Walla Walla Graduates Nearly 350
On Sunday, June 12, Walla Walla University held its 115th commencement ceremony, during which nearly 350 students marched across the Centennial Green to receive their hard-earned degrees. Of those, 55 achieved Cum Laude status, 23 Magna Cum Laude and 15 Summa Cum Laude. More than 60 percent of them have attended WWU since their freshman year. The oldest graduate with a baccalaureate degree was 59 years old; the youngest, 20. The largest number of students (128) came from Washington State, with 63 from Oregon and 51 from California, among other states represented in the graduates. Nearly 50 graduates spent a year as a student missionary or a taskforce worker. Read more from Becky St. Clair, WWU correspondent, HERE.

Rogers Considers Idaho Treasurer Position
The Idaho Conference Executive Committee has officially invited John Rogers, Oregon Conference undertreasurer, to become the new Idaho Conference vice president for finance. The Rogers family is visiting the conference this weekend to consider the call.

Consumer Reports Gives Adventist Medical Center Top Marks
The latest findings from Consumer Reports rate nearly 1,200 hospitals across the country in an effort to reveal the safest facilities. Adventist Medical Center, in Portland, Ore., not only ranks among the eight hospitals with the best rating for infection control, but was singled out due to their high performance for two consecutive releases of the ratings. Read more HERE.

Former Pacific Press Property Sold to Google
When the Pacific Press departed Mountain View, Calif., for Nampa, Idaho, in 1983, it left behind a historic campus of buildings. The Web-based search engine giant, Google, has now acquired the former PPPA property, and intends to maintain some of the original buildings. Shortly after the Press moved to Mountain View in 1904, the 1906 San Francisco (Calif.) earthquake devastated much of
the new construction. Many of the existing buildings on site were constructed in the 1940s. So many Press families lived and worked near the site that locals described the area as "the Adventist side of town." Read more from the Adventist Review HERE.

Boonstra and Gemmell Join NAD Ministerial
Shawn Boonstra, former It Is Written television program speaker/director, and Dave Gemmell, NAD Church Resource Center associate director, are joining the North American Division ministerial department. Boonstra will be associate director with an emphasis in evangelism training and NAD evangelism initiatives. Gemmell will be associate director with an emphasis on pastoral resources.

Big Weekend for Northwest Camp Meetings
Camp meetings around the Northwest are in full swing this weekend. Shawn Boonstra will kick off the first Sabbath program at Washington Camp Meeting, at Auburn Adventist Academy this weekend. He will present the Sabbath sermon and also the Saturday evening message. Mark Finley speaks this Friday evening and also gives the Sabbath morning sermon at the Upper Columbia Conference Camp Meeting at the Upper Columbia Academy in Spangle, Wash. The Idaho Conference Camp Meeting at Gem State Academy in Caldwell, Idaho, features Gerald Klingbeil from the Adventist Review for the Sabbath sermon and music from The King's Heralds Saturday evening.

A Healthy Life is No Accident
The most recent health study of nearly 100,000 subjects begun in 2002 by Adventist Health Studies, at Loma Linda University, will soon be ready for analysis. The previous study completed in 1988 examined 34,000 Adventists in California and established firm connections between lifestyle, disease and longevity. It confirmed that five simple behaviors can increase lifespan by about two years each, for a total of 10 years. These were: eating a plant-based diet; never smoking; consuming nuts several times per week; exercising regularly; and maintaining a normal weight. The more current study will further investigate the connection of certain health practices with cancer and its prevention. Read more from Gary Fraser, Adventist Health Study director HERE.

Cindy's Garden Blog
"Long before they call I will answer," — How did God do that? Read a miracle story from the mission field; see this week’s faith story on Cindy’s Garden Blog.
Spam
Not spam
Forget previous vote
WWU Class of 2011

Newest alumni have a lot to be proud of

By: Becky St. Clair

On Sunday, June 12, Walla Walla University held its 115th commencement ceremony, during which nearly 350 students marched across Centennial Green to receive their hard-earned degrees.

“Quality is an appropriate descriptor of this class,” said Ginger Ketting-Weller, vice president for academic administration from the podium Sunday morning. “A number of the Class of 2011 qualify for academic honors, eight seniors have completed multiple majors, and two have earned a second degree.”

