant secretary of the Northern California Association. His work involves development and supervision of trusts for the conference. He and his wife, Muriel, have two adult daughters: Janet and Jeanine.

**Henry C. White** MA '64, formerly in the British Columbia Conference, is pastor of the Startup church in Washington. He and his wife, Lenora, have four children: Myrna, Jim, Ronald, and Linda.

**Ed Bryan** MA '65, chaplain of Glendale Adventist Hospital, recently held a one-week seminar at Castle Memorial Hospital. He conducted a series of four lectures on "Effective Communication and Interpersonal Relations." He also held general workshops, conducted an interpersonal relationship workshop for nursing coordinators and supervisors, and an extra session on "death and dying" for coronary care units, emergency room, operating room, and nursing supervisors.

**Donald E. Wright** MA '65, is the associate director of the student development center at Atlantic Union College. His wife, Gloria, is a secretary to the General Conference auditors, receptionist and film librarian at the Atlantic Union Conference. She also assists the editor of the *Atlantic Union Gleaner*. They have three boys: Don, Dan, and David.



B. Russell Holt

**Keith I. Messersmith** BA '66, and his wife, Joyce, are living in Lamar, Colorado. Messersmith is a dentist having graduated from Loma Linda University in 1973. They have three children: Darrell, Kristi, and Jon.

**Ruth E. Radostis** ('66-72), is a communications specialist at IBM in Boulder, Colorado. She writes that she has done extensive traveling behind the iron curtain, especially in Czechoslovakia.

**Ingrid Dias Row** BMu '66 MMus '75, is a teacher at Hinsdale Junior Academy. She has two children: John Milton and Telma Maria.

**Sherry Dunbar Collins** BA '68, received her master of arts degree from Western Michigan University at their April graduation.

**Dewey A. Murdick** BA '68, is a research chemist in Midland, Michigan. He and his wife, **Ruth** ('63-67), have two children: Gloria and Andrew.

**Dale Ziegele** MDiv '68, is the youth director of the Wisconsin Conference.

**B. Russell Holt** MDiv '69, is executive editor of *Ministry* magazine. He has worked as a pastor and evangelist in Indiana and Arizona, and has been an assistant editor of *These Times*. He and his wife, Judy, have two children: Amy and Andrew.

**Tod Whitsett** MDiv '69, has accepted the newly-established position of youth evangelism coordinator for the Denver, Colorado area. Prior to this he was the pastor in Grand Junction, Colorado. He has also worked in the South Dakota and Florida conferences. He and his wife, Angela, have three children.

**George C. Bryant** BA '70, is a minister in Glenwood, Illinois. He and his wife, **Daisy** ('68-70), have two children: George II and Virletta.

**Jack D.** BS '70, and **Nancy McConnell Coberly** BA '70, are instructors at Gem State Academy in Caldwell, Idaho. Coberly teaches physical education and is assistant boys dean. Nancy teaches American and contemporary history. They have one son: Ja-

son. Coberly received his master of arts degree in 1976 from Western Michigan University.

**Doug** ('70-74), and **Sharon Herdman** ('71-74), are living in Dayton, Ohio. Both are employed at Kettering Medical Center. Herdman is in community relations and Sharon is a dietitian.

**Everett L. Schlisner** MA '70, is dean of men at Southern Missionary College. He and his wife, **Sharon** BA '70, have four children: Tamara, Suzanne, Grant, and Bret.

**John M. Stephenson** MA '70, is the general manager of the Sentinel Publishing Association in South Africa. He and his wife were previously in the Southern Union in Africa where Stephenson served as treasurer.

**David W.** BA '70 MDiv '73, and **Marge Hill Schwartz** BS '71, are teaching at the newly located and opened Dakota Adventist Academy. Schwartz is the pastor, Bible teacher and guidance counselor. Marge is a physical education and English teacher. She writes, "Dave pastored several churches in North Dakota before joining Sheyenne River Academy as pastor and Bible teacher. Dave was ordained June 18, 1977 at the final camp meeting held at the SRA site. . . . Having attended both academy and college at Andrews, the FOCUS always seems to me like a 'letter from home'. Keep it coming!"

**Donald G. Weikum** BA '70, is a dentist in Saginaw, Michigan. He received his DDS degree from Indiana University in 1974. He is active in presenting Five-Day Plans and in the St. Charles Adventist church. He serves as a leader to the junior and primary children.

His wife, **Lenore Shultz** BS '70, is a homemaker. Since her graduation she has taken post-graduate work at Indiana University in Indianapolis and in Atlanta, Georgia in epidemiology. She is also active in presenting health programs to the community.

