Silent No More, Part 2
by *Mable C. Dunbar, PhD, LPC

“To him that knoweth to do good and doeth it not, to him it is sin.” (James 4:17)

The Question: If allowing domestic violence or sexual violence to continue in our homes, churches, schools or business is a sinful act or crime, who should take the lead in establishing and implementing Christ-centered programs and services that provide recovery, healing and support for a population of hurting members who have little or no voice and/or resources to get help?

The Answer: Anyone who identifies himself or herself as a Christian needs to speak against any form of domestic or sexual violence that has been or is being perpetuated, condoned, ignored or justified. With passion, power and conviction, we must seek every opportunity to let our voices against this evil be heard! When we do so, we fulfill the mission of Christ: “to heal the broken-hearted, bring recovery of sight to the blind, set at liberty those who are bruised, and set the captives free.” (Luke 4:18)

To fulfill this mission, we must conduct effective educational programs and create affordable resources in various languages that can help prevent domestic and sexual violence from ever occurring. We need to mandate education and training for church leaders, administrators and seminarians on the dynamics of abuse. We need to provide treatment, support and advocacy for victims as well as perpetrators. We need to establish and replicate healing centers. We need to locate individuals with the financial means to support and invest their resources in these initiatives.

When you choose to be “silent no more,” when you determine to do what you can to ENDITNOW, you may actually face opposition, misunderstanding, condemnation, and criticism. Even church politics and politicians can discourage you from trying. “There is in true Christian character an indomitable that cannot be molded or subdued by...
adverse circumstances. We must have moral backbone, an integrity that cannot be flattered, bribed, or terrorized.” (Gospel Workers, p. 290)

Your keys to success: Trust in God and in prayer. You may feel that the little you do is not good enough or appreciated. Still, “Cry aloud and spare not, lift up your voice…” (Isa. 58:1) because you are endowed with power: “Every human being created in the image of God is endowed with a power akin to that of the Creator-individuality, power to think and to do.” (Education, p. 17) Determine to be that voice, crying in the wilderness of abuse who gives “light to them that sit in darkness and in the shadow of death, to guide our feet into the way of peace.” (Luke 1:79) When something is causing you anxiety, stop rehearsing the difficulty and trust God for healing, love and power!

For Part 1 of this article, see the August 3 NewsPoints. (For suggested reading, see “Resources” below)

“Mable Dunbar is one of the foremost authorities on domestic abuse and healing in the North American Division and operates three abuse healing centers, email: info@whenetwork.com. She has served as Women's Ministries director and Family Life educator for the Upper Columbia Conference and as Children's Ministries director for the Bermuda Conference.

La Voz de la Esperanza Effort in New York City

La Voz de la Esperanza (The Voice of Hope) radio program, is NAD’s Hispanic media ministry and producer of radio and television programs. As part of NAD’s emphasis on large-city-evangelism and their own overall evangelistic efforts, La Voz began a major evangelism initiative along with both the Greater New York and the Northeastern Conferences, in New York City in October, 2010, forming literally hundreds of small Bible study groups. Their goal was “1100 baptisms in 2011.” They believe they are currently on target, with more than 450 baptisms as of early June. A four-day reaping event led by La Voz Speaker/Director Frank González, will be held at the world-famous Avery Fisher Hall of Lincoln Center for the Performing Arts, August 31 to September 3. It will mark the beginning of La Voz de la Esperanza's 70th anniversary. The resulting programs will be recorded for later telecast throughout the Spanish-speaking world.

La Voz de la Esperanza will celebrate their 70th anniversary next year. Begun in 1942, it’s America's longest-running Spanish-language radio program, broadcast on more than 1,300 radio stations worldwide.

In 2004, they recorded their first television series, Descubra (Discover). Descubra is broadcast via Galavision into 216 U.S. markets (52 million available homes), on Esperanza TV throughout North/Inter-America, on Nuevo Tiempo to Inter/South America, on 3ABN Latino throughout all Spanish-speaking countries in the Western Hemisphere, on several satellite systems worldwide, as well as being broadcast independently into select countries.
Adventist Health Study-2 Awarded $5.5 Million Grant

The National Institutes of Health has awarded Loma Linda University's Adventist Health Study-2 a $5.5 million grant over the next five years, which will allow the study to continue its analysis on cancer and other lifestyle diseases. MORE

ASI Convention Donates More than $2 Million for Mission Projects

The annual Adventist-laymen's Services and Industries (ASI) drew a record attendance last week of more than 3,100 people. They surpassed the fundraising goal of $1.5 million, and collected more than $2 million to support the 47 selected mission projects... MORE. Learn about ASI's 2011 Mission Projects.

Surprising the President

Happy 43rd Anniversary to the Jacksons! The Shepherdess group surprised Dan during the NAD Union Officers and Presidents (NADOUP) meeting in Sacramento, Calif. last Thursday.