Here are some additional facts about Walla Walla University's Class of 2011:

Undergraduates: 302
Graduate Students: 145
Cum Laude: 55
Magna Cum Laude: 23
Summa Cum Laude: 15
General Studies Honors Recognition: 7
Secondary Teaching Certification: 6
Began as Freshmen at WWU: 65%
Oldest Graduate at Baccalaureate Level: 59 years
Youngest Graduate: 20 years

Major with Largest Number of Graduates: Nursing (64), Business (40), Education & Psychology (29), Health & Physical Education (29), Engineering (27)

Locations the Largest Number of Graduates Call Home: Washington State (128), Oregon (63), California (51), Idaho (13)

Student Missionaries or Taskforce Workers: 49

“We are confident that wherever these graduates are found next year, whether in graduate school or in a new job, they will be known as alumni who embody the mission of WWU,” said Ketting-Weller in her presentation of the class. “They will be participating in their communities as people committed to excellence in thought, generosity in service, beauty in expression, and faith in God.”

For photos from WWU's Graduation Weekend, click the links below.

Links:

Graduation Gallery on Flickr
WWU on Facebook

<- Back to: News
Where to find a safe hospital

Jun 8, 2011 5:50 AM

In which hospitals are you least likely to pick up an infection? Our updated hospital Ratings include eight elite ones that reported zero surgical-site infections and zero bloodstream infections. We also identified 36 hospitals with the enviable record of having no bloodstream infections in both our 2010 and 2011 Ratings.

This year we were able to include Ratings on central-line bloodstream infections for 1,119 hospitals in the District of Columbia and every state except Arkansas, Hawaii, Montana, North Dakota, South Dakota, and West Virginia. Of those hospitals, 142 (almost 13 percent) reported zero infections, compared with 11 percent last year. Particularly impressive are the 36 hospitals that had zero bloodstream infections in two consecutive reports.

For surgical-site infections, 11 percent of the 466 hospitals that we Rated earned our highest score. That means that they had no reported infections in a minimum of 100 surgical procedures. Only 10 states currently require hospitals to report on surgical-site infections: Colorado, Massachusetts, Minnesota, Missouri, New York, New Hampshire, Ohio, Oregon, South Carolina, and Vermont.

The best of the bunch are the hospitals that reported zero bloodstream infections and zero surgical-site infections. Of the 268 hospitals that we rated on both measures, only eight received our highest score in each:

- Adventist Medical Center, Portland, Ore.
- Benedictine Hospital, Kingston, N.Y.
- Cape Cod Hospital, Brockton, Mass.
- Faulkner Hospital, Boston, Mass.
- Hallmark Health System, Melrose, Mass.
- Mercy Medical Center, Springfield, Mass.
- Skaggs Regional Medical Center, Branson, Mo.
- Springs Memorial Hospital, Lancaster, S.C.

Two of those—Adventist Medical Center and Faulkner Hospital—are particularly worth noting. They not only reported no surgical-site infections, but also no bloodstream infections for two consecutive releases.

While some other hospitals might do just as well, there’s no easy way for you to know for certain, since if we don’t have the data it means they don’t report them in a way that’s easily accessible to the public. And bear in mind that these findings don’t mean the hospitals had no infections at all—just not in the intensive-care units or for the surgical procedures that their states publicly report.

You need to take steps to protect yourself, no matter which hospital you go to. See our tips on how to stay safe in the hospital. And for detailed information about specific hospitals, see our hospital Ratings.

—John Santa M.D.
Former Pacific Press Campus
Is Google’s Latest Buy

79-year Adventist publishing campus soon to house online search titan

BY DANIEL DEBOLT, Mountain View Voice

Google’s newest real estate purchase in Mountain View is not only home to a division of rival Microsoft—it is also one of the most historic sites in the city.

In April 2011 Google purchased a 100-year-old campus along the railroad tracks at Shoreline Boulevard and Villa Street. From 1904 to 1983 the campus was home to the Pacific Press, a publishing arm of the Seventh-day Adventist Church. The purchase of the 171,000-square-foot campus is perhaps fitting because the Pacific Press was once a major employer in the city, just as Google is now. The Pacific Press was Mountain View’s answer to Palo Alto’s new Stanford University, an effort to bring “an institution of fine qualities” to settle in what was then a town of 800 people.