The Weikums have one son: Erik Andrew.

**Robert Barnhurst** BA '71, is a math teacher at Minneapolis Junior Academy. He and his wife, **Darlene** BS '73, have two sons: Loren and Justin. **Calvin R. Hill** BS '72, received his medical degree from Loma Linda University in 1975 and is completing a residency in internal medicine in Dayton, Ohio. He and his wife, Jaimy, have one daughter: Julie.

**Janet Lynne Irwin** ('72-'73), is a student at Hinsdale Sanitarium and Hospital taking the practical nursing course.

**William Liversidge** MA '72, will be the pastor of the Las Vegas church. He is currently finishing his doctor of ministry degree at Andrews University. Prior to this he and his wife served in the Australasian Division for 14 years where he was involved in several areas of the work.

**Colin K. Willmore** BA '72, is the treasurer of the Southern Union in Africa.

**Gideon J. A. Breedt** MA '73, is president of the Oranje-Natal Conference located in Pietermaritzburg, Natal, South Africa. Prior to this he was a departmental director in the South African Union.

**John Gruzensky** MA '73, is teaching in a public school in Calgary, Alberta. He and his wife, Mildred, write "we have appreciated receiving the FOCUS, enabling us to keep up with news, progress and events at Andrews."

**David Neff** MDiv '73, director of family ministries for the Walla Walla College church, was featured speaker for Pacific Union College's spring week of prayer.

**Dann Jerry** BS '73, and **Susan Diane Radostis** BS '71, are living in Boulder, Colorado. Radostis is an industrial manager and Susan is an executive secretary.

**Douglas R. Anthes** MBA '74, has returned to Southeast Asia Union College in Singapore where he is a business teacher. He and his wife, Sherry, have one son.

**Carol S. Baker** BA '74, is a dietitian at the Loma Linda University Medical Center in California. Since graduation she did her dietetic internship at Washington Adventist



Mervyn R. Joseph, right, and the Caribbean Union College band.

Hospital and is now a registered dietitian with the American Dietetic Association.

**H. Douglas Carlson** BS '74, is teaching grades 5-8 in the elementary school in Hampton, Virginia. He is busy giving Bible studies and is lay activities leader in his church. His wife, Sue, is a registered nurse.

**Kimber J. Lantry** BA '72, has been transferred to the Riverside, California branch of the General Conference Insurance Service.

**Kimber Smith** BA '74, is an attorney for Sonheim and Helm in Arvada, Colorado.

**Graham Stachell** MA '74, recently studying at Michigan State University, has become pastor for the East Lansing and Williamston, Michigan churches. This is a temporary position as he will attend dental school in Ann Arbor starting the summer quarter. **Loretta** MA '77, is his wife.

**Carl Waterbrook** MMus '74, is the choral director at Savannah High School in Savannah, Georgia. His choir recently toured in Washington, D.C. He writes: "We had a phenomenal parent response toward raising the \$7,500 for this concert tour. Highlighting the tour was our singing the National Anthem in the White House, a concert in the rotunda of the Old Senate Building, a performance for Paul Hill, and a rehearsal conducted by him."

**Claudette Hines Giscombe** BS '75, is a teacher for the Northeastern Conference of S.D.A. She writes: "We have just been blessed with our first child, she was born Jan-

uary 1, 1978, the first child born in Yonkers, New York on New Years. She is the first granddaughter in our family. Her name is Kamieah Lenore, meaning the perfect one."

Her husband, Hubert, is a CPA for Haskins and Sells in New York.

**Lyell V. Heise** MDiv '75, since graduation has been district pastor in two areas of North New Zealand and has just recently been appointed director of the theological education at Fulton College in Fiji.

He writes: Fulton College is the senior educational unit of the Central Pacific Union Mission. We train students from a wide range of polynesian and melanesian countries and this makes for a colorful and interesting campus life. At the moment we are involved in upgrading our ministerial training program with the ultimate goal of offering an accredited four-year program.

"Fulton is one of the very few places in the Australasian Division where two Andrews alumni are located together—the other being **Alex Currie** EdD '77, the recently appointed principal of our college.

"Finally, friends from A.U. days may be interested in the news of the arrival of Leighton Charles Heise, April 15, 1978 by emergency cesarian in the Suva Hospital, Fiji. The Lord was very gracious to our four-week early son and we are grateful for His protecting care."

**Luiz Melo** MA '75, is president of the North Coast Mission in Brazil. He and his wife, Antonieta, have two children: Annie and Luiz.