Adventists in the News

The following are positive stories that appeared this week in the news about Seventh-day Adventists in the North American Division territory.

Summit encourages teens to make positive choices in their lives
Royal Gazette
August 6

Business: Mathew Tully’s Ask the Lawyer column: The workplace, religious ...
The Saratogian
August 6

Local garden offers learning opportunity, feeds those in need
Lodi News-Sentinel
August 6

Florida Hospital Flagler’s David Ottati Is Among Northeast’s Ultimate CEO ...

August Offerings and Special Days

Focus: Spiritual Gifts:
Related Resources Quick Links:
Festival of the Laity (Ministry
**Announcements**

**Men’s Ministries Day of Prayer**

Men’s Ministries Day of Prayer will be September 3. Sermon and program ideas (in English and Spanish) are available at [http://www.emale.org/](http://www.emale.org/).

**Society of Adventist Communicators Convention**

The Society of Adventist Communicators (SAC) 2011 Convention, themed “Integrated Communication: The Hub of Excellence” will be held October 20-22 in Lombard, Ill., just 12 miles southwest of O’Hare International Airport. Students, beginning communicators and seasoned professionals will have the opportunity to share ideas as well as participate in fields trips, workshops, networking and inspirational worships. Spread the word. Learn more in the latest SAC newsletter, Practicing Communicating. Go to the SAC website for information and to register.

Helpful websites:
- www.nadwm.org
- www.enditnow.org

Related Resources and QuickLinks:
- Abuse, Domestic Violence Prevention
- EndItNow
- Pacific Press Resources on Abuse
- Additional resources

Offerings:
- August 13, Oakwood College/Andrews University/Loma Linda University
- August 20, Local Church Budget
- August 27, Local Conference Advance

Union Magazines and Websites
- Atlantic Union GLEANER
- Canadian Adventist MESSENGER
- Columbia Union VISITOR
- Lake Union HERALD
- Mid-America OUTLOOK
- North Pacific Union GLEANER
- Pacific Union RECORDER
- Southern Union TIDINGS
- Southwestern Union RECORD
"Hymns and Favorites"
Available Online
Transmitted exclusively through the Internet, "Hymns and Favorites" is a commercial-free ministry of Positive Life Radio based at Walla Walla University. The all-music format offers traditional hymns and inspirational favorites from the 1950s, 60s and 70s. Listen HERE. - North Pacific Union Gleaner Now, July 28, 2011.

Astonishing Discoveries in the Land of the Bible - September 14-18

Hope Church Channel: 7:30-9:00 pm ET, PT; 6:30-9:00 pm CT. Record and use as needed MTZ
Ron E. M. Clouzet, DMin, and Michael G. Hasel, PhD, curator of the Lynn Wood Museum of Archaeology at Southern Adventist University, will take you through Egypt’s Valley of the Kings, the pyramids, and the mysteries of the mummies, including the thrilling discovery of the tomb of Tutankhamun. Discover how archaeological data brings Bible stories to life.

Plan to host the pre-NET Archaeology seminar. It’s a great introduction to the full message series, Prophecies Decoded, September 30. Invite the community.

Abuse Prevention and Healing Resources

NAD Summit on Abuse, October 15-17
“No More Excuses, Domestic Violence: How Will Your Church Respond to the Crisis?” by Colin and Mable Dunbar: AdventSource

Many other abuse-related resources

New Adventist Directory App

Upper Columbia Conference (UCC) has just released
a new mobile Adventist directory app for Android and Apple devices to help people quickly locate Adventist churches, schools and institutions. The app provides basic phone, Web contact information and directions to specific sites in UCC. However, other conferences in North America can be added upon request. Conferences interested in adding information for their organizations should contact Jay Wintermeyer at UCC. - North Pacific Union Gleaner Now, July 28, 2011

Youth Ministry Resources

The Center for Youth Evangelism provides several resources online for those interested in learning more about reaching youth and young adults for Christ. Visit the CYE Resources page.

"God is Our Refuge"

G. Alexander Bryant, Executive Secretary, North American Division

Stay Socially Connected with NAD
8-9-11 Adventist Health Study-2 awarded $5.5 million from National Institutes of Health

Grant will fund ongoing cancer research in landmark study

5 Aug 2011, Loma Linda, California, United States
Jennifer Frehn

The United States' National Institutes of Health (NIH) has awarded Loma Linda University's Adventist Health Study-2 a $5.5 million grant over the next five years, which will allow the study to continue its analysis on cancer and other lifestyle diseases. The award was announced July 27.

"This will not only allow us to conduct our ongoing functions, but to conduct them more efficiently, and to begin analysis on projects we have had to shelf," said Dr. Gary Fraser, principal investigator of the study.