With this purchase, valued at more than $63 million, Google now owns or leases 59 properties in Mountain View, according to recent news and 2010 records from the county tax assessor’s office. The space is necessary because “2011 will be our biggest hiring year in company history,” said Dan Hoffman, real estate director for Google, in a statement. “We’re excited to continue growing in Mountain View and strengthening our relationship with the community.”

Much of the campus, now called the Courtyard, continues to house a division of Microsoft, which shocked some city officials. Google has already cornered Microsoft in Mountain View’s office park north of Highway 101, purchasing even small properties near Microsoft’s North Bayshore campus, including the home of the Pear Theater. Meanwhile Microsoft has considered leaving Mountain View several times, said one city official.

In 2009 previous owner Metzler North America had proposed adding a 90,000-square-foot building and a four-story parking garage to allow Microsoft expansion on the site. City council members had allowed city staff to begin studying that proposal as part of the city’s general plan update.

A Google spokesperson said he could not announce whether Google would pursue such plans
for expanding the campus. But he could say that Google would use the historic buildings “in a way that doesn’t harm the building or alter the building in a way that would take away the historic significance of it.” But some changes may be made to enhance the “campus feel” there.

“I love the buildings, and wholeheartedly support their preservation for their unique historical value and beauty,” said Mountain View council member Laura Macias in an e-mail. Metzler’s proposal “seemed like a good way to keep the old buildings but add to overall density if really needed.”

The current buildings were built in 1907, the 1940s, and in 1985, when the property was turned into an office campus.

The Pacific Press first built on the site in 1904. Mountain View successfully lured the Pacific Press away from Oakland by donating five acres of land. A local bank offered a $50,000 loan with “no strings attached.”

The Pacific Press is a publishing arm of the Seventh-day Adventist Church, and with as many as 275 employees in the 1970s, the neighborhood west of Shoreline Boulevard became known as “the Adventist side of town.”

It wasn’t just the free land that was attractive, but to get “back to the land” and “away from the demoralizing influences of these large cities,” according to one account.

The operation got off to a rough start. Shortly after opening, the 1906 earthquake reduced much of the new construction to rubble. And while the press was heroically put back into service a few days later to print the church’s Signs of the Times, in three months the place would burn down completely in a mysterious fire. The events were seen as a sign from God that the press should focus solely on religious publications.

The Pacific Press’s output was astonishing for a nonprofit operation, publishing 640,000 pages every hour and turning out 10,000 books a day in 1974, including 11 freight car loads of The Desire of Ages, a biography of Christ.

The Pacific Press left Mountain View in 1983 for Nampa, Idaho, where the cost of living would be more affordable for new employees.

“We can foresee quite a few people retiring in the years to come,” said Warren Gough, at the time associate manager of the book department, to a newspaper reporter in 1978. “A lot of the staff is getting older. We’re going to have to attract younger people, and the way the housing market’s going, it’s going to be difficult.”


—reprinted with permission from the Mountain View Voice
Commentary: Adventist health studies indicate a long, healthy life is no accident

Adventists die later and enjoy greater quality of life

18 May 2011, Loma Linda, California, United States
Gary Fraser

People continuously seek the secrets to a long, fulfilling life. As members of a church that has historically emphasized physical health as an important component of spiritual health, we are in a unique position to find answers.

This is the whole purpose of the Adventist Health Studies at Loma Linda University. The first study, conducted from 1976 to 1988, examined 34,000 Adventists in California, establishing firm connections between lifestyle, disease and longevity.

We learned that California Adventists live years longer than non-Adventist Californians: 7.3 years longer for men, 4.4 years for women. We also discovered that five simple behaviors can increase lifespan by about two years each, for a total of 10 years: eating a plant-based diet, never smoking, consuming nuts several times per week, exercising regularly and maintaining a normal weight.

Our second and much larger study, which focuses on cancer, began in 2002 with almost 100,000 subjects in North America. We have not yet received enough data to begin analysis, but we’re following up on the clues we learned from past research.

Adventist males in California appear to have a 40 percent reduction in cancer risk; for women the reduction is about 25 percent. While few Adventists smoke, much of this risk reduction appears to be related to factors other than tobacco.