**Winsome Thompson Smith** BMu '75 MMus '76, has been selected for inclusion in *The International Who's Who of Intellectuals* published in Cambridge, England. She is a member of the Commonwealth Council for Educational Administration in Australia and Phi Delta Kappa, a professional educator's fraternity.

**Mervyn R. Joseph** BMu '76 MA '77, is the band leader at the Caribbean Union College. He conducts a 30-member band. Joseph plans a 45-day excursion to England and Scandinavia during the summer months.

He writes: "My stint here in Trinidad so far has been very challenging, and one that requires an enormous amount of patience and readjustment to the West Indian lifestyle. But I must honestly tell you that I am very happy to be home, to be making my contribution in the ministry of music, to be among family and friends and to be enjoying the fine weather of the islands. . . ."

**Dwight Nelson** MDiv '76, former associate pastor in the Springfield district of Oregon, is now the pastor of the Coquille district in Oregon.

**Devvie Adrienne Washington** BMu '76, is a student living in Chicago, Illinois.

**Ghislaine Lina Collins** BA '77, is teaching grades one and two at North Shore SDA school in Chicago.

**Louis Davis** MDiv '77, is a pastor in Glendale, California. He and his wife, Danette, have one daughter: Shauna.

**Naxie-Tuffour Israel** BA '77, is a district leader in Mampong-Ashanti, Ghana. He and his wife, Comfort, have one child: Amma.

**Joan Kristensen** ('77), is dean of girls at the junior high school in Denmark. She writes: "It is a wonderful job working with the young people, and God has blessed me so much in this work for Him.

"I have shared with the students a lot of what I learned at Andrews both in the music and the religion area, but I have a burden for the students here to get to know

more about Andrews so that they might consider spending some year there sometime."

**David Lamp** MDiv '77, is employed by the Potomac Conference. He says he enjoys the area and will probably stay there for years. He plans to continue work toward a doctoral degree in the future. His wife is **Karen Ruggles Lamp** BS '76.

**Siegfried Mayr** MDiv '77, is the secretary and department of education director for the South Chile Conference. He and his wife, Ellen, have two children: Siegwart and Hearly.

**David J. Moll** BS '77, is working toward a Ph.D. in chemical physics with an emphasis in laser spectroscopy and photochemistry. He is studying at the California Institute of Technology in Pasadena.

**Pekka Tahti** MDiv '77, is a pastor in Finland. He plans to come back to Andrews for further education in the near future.

**Junius Tirok** MBA '77, is teaching at Mount Klabat College in Manado, Indonesia. He plans to do further study in management science. He and his wife, Lilly, have two children: Rudy and Glenny.

**Gary Wilson** MA '77, is teaching at South Bend Junior Academy. He and his wife have a son and daughter.

**Hilda Thiele Flanigan** (former student), was on the campus for the homecoming weekend. Prior to the weekend she wrote: "My favorite professor was Harry Tippett—as he was to all his students. My late husband, James Flanigan, and I were his special guests when he received his honorary doctorate. I have a copy of his wonderful speech."

**Leslie Bonjour** (former staff), and his wife, Ella, are retired and reside in Collegedale, Tennessee.

**J. Russell Nelson** (former faculty), is the chancellor at the University of Colorado in Boulder.

## A Time to Share

**Gottfred F. Ruf** BA '18, sent a letter to the homecoming alumni and the following are excerpts from it: "Warmest greetings to all homecoming alumni, and especially to those of the class of 1918. While looking for something the other day in one of my files, I ran across the 1918 commencement number of the Student Movement. So many pleasant memories of those days came back. We did have a wonderful school then, and ours was (naturally) an outstanding class. There were 25 senior and 10 junior college graduates. I understand that less than half of this number are still living; and I wonder just how many were able to attend this year's reunion?"

"After leaving E.M.C. I spent eight years in Western Canada, in departmental work. Upon getting married in 1926 to a very fine Canadian girl, Esther Dahl, we answered a call to South America, and spent eight years in Brazil and ten in Peru. From 1944-51 we lived in Wisconsin where our five children were able to attend church school, academy, and college. Three of them graduated from E.M.C. After spending another five years in a foreign country—this time in the Dominican Republic, we settled in Southern California in 1956—and have lived here since then.

"E.M.C. has changed so much during these 60 years. We hope that the rebaptized E.M.C. into Andrews University is still fulfilling its grand purpose—that of preparing men and women to join the ranks of the army of workers in God's cause, and thereby, 'Answering His Call' which which was our 1918 class motto. . . ."