Adventist Health Study-2 is a long-term health study of more than 96,000 Seventh-day Adventists from the United States and Canada. The study began in 2002 with the purpose of examining the links between lifestyle, diet, and disease.

The study has operated without NIH funds for the past three years, but it has received other funds and grants, as well as significant support from Loma Linda University. The new funds come from the National Cancer Institute, a division within NIH, and will be used for analysis of cancer. This means funds the university had previously lined up for cancer can now be diverted to other areas the study is examining, as well as in support of new researchers.

Though the study is in the beginning stages of analysis, it has had several key findings so far, which include: linking a vegetarian diet to a lower risk of heart disease and diabetes; linking a high consumption of brown rice, cooked green vegetables, dried fruit, and legumes to a lower risk of colon polyps, a precursor to colon cancer; and revealing that black and non-black Adventists report a higher mental and physical quality of life than the average American.

For more information, visit adventisthealthstudy.org.

- Adventist News Network

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For more information, visit adventisthealthstudy.org.

- Adventist News Network
2012 Adventist Ministries Convention is an opportunity for ...

NAD Health Summit - Jan 27, Fri 1:30 PM - North American Division Health Ministries is excited to announce...

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What has helped you most in your personal Christian growth?
Take the Poll
8-Aug-2011 Annual ASI convention sees $2 million donated for mission

'Good News' TV, boat for Brazilian villages among 47 projects

8 Aug 2011, Sacramento, California, United States

Edwin Manuel Garcia/ANN

The annual international gathering of Adventist-laymen's Services & Industries last week drew a large attendance of generous participants who reached deep into their pockets to surpass the organization’s fundraising goal.

More than 3,100 people packed into the Sacramento Convention Center on Sabbath morning, August 6, the final day of the 2011 ASI International Convention. They worshiped with sacred orchestral music, listened to member and ministry testimonies, and shouted amens during a sermon by Seventh-day Adventist® world church President Ted N.C. Wilson, who lauded the program's theme, "Inspired to Finish Strong!"

The audience was clearly inspired to give: More than $2 million was collected in the special offering to fund 47 mission projects - surpassing the goal of $1.5 million.

"The crowd and the offering exceeded our expectations," said ASI General Vice President Donna McNeilus, beaming at the conclusion of the four-day convention. "I think people realize the times we're living in, and even though the economic situation is extremely volatile, people really are serious about wanting to give their all for Jesus, and it showed here."

ASI, which traces its roots back to 1947, is an organization of lay ministers, professionals, business leaders and other laypeople committed to actively participating in the worldwide mission of the Adventist Church.

The convention featured general sessions led by numerous speakers, including Ivor Myers, David Kulakov, Doug Batchelor, Lyndi Schwartz and Matt Parra.

Myers, director of Power of the Lamb Ministries and church pastor in the Central California Conference, kept the Friday evening audience gripped by moving through all major Adventist doctrines and Biblical prophecies in a rapid-fire 40 minutes.

Upwards of 2,000 people registered for the convention, and many attended some of the 20 seminars in five tracks: evangelism, spiritual growth, health, nonprofit and business, and "Finishing Strong."

At a Friday health seminar, Diana Fleming, co-author of The Full Plate Diet, explained the top reason why people fail to lose weight. "They don't know how," said Fleming, whose book promotes weight loss by eating more natural fiber-rich foods.

Children and youth participated in daylong, age-appropriate programming that included community service and evangelism in the local region.

At the exhibit hall, some 340 organizations from around the world -- a wide variety of independent and church-sponsored ministries ranging from 1000 Missionary Movement North America to Your Story Hour -- showed their wares, promoting their programs and offered their services.

Jewish-Adventist Ministries shared information on how to reach Jewish friends and neighbors. Orphans International Helpline sought $25 monthly sponsors to support children in Haiti. Kids in Discipleship offered training on ministering to children.

Hope for Bangkok encouraged convention goers to "invest in eternity." Fountainview Academy of British Columbia, Canada, sold recordings of its student musicians who performed at the convention. Invited Adventists to take mission trips to communist countries.

The exhibit hall at ASI conventions is well known for connecting laypeople with ministries, which provides opportunities for unique and otherwise unlikely collaborations.

That's what Paul Karmy of suburban Dallas, Texas, experienced.

Karmy, president of Liquid-Stone Concrete, attended his first ASI convention in 2004, when he visited the Adventist World Aviation booth. A pilot himself, he joined the group and helped raise money for a mission plane, and eventually served on the organization's board of directors.

At another ASI convention, while staffing the Adventist World Aviation booth, Karmy became interested in learning more about a television ministry being promoted from a nearby exhibit. That interest led to his next venture: Karmy and his church in Crowley, Texas, now run two Good News TV stations for the Dallas-Forth Worth area, one in English, one in Spanish.