Here are some of the things that we know. Consuming meat appears in many cases to increase the risk of commonly occurring cancers. On the other hand, eating fruits, tomatoes, and legumes (including soy) appears to be protective. Even in less common cancers that are better known for being related to smoking and alcohol, diet may play a significant role in reducing risk.

It can be difficult to prove a link between particular foods and some cancers. But one case where the connection appears to be very real is meat and colon cancer. We’ve seen that non-vegetarian Adventists have about an 85 percent higher risk of developing this disease than their vegetarian counterparts.

Our past research suggests that eating legumes may protect against colon cancer, but further study is needed. It’s also possible that consuming legumes may somewhat counteract the negative effects of eating meat when it comes to colon cancer, but this too needs further exploration.

Another possible connection we’ve seen is between soymilk consumption and prostate cancer. Our study showed that men who drank soymilk daily had about a 30 percent lower risk than men who never drank it. Additionally, other studies have suggested that eating tomatoes, legumes and dried fruit may be protective.

We discovered a strong connection between bladder cancer and certain behaviors. Being a current smoker increases the risk almost six-fold over people who have never smoked. Even past smokers are more than twice as likely to develop the condition. We also ascertained that meat-eating Adventists had more than double the bladder cancer risk of vegetarians.

Pancreatic cancer, known for being especially devastating, does not appear to be affected by whether a person is vegetarian or not. However, eating legumes, dried fruit and possibly even vegetarian meat substitutes may offer some protection. This is another question we need to explore further.

In the case of breast cancer, there is pretty clear evidence that physical activity relates to lower risk. Among study participants with breast cancer, those who exercised the least frequently were more likely to be diagnosed at an earlier age.

Beyond cancer, we have discovered interesting connections in the realm of cardiovascular conditions and...
diabetes. When it comes to heart attacks, blood lipids, diabetes and high blood pressure, vegetarians have the clear advantage and vegans fare even better.

A big reason is that vegetarian Adventists are thinner. The average Adventist woman eating a lacto-ovo vegetarian diet weighs 19 pounds less than a non-vegetarian. A vegan woman weighs 34 pounds less than a meat eater. Vegetarian men weigh 16 pounds less than meat-eaters, and vegan men weigh 32 fewer pounds.

This can make the difference between being healthy or being overweight. In a nation with an obesity epidemic, this difference is striking and should perhaps influence doctors to advocate for plant-based diets.

It isn’t exactly news to say that diet can contribute to or prevent heart-related conditions. But it might be surprising just how much of a difference it makes.

Adventist men who eat meat are about twice as likely to die of a heart attack than their vegetarian peers. The difference is even more pronounced in women, but in their case, it tapers off considerably during their elderly years.

Which plant foods are consumed also makes a big difference. We were the first researchers to notice that eating small quantities of nuts at least five times per week cuts heart attack risk in half. We, along with other researchers, have also noted that eating whole grains is protective against heart disease, too. People who eat whole-grain bread are roughly 50 percent less likely to have a heart attack than those who choose white bread.

In the end, death is inevitable. And Seventh-day Adventists die of the same causes as everyone else. But they die later. Some might think the extra years are feeble ones. They ask, “Why would you want to live longer?” But we have also measured quality of life related to physical and mental health. At virtually every age, the bottom line is that Adventists score better.

Adventist Health Studies would never receive grant funding from the United States’ National Institutes of Health just to benefit Adventists -- we believe the Adventist experience will benefit all Americans and hopefully the global community. But as our understanding of health continues to grow, we should be the first to take full advantage of the knowledge we gain and live as examples to others.

---Dr. Gary Fraser is director of the Adventist Health Study, professor of medicine, and professor of epidemiology at Loma Linda University

6 Comments

This morning National Public Radio (NPR) reported that studies link coffee consumption with reduced risks for cancer. Adventists have long held that coffee is harmful, and have advocated abstaining from tea and coffee.

Two interesting facts stood out in NPR’s story: First, the more coffee consumed, the lower the likelihood of cancer. Researchers opined that it might have to do with the antioxidants in coffee. Second, both decaf and regular coffee seemed to have the same cancer-fighting effects.