**Rankin H. Wentland, Jr.** BA '48, secretary of the Oregon Conference, sent the following greeting to the members of the class of 1948 at the Alumni Weekend:

"It is a great disappointment that circumstances do not permit me to be present

for this memorable occasion. A message of greetings is no substitute for the joy of being able to fellowship with former classmates of the class of 1948, and to have the privilege of being brought up to date in what has happened in our lives since that occasion.

"The Lord has wonderfully blessed and led in our lives. Shirlee and I have three sons; the two older ones are married, and we have one grandson, Benjamin.

"It is our prayer that the Lord's coming will be hastened, when we will have occasion to visit together without being rushed, and without having to work around appointments.

"The Lord's blessing upon each of you."

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## A Time to Cherish Marriages

**Charlotte Pearl Gagnon** BS '72, was married to Jack Conrad Torkelson March 5, 1978 in Ludington, Michigan. They reside in Madison, Tennessee where Charlotte is taking graduate studies in nursing and Torkelson is an x-ray technician and science teacher.

**Cynthia Blinci** BA '74, and Timothy L. Freeman were married February 12, 1978 in Detroit, Michigan. They are making their home in Farmington Hills, Michigan. Cynthia is an interior decorator for Gorman Galleries in Southfield, Michigan. Freeman is an electrician for Freeman Electric Company.

**Tamara Lynn Symonds** BS '77, and Harold Riess were married May 21, 1978 in Berrien Springs, Michigan. They reside in Berrien Springs. Tamara is employed as a registered nurse at Mercy Hospital, Benton Harbor. Riess is employed by his father, who operates Riess Construction in Berrien Springs.

## Births

Jeffrey Kyle arrived at the home of Tony (former staff member) and Ampara Caloroso on February 18, 1978 at 3:38 p.m.

## A Time to Mourn

**Paul G. Ford** BA '17, died January 13, 1978 at the age of 84. Surviving are his wife Orpha, and six sons: Dr. Wendell, Hermiston, Oregon; Dr. Dwain, Berrien Springs, Michigan; Cleo B. Greenwich, New York; Glee M., Clinton, Massachusetts; Eldon, Aurora, New York; and Gary, Lancaster, Massachusetts; one sister, Mrs. Lucille Halvorsen of Berrien Springs; 26 grandchildren; and six great-grandchildren.

He received his education at Beechwood Academy, Indiana; Andrews University (formerly EMC), and his master's degree from Boston University. He taught at Cedar Lake, Oak Park and Maplewood Academies. In 1945 he went to South Lancaster Academy where he taught until his retirement in 1959.

**Fay Caro Preston** (two year '23), born April 17, 1900, died March 1, 1978 in Oakhurst, California.

**Leo T. Samuels** BA '25, died March 30, 1978.

**Harry Elmo Edwards** (former faculty), born June 15, 1892 in South Lancaster, Massachusetts, died February 20, 1978 in Glendale, California. Dr. Edwards was a prominent Adventist educator for many years.

Surviving are his wife, Winifred, and two sons, Dr. Bernard and Dr. Kent of South Bend, Indiana.

**Alfred Erhard Schone** (former staff), born November 16, 1905 in Saxony, Germany died April 11, 1978 in Morris, Minnesota. He was baptized into the Adventist church in 1927 and was an elder in Germany and Sweden. He served as a deacon at Pioneer Memorial Church and was a member of that church for 28 years. He was a baker at Nyhytlan Sanitarium, Sweden for nine years and at Andrews for 15 years.

He is survived by his wife Susan, two daughters: **Margaret Kearnes** BA '64 MA '67, Morris, Minnesota; **Hildegard Schone**, M.D. BA '66, Portland, Oregon; and one son: **Alfred Schone** BA '71 MA '75, Holland, Michigan and five grandchildren.

"The annual baseball game has been played," EMC president Frederick Griggs would announce each spring at student assembly.

That was in the days when school policy as outlined by denominational blueprints decreed that all the exercise students needed was their work program.

Oh, yes, and some hiking. Hikes were the order of the era, socially. So when my sister and I first arrived on campus in 1920 and were invited on the first hike of the season, we felt as if we'd made the 400 circle. And so be it! For the acquaintances made that day deepened into friendships of the highest order and have endured from then till now.

Professor Griggs was always generous enough to allow the "annual game" to be played before cracking down on enforcing the school's baseball rulings. That annual game, unannounced except by grapevine, was played between EMCites and the villagers at Berrien Springs. And we who watched sat uneasily on the bleachers, wondering how many of us would be summoned on the green carpet at post-game time.

Same way with the tennis court (grass) we marked off on Beaver Point. We kept alert for the dean carrying the binoculars. She was a bird woman; but at that time we were suspicious, student-like, of what kind of birds she was watching.