"Paul Karmy's story is a great example of the ministry-minded networking that goes on at every ASI gathering," said Conna Bond, communication director for ASI, which is based at the church's North American Division headquarters and has a handful of employees and hundreds of...
Summit encourages teens to make positive choices in their lives

By Sara Westhead

The Seventh-day Adventist Church in Bermuda will be hosting its second annual Choices event next week at the Berkeley Institute. Organised by Ryan Simpson, director for youth ministry for the Bermuda Conference of Seventh-day Adventists, the event is an eight-night intensive community programme designed to target young people on a fourfold base of faith, fun, food and fellowship to encourage teens to make positive choices in their lives.

“Choices was born, it started as a church initiative,” Mr Simpson explained, following the wave of violence that hit the Island in the spring of 2010. “We were talking to our young people and they were very perturbed with what was happening.”

The Devonshire SDA church then hosted a summit on community violence, which featured a variety of panellists, including Commissioner of Police Michael DeSilva, then Deputy Premier Paula Cox, Rise Above Bermuda’s co-founder Dr Lou Matthews, Honorary Jamaican Consul for Bermuda Winston Laylor, PLP MP Ashfield DeVent, former Bermuda Reserve Police Commandant Eugene Vickers, president of the Conference of Seventh-day Adventists Dr Jeffrey Brown, and the then head boy and head girl of the Bermuda Institute.

One of the major outcomes of the summit was the urgent need for more positive community outreach programmes and activities that would offer positive alternatives to young people, especially young men. “Our young people wanted to make a difference in the community,” explained Mr Simpson, and thus, Choices was born.

The event runs nightly, from August 13-20, and will feature guest speaker Juan Quiroga-Tellez, a Cuban-American pastor based in California. Born in Cuba and having pastored for more than ten years, Pastor Quiroga-Tellez “has a lot of personal stories” to share with those who will attend.

The theme for this year’s event is TURN Bermuda 180°, with TURN standing for Train, Uplift, Restore and Nurture. Each evening, a different sub-theme will be looked at, including Choices and Consequences; Revenge and Retaliation; Peer Pressure, Sex and Gangs; Anger, Emotional Pain and Forgiveness; Materialism and Hiding Behind a Mask; Respect, Insecurities and Self-Esteem; and Love and Commitment.

Last year’s event, which ran under the theme of Many Roads, One Choice, saw about 180 young people attend and featured youth ministry expert, Steve Case, of Involve Youth, as the guest speaker.

Each evening will begin at 4pm and young people will be allowed two hours to hang out and have fun as the gymnasium at Berkeley will be transformed into a massive game arcade with a wide range of activities, from table tennis and pool, to Wii and X-Box video games. Attendees will also be served food.

Then, from 6pm to 9pm, the night takes on a more formal feeling with dramas and music, and featuring a message by the Pastor Quiroga-Tellez on the evenings subject. The teens will then break up into small groups, divided by age, to give them the opportunity to open up, talk and even vent.

Everyone will then come back together again to participate in some large group games, to teach team building. The evenings are then concluded with a debriefing time.

Thanks to the sponsorship from a wide variety of sources, including KFC, the MarketPlace and Barritt's, among others, the event is largely free to those wishing to attend, although there is a $20 administrative fee. Each participant will also receive a Choices T-shirt, a colour-coded wrist band that entitles them to food and materials, and which also assigns them to one of the four main teams for group games, and a name tag, which also tells them who their team leader and which small group they’ve been assigned to.

Pre-registration is essential, although, as Mr Simpson points out, no teen will be turned away, as long as there is still room, and there is hopes for up to 300 young people to attend this years events.
To register, visit the SDA Youth website, www.sdayouthbermuda.org, and click on Choices.
Question: My boss keeps scheduling me to work on Saturdays even though I’ve repeatedly told him my religious beliefs prohibit me from working on the Sabbath. Is this legal?

Answer: Employers usually don’t like hearing excuses for why employees cannot work, especially over the weekend. However, when a request for a Saturday off comes from, for example, a Seventh Day Adventist or a Sunday, for example, from a Mormon for the purpose of observing the Sabbath, employers need to listen carefully.

With the nation’s religious landscape changing dramatically since 1990, partly because of more Americans switching faiths and an influx of Hispanic immigrants, many employers are encountering new religions within their labor forces. This trend is playing out in New York state, which saw Catholic representation among its adult population drop from 44 percent in 1990 to 37 percent in 2008, according to a Trinity College survey.

Employers who fail to recognize the unique aspects of religions with which they are unfamiliar could put themselves at risk of committing unlawful religious discrimination.