I make note of this report not to challenge, debunk or discredit, but to call to light the fact that there is more to seemingly good health than what Adventist health studies have discovered. That, and there are other health-related studies being conducted all the time outside of Adventism that yield interesting and potentially beneficial insights into health and longevity that Adventists have not discovered.

The concluding paragraph of this article is particularly pertinent:

“But as our understanding of health continues to grow, we should be the first to take full advantage of the knowledge we gain and live as examples to others.”

Jared Wright | May 19, 2011 12:44 AM | Reply

In my research, it’s usually the coffee industry that make such claims as posted by the reader above. Just like the report on French drinking a glass of red wine a day to benefit the heart. Not everything you read on newspapers and see on TV is true. We should make a point to do our own research.

Willy Quiambao | May 20, 2011 4:50 AM | Reply

This article is very helpful. One of my greatest challenges as a lifestyle consultant is dealing with fellow SDA’s who challenge the spirit of prophecy stand point on lifestyle reform. Now, your above cited article on ‘coffee’ could lend fuel to their arguments. I personally have no
reservations concerning the harmful/addictive effects of coffee consumption. I urge that more studies be done in this direction. A model needs to be developed on how every church can establish a vegan/vegetarian resturant, healthfood store or bakery in their immediate community as part of the corporate Social responsibility to the community in which the church resides. When such a church conducts health seminars people could then easily access the foods in reference. Members will be encouraged to walk the talk. This will also be a source of employment/evangelism for a few in or outside of the church membership.

Ekele Nwankwo  |  May 20, 2011 2:49 PM  |  Reply

As a practising scientist I have seen several studies which I suppose are simply meant to mislead the public and market a certain product. Scientists are often hired by industries to conduct research, and in most cases the results are supposed to further the interests of the funding company. Because scientists/researchers depend on industry for funding, they deliberately publish misleading studies in order to simply keep their jobs. They do not have to ‘cook’ the results everytime, they often employ faulty study designs which they know will give the desired results. You will be surprised to find that there is study which suggests that eating fatty pork is good for your health as it reduces the levels of cholesterol in the blood...

Meluleki Nkomazana  |  May 27, 2011 9:22 AM  |  Reply

To the person posting the coffee study I would encourage him to read the post by Meluleki Nkomazana for some guidance in this area. He needs to know the source of the study, the parameters the study was conducted under, and frankly, understand how scientific research is conducted properly in general. He may know this, but, I'm assuming that by referring to a study quoted on NPR as the final source of authority that he may not understand this.

As a medical practitioner I agree that there are a great many studies that are questionable. And even if you find that a certain product provides benefits in one area, it still may be harmful in another. For example, the red wine studies (which I greatly question) are often referred to and frankly, prove nothing. Let's say that red wine or alcohol gives some sort of cardioprotective effect. Does it make sense to adopt this as a practice? Absolutely not, due to the fact that what research has also shown is the tremendously harmful effects of alcohol in many other areas. It is a carcinogen for increasing the risks of various types of cancer, including breast cancer in women when used even in moderation. The socioeconomic, addictive, and mental health costs are astronomical. Even if the Bible itself didn't speak against alcoholic use, the facts surrounding it's use should be enough to enlighten any Christians mind to the common sense that this is a product not blessed or approved by God and should be spoken against.

In the area of coffee it is well known in the area of cardiology, especially the aspects of the electrical system of the heart, health that it's effects can be harmful. I believe anyone who has a heart arrhythmia is advised to avoid it's use (but I'd need to research that again to know for sure at this point). It's also a bad idea for mental health issues such as anxiety disorders.

The reality is that many do not know how to assess medical information. The SOP stands firm when it comes to health guidance and I believe that even in areas where her advice is not studied out that time will prove her counsel golden.

Heath  |  May 28, 2011 10:19 AM  |  Reply

It may very well be true that coffee reduces heart disease. It is also true that pork is rich in protein that we need; however, we do not consume it because the harm it causes far outweighs any benefits. The Holy Spirit has instructed us through His servant that the use of coffee and tea is harmful to our health. He is the ultimate Scientist - let's follow His teaching.

Mel Palmer  |  June 4, 2011 7:28 AM  |  Reply

Leave a comment

Please restrict your comments to 500 words or less. For more information, please see the ANN Comments Policy.