There was a nod given, however, to drills with dumbbells and/or wands. These drills were conducted on the lawn near the first administration building when the weather was good—there was no gymnasium. (In my opinion, such drills are beautiful and are beneficial in developing grace of movement, not always achieved by playing basketball or football or other such games. The wand drills in a way served the purpose of the dance in promoting grace of movement—meaning the dance before the time of boogie woogie contortions that arrived in society along with ragtime and jazz bands.)

There was no swimming

# The Young View

*Opal Hoover Young*

pool, either. Lake Michigan was too cold during the regular school session (I tried it once in April—but not for long!). It warmed up for the summer session, but there was little transportation; and mixed swimming was definitely taboo! So why bother?

Gradually, the world of sports and physical education crept into the school. First in a mild way. Baseball games, racing, tennis, etc., were part of the entertainment at school picnics where facilities were available. Eventually there was a diamond of sorts on campus—the Soybean Bowl.

But there was no money for frills, and our ice skating rink was water from the St. Joe river that backed up in a pond and froze below the wooded hill east of the interurban tracks. The hill was steep and almost always slippery. I well remember one day while I was negotiating the hill, a young gallant hurried to lend me assistance. Halfway to the top he lost his footing and landed abruptly at the foot of the hill.

On occasional winters Lake Chapin would freeze over and afford long glorious stretches of ice; but the ice was treacherous and there were memorable close brushes with drowning.

But all of these sports were engaged in for the fun of participation—no particular competition was involved, except for the fellow or girl whom one wanted as a skating partner. Competitive sports were frowned on and forbidden in SDA schools because they created an unhealthy climate for the Christian philosophy of concern for others, because they were dominated by the few who excelled in performance, and for the reason that they were often indulged in to excess.

To illustrate excessive participation: Everyone at the high school I attended prior

to enrolling at Andrews (EMC), almost worshiped a young fellow who excelled at almost every sport. He would enter a tournament and almost singlehandedly bring home most of the trophies. And it was no secret that he was the main reason why the school had an undefeated football team season after season. The coach thought it was great—he had it made! Also the students who cheered from the grandstands lauded, envied, and goaded him on. But this young athlete died at a very early age from tuberculosis.

I was at the finish line when the runners in the Homecoming Marathon this spring at Andrews crossed the line. But some of them (not Bill Rodgers) looked as if they had given too much by far of their physical resources at one time. Maybe the thrill of completing the course was worth what it cost. That, I guess, depends.

Today, however, Andrews recognizes the importance of exercise in various forms to meet the needs of all types of students. The tip of the hat to its physical education program which includes not only fine facilities for many kinds of sports, but also comprises a scholastic program that promotes health and good fellowship as well as developing skills.

The department is also taking steps to de-emphasize competition. Personally, I'm not quite certain where competition crosses the line of being valuable to the side of the court where it is harmful. In the business world it provides better products at more reasonable prices. In the classroom it encourages students to better performance who fail to be motivated otherwise. Be that as it may, competition has been a bad word in athletic activity at Seventh-day Adventist schools from their inception, at least until recent times. It's interesting to note, though, that today they are not alone in

their opinions. In the last decade, statements against competition have become almost routine in secular physical education textbooks.

Andrews University now has facilities for a wide variety of physical activities. More are needed, and there is the ever-present puzzle of how to distribute the benefits of the facilities to all students. Also, the plaguing question is always there of how to keep competition from developing undesirable effects in the participants and in the sideline fans.

Then along came Klein. Dan Klein, chairman of physical education department at Andrews, has a conviction which he isn't afraid to bring out in the open and for which he has plans he is confident will work.

His conviction is that the competitive desire to win at any cost is a deadly threat to the Christian ability to love all men and that it can destroy the very core of one's Christian experience.

Klein believes with others of his department, that health, not defeating others, should be the aim in recreation. It should not only produce healthy bodies but also develop strong, healthy minds able to discern and desire spiritual things. Working toward this goal, Klein has changed the approach to sports and even some of the rules of the games. Moreover, he has been able to change minds about what the real purpose of sports is.

This objective comes close to meeting the real goal of SDA physical education. Ideally, the PE faculty believe, emphasis should not be on scoreboards, trophies, cleats, etc., but on small group activities that bring people together for fun and recreation. Courses in competitive games are offered only to majors in physical education, who may have occasion to accept jobs after graduation where these skills are required. It is hoped that these graduates will implant the ideal purpose of sports in the thinking of their own students.