Under Title VII of the Civil Rights Act of 1964 and New York State Human Rights Law employers cannot discriminate against an employee because of his or her religious beliefs. This means employers in most cases cannot refuse to hire a Muslim woman for wearing a hijab (religious head scarf) or fire a member of the Sikh religious faith for refusing to shave his beard, for example. Employers are usually required to make reasonable religious accommodations for the religious practices of employees. When it comes to the Sabbath, this could mean allowing the employee to voluntarily switch shifts with another employee or scheduling the employee to work after sundown instead of in the afternoon.

Even if you have worked at a business for several years and at some point decide to more closely abide to your faith and observe the Sabbath, employers should try to provide you with a reasonable accommodation. However, employers do not have to provide such accommodations if they pose an undue hardship by imposing on other co-workers hazardous or burdensome work. Such accommodations could also amount to an undue hardship if they result in the violation of seniority rights or the terms of a collective bargaining agreement.

Workers whose employers ignore requests for religious accommodations could file an Equal Employment Opportunity (EEO) complaint alleging religious discrimination.

In New York state, employees generally have 300 days after the alleged act of religious discrimination to file an EEO complaint. A shorter, 30-day filing deadline applies to cases when a state or local agency notifies an aggrieved worker about the conclusion of a proceeding under state or local laws on an alleged unlawful employment practice.

Between 2000 and 2010, the number of religious-based charges with the Equal Employment Opportunity Commission (EEOC) has jumped 95 percent to 3,790. The monetary benefits awarded in such cases during the same period has risen 81 percent to $10 million, according to EEOC statistics.
People who have been subjected to employment discrimination should contact an employment law attorney.

Mathew B. Tully is the author of the Saratogian’s "Ask the Lawyer" column and founding partner of the law firm Tully Rinckey PLLC in Colonie. In this column, Mr. Tully answers reader questions on matters concerning family and matrimonial law, employment law, criminal law, civil litigation, bankruptcy, personal injury and estate planning. Email questions to askthelawyer@1888law4life.com. The information in this column is not intended as legal advice.
Local garden offers learning opportunity, feeds those in need

By Maggie Creamer/News-Sentinel Staff Writer | Posted: Saturday, August 6, 2011 12:00 am

Bees buzz as they swiftly glide between red bell peppers and pumpkins. Shirley Fowler is kneeling next to the plants, grabbing one weed at a time down the long row of vegetables.

Fowler and several volunteers have dedicated dozens of hours working at the sustainable "People's Garden" in the Lockeford Plant Materials Center.

Employees at the center tend to the garden and then donate the food to the Lockeford Seventh-day Adventist Church, who distribute it to needy families in the community.

"It is good to see their faces. And I guess they haven't had anything fresh. It's been canned, so to get something like this is a real treat, and everyone is trying to be healthy," Fowler said.

One of the main goals is to get the community involved in the gardening process. School classes and community groups like 4-H, Boy Scouts of America and Girl Scouts of the USA will be able to tour the garden and help with weeding, planting and harvesting.

"Kids can name animals and plants on TV, but they don't even know what is outside their own home. Being outside and touching the soil and plants, that's real learning," technician Amy Gomez said.

The vegetable garden is part of a national effort to give people the opportunity to learn how to grow sustainable produce while also helping the community.

There are 400 People's Gardens across the country. The U.S. Department of Agriculture challenged employees in 2010 to create gardens at their local USDA office or in the local communities. Since then, employees have organized 124 USDA-sponsored gardens that produce 34,000 pounds of food.

The gardens are an example of the federal government using taxpayer dollars to do something constructive and educate the next generation, said Matthew Bronson, San Joaquin regional coordinator for the Center for Land-Based Learning.

"It's a federal initiative to get not only federal employees to give back to the community, but to use the federal land and show the community some types of outreach the federal government is willing to do," Bronson said.

The Lockeford Plant Materials Center is about 100 acres of farmland that stretches along the Mokelumne River, where USDA researchers study native plants from around California.

The People's Garden is tucked into one a corner of the sprawling property, and filled with corn, squash, tomatoes, onions, carrots and zucchini.

"I wanted to grow things people can use, like corn and tomatoes. But if they have fava beans, they might not know how to cook them, so it would be a waste to grow them," Gomez said.

Gomez graduated from California State University, Sacramento recently with a degree in environmental studies, and started working for the USDA as a biological technician.

One of her main goals is to make the garden sustainable, so she has been studying different methods and then trying them out.

There are native plants surrounding the garden that attract bees. Gomez spreads hay around the plants to keep down the weeds instead of using herbicides. And she plans to do crop rotation.
The two main goals of the Lockeford garden are to educate local youths about the use of gardens and to emphasize community service with donations to the food pantry, Gomez said.

The garden is currently home to two rows of plants, but she hopes to expand it with the help of more volunteers.

She is encouraging classes and organizations to come and help tend to the existing garden, or plant their own section that the employees can take care of when the groups are not there.

"Teachers who want somewhere locally to bring their kids for hands on work or learning and to just help me pull weeds (are welcome)," Gomez said.