Name

Email  (will not be published)

URL
Commentary: Adventist health studies indicate a long, healthy life is no a...
Long Before They Call

Unknown

"Before they call, I will answer" Isaiah 65:24

One night I had worked hard to help a mother in the labor ward; but in spite of all we could do she died leaving us with a tiny premature baby and a crying two-year-old daughter. We would have difficulty keeping the baby alive, as we had no incubator (we had no electricity to run an incubator) and no special feeding facilities. Although we lived on the equator, nights were often chilly with treacherous drafts.

One student midwife went for the box we had for such babies and the cotton wool the baby would be wrapped in. Another went to stoke up the fire and fill a hot water bottle. She came back shortly in distress to tell me that in filling the bottle, it had burst. Rubber perishes easily in tropical climates. "And it is our last hot water bottle!" she exclaimed. As in the West it is no good crying over spilled milk, so in Central Africa it might be considered no good crying over burst water bottles. They do not grow on trees, and there are no drugstores down forest pathways. "All right," I said. "Put the baby as near the fire as you safely can; sleep between the baby and the door to keep it free from drafts. Your job is to keep the baby warm."

Her Mother had Died

The following noon, as I did most days, I went to have prayers with any of the orphanage children who chose to gather with me. I gave the youngsters various suggestions of things to pray about and told them about the tiny baby. I explained our problem about keeping the baby warm enough, mentioning the hot water bottle. The baby could so easily die if it got chills. I also told them of the two-year-old sister, crying because her mother had died. During the prayer time, one ten-year-old girl, Ruth, prayed with the usual blunt conciseness of our African children. "Please, God," she prayed, "send us a water bottle. It'll be no good tomorrow, God, as the baby will be dead, so please send it this afternoon." While I gasped inwardly at the audacity of the prayer, she added by way of corollary, "And while you are about it, would you please send a dolly for the little girl so she'll know you really love her?" As often with children's prayers, I was put on the spot. Could I honestly say, "Amen"? I just did not believe that God could do this. Oh, yes, I know that He can do everything. The Bible says so. But there are limits -- aren't there?

A Parcel from Home

The only way God could answer this particular prayer would be by sending me a parcel from the homeland. I had been in Africa for almost four years at that time, and I had never, ever received a parcel from home. Anyway, if anyone did send me a parcel, who would put in a hot water bottle? I lived on the equator! Halfway through the afternoon, while I was teaching in the nurses' training school, a message was sent that there was a car at my front door. By the time I reached home, the car had gone, but there, on the verandah, was a large twenty-two pound parcel. I felt tears pricking my eyes.

I could not open the parcel alone, so I sent for the orphanage children. Together we pulled off the string, carefully undoing each knot. We folded the paper, taking care not to tear it unduly. Excitement was mounting. Some thirty or forty pairs of eyes were focused on the large cardboard
box. From the top, I lifted out brightly colored, knitted jerseys. Eyes sparkled as I gave them out. Then there were the knitted bandages for the leprosy patients, and the

God’s Promptings

children looked a little bored. Then came a box of mixed raisins and sultanas – that would make a nice batch of buns for the weekend. Then, as I put my hand in again, I felt the, could it really be? I grasped it and pulled it out – yes, a brand-new, rubber hot water bottle! I cried. I had not asked God to send it; I had not truly believed that He could. Ruth was in the front row of the children. She rushed forward, crying out, “If God has sent the bottle, He must have sent the dolly, too!” Rummaging down to the bottom of the box, she pulled out the small, beautifully dressed dolly. Her eyes shone! She had never doubted. Looking up at me, she asked: “Can I go over with you, Mummy, and give this dolly to that little girl, so she’ll know that Jesus really loves her?”

That parcel had been on the way for five whole months. Packed up by my former Sunday school class, whose leader had heard and obeyed God’s prompting to send a hot water bottle, even to the equator. And one of the girls had put in a dolly for an African child, five months before, in answer to the believing prayer of a ten-year-old to bring it “that afternoon.”

This entry was posted on Thursday, June 16th, 2011 at 12:15 pm and is filed under Cindy’s Garden Blog. You can follow any responses to this entry through the RSS 2.0 feed. You can skip to the end and leave a response. Pinging is currently not allowed.

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