In any case, the PE department is concerned that every-

# Obituaries

one should have opportunity to participate in the sports of his/her choice whether or not in the top echelon of skill. So, with this in mind, the department guarantees anyone signing up for intramurals, for instance, a place on a team.

The Gymnics, organized a number of years ago under Bob Kalua, added another dimension to their gymnastic skills. They began using their team as a group approach to teach other young people the principles of healthful living and to attract them to a personal acquaintance with Jesus Christ.

Yes, physical education has come a long way at Andrews since the time when one EMC professor declared that a sign should be put up at the campus entrance: "All who enter here are doomed to go through life with a poor physique."

But the pendulum swings. Early educators pulled it far to one side by ignoring the physical needs of its students and the possible good to be obtained from sports. Later, others recognized the needs and sought to provide the equipment. Again, the pendulum could swing far to the other side without regulatory purposes to guide. It would now seem that Andrews is developing the program in a most commendable way. Course instruction includes healthful living procedures—from a good diet to developing skills under carefully programmed activities. The new approach helps to keep the scoreboard from wagging the whole physical education department, putting emphasis instead on healthful living and Christian attitudes.

Administrators are realizing that "sports can be as personally and socially constructive as other forms of human competence, provided the satisfaction lies in the perfecting of skill rather than in the defeating of others." (George M. McGlynn in *Issues in Physical Education and Sports*.)

It's good! And I'm proud of this additional achievement of our university whose motto is Excellence.

**Leslie Smith** was born on June 11, 1900 in Holland, Mich., and died in Hendersonville, N.C. at the age of 77 on March 18, 1978 from a massive heart attack.

Smith received his bachelor of arts degree in theology from Washington Missionary College (now Columbia Union College) in Washington, D.C., and his master's degree from the Stout Institute in Wisconsin. After graduating, Smith became an instructor in industrial arts at Andrews University, Berrien Springs, Mich., where he remained thirty years. He later became chairman of the department and held that position until his retirement in 1963. Smith Hall, which houses the industrial education department at Andrews, bears his name.

Survivors include his wife, Helen Juanita (Nita) of Hendersonville, N.C.; his mother, Mrs. Bert Smith of Kalamazoo, Mich.; three sisters, Mrs. Vera Evans of Zephyrhills, Fla., Mrs. Jean Van Buekring, Kalamazoo, Mich., and Mrs. Maude Cooke of Holland, Mich.; and two brothers, Lorane of Boyne City, Mich., and Lee of Ann Arbor, Mich.

**Muriel Elaine Taylor** was born March 13, 1924, in Portland, Ore., and died April 19, 1978, in Benton Harbor, Mich., from injuries received in an automobile accident.

Mrs. Taylor was an assistant professor of music at Andrews University, where she

and her husband, Dr. Morris L. Taylor, taught piano. She received her bachelor of arts degree in music from Walla Walla College, a master of arts degree from Columbia University and was working toward a doctorate in piano performance and literature at Indiana University at the time of her death.

She joined the faculty of Andrews in 1971, having taught previously at Pacific Union College, Southern Missionary College and Walla Walla College.

In addition to teaching, she and her husband performed as a duo-piano team presenting concerts in the United States and Europe.

Commenting on the loss of Mrs. Taylor, Dr. Joseph G. Smoot, Andrews' president, said, "Mrs. Taylor was one of the university's most effective teachers, not only because of her excellent teaching ability, but also for her example as a Christian teacher, mother and wife. She was always helpful and ready to do what she'd been asked to do. It is an incomparable loss to the university."

Funeral services were held April 24 in the Pioneer Memorial Church on the Andrews campus. Burial was in Rose Hill Cemetery in Berrien Springs.

In his tribute at the funeral, Dr. Don Jacobsen said, "She moved with equal grace among the rich and the poor. She was regal and she was modest. Whether she was

hugging Indian children in a village in the mountains of Mexico or chatting with the masters of her art, she was equally at ease. Perhaps it was that trait that led Mme. Rosina Levinne of the Juilliard School to say, 'She was very talented, extremely intelligent, and the kindest person I ever met.'"

According to David Bauer, vice president for development and public relations, an Elaine Taylor endowed memorial scholarship has been established. Those wishing may send contributions to the Development Office in care of Andrews University. Gifts should be clearly designated for this special purpose.

**Thomas Dean Roy, 24**, a senior business administration major at Andrews, was killed on May 1 when the Cessna 182 airplane he was flying crashed and burned shortly after takeoff from Andrews Airport.

Witnesses said the plane's engine failed, and in his attempt to set the plane down, Roy apparently collided with the tops of some trees, losing control of the aircraft.