The opportunity to help out will hopefully educate students on where their food comes from, Fowler said.

"This is a perfect example where they can sew and harvest and manage everything in between and know exactly where their food comes from," Fowler said.

But the garden is not just geared toward students. Gomez is hoping some adult groups will also come out and tend to the plants as well.

"Maybe even senior citizens who have done something like this in the past, because I'm just learning this stuff from books, so having someone tell me what to do would be really good," Gomez said.

The Lockeford Plant Materials Center also provides tours of its 100 acres, so people can learn about the USDA's effort to study plants and focus on habitat restoration.

The center allows USDA researchers to farm a variety of native plants from around California and decide if they would be good for certain growing conditions, like landslide areas, waterways or areas susceptible to erosion.

Then the researchers send out recommendations to all of the public nurseries throughout the state so they can start stocking the plants.

Class groups and organizations can also go on tours of the whole property learning about the USDA's effort to study plants and focus on habitat restoration.

"Kids really enjoy this. It inspires students, especially female students, to realize they can be scientists too," Gomez said.

Contact reporter Maggie Creamer at maggiec@lodinews.com or read her blog at www.lodinews.com/blogs/city_buzz.
David Ottati and the Ultimate Award in his office, a few hours after receiving it in Jacksonville. (© FlaglerLive)

Many CEOs and less capitalized middle managers plaster their walls with diplomas to their insecurities and medals to their ego: degrees, certificates, awards, the occasional trophy wife prominently displayed next to, say, a bowling trophy or an autographed pose with a celebrity politician.

Not David Ottati. His walls on the ground floor of Florida Hospital Flagler support an edifice worth $140 million, but look almost as bare as a monk’s. He had to be convinced to put up a few art works—as spare in their deserted-shoreline look as the office itself. There are no advertisements to himself, no show-off frames. And no awards. Those things embarrass him, as did, to some extent anyway, the award he received today: the Jacksonville Business Journal’s Ultimate CEO Award, which “honors CEOs in Northeast Florida for their outstanding commitment to excellence, their leadership roles within their own organization and their unmatched contributions to the local community.”

Ottati was one of more than 40 north Florida CEOs from small, million-dollar companies to much
larger companies in northeast Florida. Thirteen were winners of the CEO award in three different categories. Ottati won it for the category for privately held companies of $50 million or more.

“I’m not one for awards much,” he says, uncomfortable to be asked about the small glass monument he’d just brought back from Jacksonville.

His board of directors at the hospital nominated him some 60 days ago. Several members of the board, including Holsey Moorman and Barbara Revels (the Palm Coast City Council member and the county commissioner), traveled to Jacksonville to the $45-a-plate banquet today at noon.

“What I told folks was, I’m humbled and honored to receive the award but truly the award goes to community members within the community, because so many people donate so much of their time to make the county a better place—the people that truly give of their personal time to improve our community,” Ottati said, “and we have a lot of our leaders within the hospital that donate their time for the betterment of our county, through different types of non-profit organizations. I also did mention even our public officials. They donate a lot of their time, as well as our physicians. They see a lot of folks who come to our hospital with no ability to pay for their services, and they see them as well.”

“We also thought it was exciting to be recognized in North Florida, having Flagler County’s foot in the door into a North Florida awards ceremony," says John Subers, the hospital’s foundation director and Ottati’s right-hand man. "We get a lot of patients from North Florida. It certainly is a market that we’re touching and expanding. That’s our ad that’s going to be just south of Jacksonville: ‘Just Right for You.’"

The hospital employs 900 people, making it the second-largest private employer in Flagler County, and—if trends hold—soon to be its largest: the hospital keeps adding staff (it’s adding a clinic on Palm Coast Parkway next June) while Palm Coast Data, the city’s largest employer, is struggling to maintain its lead. Ottati’s focus on technology, robotics and information technology appears to be paying off: the hospital just became only the third in the state to reach a particular milestone ranking it among the most usefully invested in technology.

Subers had a hand in preparing the nomination for the CEO award. “We highlighted his pro-activity with regards to the robotics, PT scanner and the whole high technology part this hospital has done over the past couple of years,” Subers said. “The robotics is really beginning to take off. We wouldn’t be here in the last six months without David saying we need to get into this and grow our market. We wouldn’t be at 900 employees without David’s vision of growth in putting us where we are with our service line. It all has to do with service in the community the best we can.”

Ottati, 38, may once have been among the youngest CEO in Adventist Health System’s network of 43 hospitals. No longer. He jokes that his service as president of Enterprise Flagler, the public-private economic development partnership, has given him gray hair (not quite yet visible to the naked eye). The evolution—and possible revolution—of the health care industry in coming months and years may give him a few more, though his ascetic nature appears to be keeping him relatively young, particularly in his outlook.