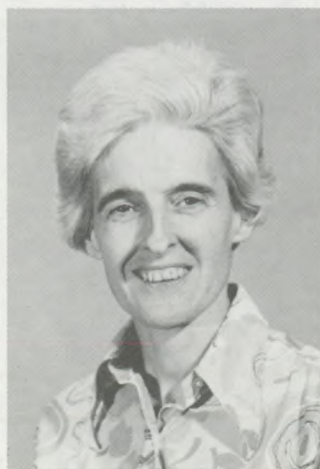
Roy was a student flying instructor at the airport. He was to have graduated from Andrews in June and continue to work for the airport on a full-time basis as an aircraft salesman.

He was born March 25, 1954, in Charleston, Ill., and attended Broadview Academy, graduating in 1972.

Roy's wife is the former Rosina Cardoso.



Leslie Smith



M. Elaine Taylor



Thomas Roy

# Announcements

## To All The '49ers

Are you a '49er? Class of '49er, that is . . .

There is still time to help your classmates establish a scholarship in honor of your class. So far \$2,387 has been received. Another \$2,613 will complete the fund and enable a needy student to benefit from it every year.

The class of '52 and the 7s followed your lead, '49ers. They have already topped the \$5,000 mark. Next school year the yield will be available to award to an Andrews student for the first time.

And look at the way the bi-centennial class of 1976 raised money toward a scholarship. Car washes, benefit films, a booth at the Food Fair, and donations turned into more than \$2,800. This year the class of '53 and the 8s raised almost that much, and \$545 of it came from the class of 1918! Members of these classes can help complete funding of the scholarships and make assistance available to several more students.

Education is a major investment these days. But the dividends are great. Make an investment in Andrews students today by helping your class establish a scholarship fund. They need your help.

Don't forget—your gift is tax-deductible.

Be sure to indicate the year you graduated when you mail a check to: Andrews University, Berrien Springs, Michigan 49104.

## Will Power

The consequences to your family of not having a will are serious. Therefore, why not draw your will now and put your mind at ease. Drawing a will does not hasten death by one second. Conversely, an old lawyer's adage says that dying intestate—without a will—is a fate worse than death.

When you ask your attor-

ney to draw your will, why not make a liberal provision for Andrews University? You may specify that it be used for scholarship funds or for the general needs and purposes of the university. Your lawyer will assist you in the wording appropriate for the nature of the bequest. You will need to inform him that Andrews University is a Michigan non-profit corporation located in Berrien Springs, Michigan.

A trust agreement will also be of real value in certain instances. The university is fortunate to have a legally trained trust officer. Our department of trust services is ready to assist you or your attorney in the preparation of the legal documents necessary for your particular needs and wishes.

Please write to or call Paul T. Jackson, Director of Trust Development, Andrews University, Berrien Springs, Michigan 49104. Phone (616) 471-3123.

## From Studio 91

Studio 91 offers you:

- Workshops, lectures, and sermons to help you reach educational goals.
- Blank tapes for recording lectures, music or anything you choose.
- Professional quality (highest grade) tape.
- Strong five-screw shells on all cassettes.
- Fully-guaranteed cassettes. We replace if you are not satisfied.
- Custom-loaded cassettes if you need a specified length.
- Substantial savings on bulk orders. Prices available on request.

You can keep up with the latest special events and workshops at Andrews University through the use of Studio 91 cassettes. Here is a listing of some recent thought-provoking lectures by experts in a number of fields of special interest. We have also listed some other popular series for your enjoyment.

**Jesus Revealed** is Morris Venden's new series on the earthly activities of Christ. This 12-tape set sells for \$25.00.

**Nutrition Workshop:** This workshop features a variety of speakers on important aspects of nutrition. Fonda Chaffee coordinated this workshop which featured such topics as "weight control," "Child Psychology and Feeding," "The Low-fat No-fat Diets," "Salvation by Diet," and "Drugs and Nutrition." The five cassette series sells for \$11.00.

**Dr. Tim LaHaye**, author, minister, educator, and counselor is featured in a four-tape series recorded at Andrews University. "The Battle for the Mind," "Biblical Techniques for Counseling," and question and answer sessions comprise this set. The price is \$8.25.

**Righteousness by Faith** is the topic of a series by Dr. Desmond Ford. A deep and penetrating examination of this topic points out the importance of the cross of Christ as the key to righteousness by faith. The three-tape set sells for \$6.75.

**Dynamics of Soul Winning:** Carl Coffman of the Religion department teaches this self-contained course. Cassettes, syllabus, and notebook are all included in this series on winning others for Christ and increasing your own faith. The set sells for \$18.00.