“My next one,” he says of his next plans, “is just to make sure that everything we’ve got going right now is going to get better and stronger. Literally, we’ve got a lot of stuff up and running, we just want to concentrate on that and strengthen those things up for a while. That’s probably going to be our next 12 months’ focus without really bringing any new programs.”

The interview ended minutes before he had to be at his next gig—the volunteering he does as
president of Enterprise Flagler.

Other CEO winners of the Business Journal’s fifth annual Ultimate Award:

- Bennett Brown, American Enterprise Bank of Florida
- Jim Burkhart, Shands Jacksonville Medical Center
- John R. Byers, FPIC Insurance Group Inc.
- Gary A. Corless, PSS World Medical Inc.
- Lisa Davis, Analytics Partners
- Earnie Franklin, Incepture
- John Hirabayashi, Community First Credit Union
- Glen McClary, Boyd & Jenerette PA
- Chip Parker, Parker & DuFresne PA
- Brian Putzke, Momentum Transportation
- Hap Stein, Regency Centers
- Michael Ward, CSX Transportation

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LOMA LINDA, Calif., Aug. 3 (UPI) -- Diets including cooked green vegetables, dried fruit, legumes and brown rice are associated with fewer colon polyps, U.S. researchers found.

Lead author Dr. Yessenia Tantamango, a postdoctoral research fellow with the Adventist Health Study-2 at Loma Linda University in California, and colleagues analyzed data from 2,818 subjects who participated in Adventist Health Study-1, administered from 1976-1977, and the follow-up Adventist Health Study-2.

The first survey asked respondents about specific foods and the follow-up survey asked respondents who had undergone colonoscopies to indicate physician-diagnosed colorectal polyps.

During the 26-year follow-up period, 441 cases of rectal/colon polyps were identified. Eating brown rice at least once a week was associated with a 40 percent decreased risk of colon polyps -- a precursor to colon cancer, Tantamango says.

In addition, the study published in Nutrition and Cancer, found eating legumes -- peas, beans, lentils, lupins, carob, soy and peanuts -- at least three times a week was associated with colon polyps by 33 percent, while consuming cooked green vegetables once a day or more was associated with a 24 percent reduction of colon polyps and dried fruit eaten three times a week or more was associated with a 26 percent reduced risk.

"Legumes, dried fruits, and brown rice all have a high content of fiber, known to dilute potential carcinogens," Tantamango says in a statement. "Additionally, cruciferous vegetables, such as broccoli, contain detoxifying compounds, which would improve their protective function."

LITTLE LAD'S BASKET IS CLOSING (TEMPORARILY?)
IT'S YOUR LAST WEEK TO EAT THERE!
by Jason Das August 4, 2011 4:58pm

Filed under: Food New York City Obituaries Penny Strategist Restaurants

After six years hidden in the basement of the Equitable Building at 120 Broadway, Little Lad's Basket is being kicked out. Their last definite day in the current location will be next Thursday, August 11.

They are very serious about reopening elsewhere as soon as they can, but given the cutthroat vagaries of the NYC real estate and restaurant markets, who knows when that might be. So go eat there this week! I hope they have the "Crafty" mac and cheese and unlimited guacamole when you go!

In addition to being awesome in its own right, Little Lad's is by far the best option for vegan food in the Financial District (fighting for second place we have Sam's and Alan's falafel carts, Chipotle, and Hale & Hearty; not much). Little Lad's is planning to stay in the neighborhood, where their customers already know and love them. (Those waiting for affordable, quality vegan food in Midtown will have to keep on waiting.)

If you're unfamiliar with LLB, it's a vegan lunch and breakfast spot, offering both à la carte options and an all-you-can-eat buffet. The buffet is the main attraction, with lunch at $6.50 (including tax) and breakfast for about $4 (feel free to comment with the actual price; I haven't been for breakfast since the latest price rise and Little Lad's website is out of date.) For breakfast, you get potatoes, scramble, oatmeal, bagels, toast, "buttah" spread, and fruit. For lunch, expect a couple of soups, a great salad bar, a hot table full of brown comfort food, and fresh fruit with granola and "sweet cream" for dessert. Plus, free wifi.

Part of the magic of Little Lad's is how hard it is to find and how bizarre their space is. For about a year there's been a small sign in the lobby. But before that, the descent was something of a leap of faith--could there really be a vegan restaurant down there? And once you've descended that majestic marble staircase, the restaurant occupies a rambling warren of subterranean galleries, equally charming and surreal. Obviously it will be a good thing if their new space is easier to find, and maybe has some daylight, but I doubt I'm the only one who will miss the current spot.

It's a Seventh Day Adventist establishment, and in addition to no animal products, they serve no chocolate, no coffee (breakfast customers beware!), no baking powder, no baking soda, and no fermented items (including vinegar, but they still make awesome salad dressings). While the checkout area has materials advocating eating fewer (and ending subsidies for) animal products, I've never noticed any proselytizing on behalf of Seventh Day Adventism.