Send for your free cassette catalogue listing hundreds of other titles. To order, send the title of the set or sets you want with a check to WAUS. Add 50¢ to cover postage (Michigan residents add 4% sales tax). Write today:

STUDIO 91  
WAUS-FM  
Andrews University  
Berrien Springs, MI 49104

## Special Offer From Studio 91

### Restoration to Total Health

A series of eight presentations on the physical, mental, and spiritual aspects of healthful living in modern society. Speakers include Dan Klein, Carl Coffman, Robert Kalua, John

Berecz, Patricia Mutch, Don Jacobson, and others. The five-tape set is \$11.28.

## Commencement Events

Programs taped during graduation weekend June 2-4 include consecration, baccalaureate, special celebration of the Elena Lucrezia Cornaro Piscopia Tercentenary (first woman to receive a degree from a university), and commencement (including conferring of degrees). The five-tape set is \$11.84.

Please add \$.25 for each tape to cover postage and handling. No postage or handling charge for orders of 10 tapes or more. Send check or money order to: Studio 91, WAUS-FM, Andrews University, Berrien Springs, Michigan 49104.

# Letters

The special issue of FOCUS (Winter 1978) which recently came to my attention is an example of sound professionalism for this type of publication. Obviously there was a clear objective and you and your staff have utilized the best of word and design to achieve that objective. Congratulations!

Cecil Coffey  
President

Doubletree Press, Inc.  
Walla Walla, Washington

After having thoroughly digested the latest FOCUS, I felt I just had to write and congratulate you on the spring edition. As president of the Loma Linda University School of Education Alumni Association, I can really appreciate the work that goes into each issue. While I am an alumnus of Andrews by virtue of my undergraduate work, I took a master's at Loma Linda and became an alumnus of that university as well. . . .

Keep up the good work.  
Jonathan Mills BA '65  
Southeastern California  
Conference of Seventh-day  
Adventists  
Riverside, California



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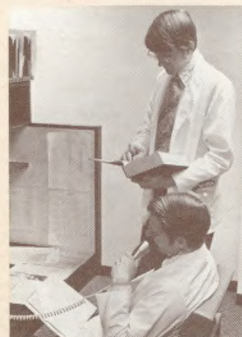
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Andrews University  
Berrien Springs, Mich. 49104  
Address Correction Requested

## A place to prepare for service in the health professions.

### Nursing

Affiliation with Hinsdale Sanitarium and Hospital in addition to several other hospitals and community health agencies lends strength to a broad background of liberal arts and clinical courses in preparing students for a bachelor's degree and their RN. Last year, 91 percent of Andrews graduates passed state boards the first time around.

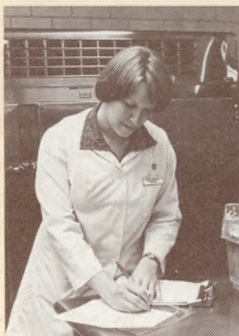


### Pre-Medical

A full range of undergraduate courses is offered, designed to meet requirements for entrance to medical school. Concerned Christian doctors are in demand nearly everywhere, and Andrews offers a high quality, academic, social, and spiritual environment for this avenue of service to mankind.

### Dietetics

Opportunities are plentiful in a wide range of health and educational institutions for qualified dietitians. Training is available in dietetics and related areas such as food systems management and food and nutrition.

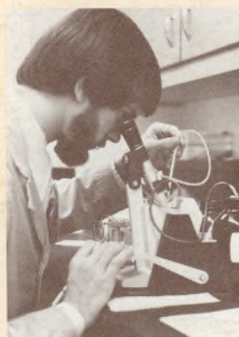


### Health

This degree leads to employment in such fields as health education and administration, epidemiology, nutrition, and preventive care. It also opens the way for further study in medicine and dentistry, or study toward a master's degree in public health.

### Medical Technology

A new program of fully-integrate instruction in broad areas of the arts and sciences and medical technology courses starts this fall. Clinical courses will be conducted on campus for the first time, giving students an early exposure to laboratory procedures as well as electronics, information science, and business administration. Training is also taken at an approved school of medical technology based at a major Adventist medical center.



### Pre-Professional

Through a variety of pre-professional curricula, students may prepare for later work in dentistry, health, occupational therapy, radiologic technology, medical records administration, medicine, and others. An associate degree in radiologic technology is also available.

As employment in the health professions continue to expand, Andrews is the place to get your training.

For further information, call or write Director of Admissions, Andrews University, Berrien Springs, Michigan 49104 (616) 471-3303