For a bit more background and a sense of exactly how hard-working and tireless owner Larry Fleming and his staff and family are, I recommend this New York Observer article.

I had a brief chat with Larry today. When I asked if he had anything he wanted me to include in this post, his emphatic response was: "Refuse to be served garbage." Amen! And big thanks to Little Lad's for making it so much easier to follow this great advice. Let's hope they reopen really soon.

COMMENTS

1. Comment by joyce [www] on August 4, 2011 8:28pm:
I love Little Lad's vegan lasagna. yum! Will go before the 11th for one more of those. Will miss the place as whenever I am down there I go. Great description of how to find it and he majestic staircase :). Hope they reopen.

2. Comment by troy [www] on August 4, 2011 9:19pm:
Little Lad's! I hope they re-open... it was the only ray of vegan sunlight in the financial district!

even though the food looks quite brown/granola, it is always super tasty!

i hope they get another marble staircase :)

3. Comment by Mattie [www] on August 4, 2011 11:27pm:
I had a client in that building a year or so ago and walked through the caverns on my way in from the subway- I couldn't believe I had just found a vegan restaurant down there! It was...
like finding gold in a mine or something. So sad it's closing but hopefully they can find a new quirky space to call home.

4. Comment by chris on August 8, 2011 1:39pm:
That sucks, I have an office the next building over that I'm at occasionally and I've been there a few times for lunch. They never had the infamous mac and cheese everyone talks about when I went--the food was kind of bland IMO. Once they did have some fiddlehead dish that was excellent and the bagged popcorn they sell near the register is great.

I'm in the city so infrequently that I usually just "splurge" on the falafel from Alan's (as oppose to eating better) but Little Lad's was a nice option.

5. Comment by missteenbuffalo on August 8, 2011 10:27pm:
1. They sell that popcorn and various other Little Lad's Sundries at Whole Foods!
2. I hope they find an even weirder and therefore more awesome new spot right quick!

6. Comment by EC on August 10, 2011 5:19pm:
They've found another space! It's on Delancey Street, near Forsyth -- a bit far for us regulars, but just a few subway stops away. They're going to serve dinner as well as lunch and plan to have delivery service too. Hooray! But probably no marble staircase this time . . .
The Woodstock Seventh-day Adventist Church begins construction on a new church and school building.

WOODSTOCK — The Woodstock Seventh-day Adventist Church has broken ground and begun construction on its new church and school building. The building will replace three separate structures that currently house the church, the Forestdale Christian School and the church’s food pantry.

The new building, the shell and roof of which is expected to be fully completed before the coming winter, is a 10,500 square foot single-story structure that has within it distinct spaces for all of the functions of the buildings the church now uses. The cost of constructing the new facility is just short of $600,000.

Local contractors will undertake various portions of the construction process. Completion of the new building will depend on the speed with which the congregation is able to raise about $250,000 to complete the interior of the building. Construction is being initiated with the money the church has thus far raised as well as a loan from the Northern New England Conference of Seventh-day Adventists.

The church building now in use was originally built and used in Sumner before the turn of the last century, and was purchased by the church and moved to its Woodstock site in the late 1950s. The school buildings now in use by the Forestdale Christian School, a K–8 school with two teachers and 20 students, were originally a small church which was enlarged in a series of expansion projects over the past 75 years. The school has been serving the Oxford Hills area for more than 75 years.

In addition to the students, the volunteers that run the food pantry are excited. “We have been doing our best, but this fellowship hall was not designed to accommodate a food pantry” said Erland Hadley, long-time food pantry coordinator and volunteer. “And as times have gotten harder and more people are coming to the food pantry for help, it has been getting tougher and tougher. It will be such a blessing to have a place for the food
pantry that was designed with that use in mind.”

The Woodstock congregation, which has more than 200 members, is one of the older congregations in the Seventh-day Adventist church. The Seventh-day Adventist church, which has its roots in Maine and was founded in 1863, is known for the hospitals and schools that it runs and now has a world membership of almost 17 million.
Hospital plans could boost Md.'s 'Science Corridor'

Wednesday - 8/3/2011, 3:26pm ET

WASHINGTON -- A plan to relocate a hospital could have a dramatic impact on the local economy in Maryland.

Washington Adventist Hospital wants to build a new facility on 48 acres at Plum Orchard Drive on the Montgomery and Prince George's county line. The plans could generate more than a billion dollars through construction and provide about 4,500 jobs, according to a new report.

George Mason University economist Stephen Fuller says the site, near the Federal Drug Administration headquarters, could also stimulate more than $5 billion in private investment and another 8,000 jobs for what has been dubbed the Science Corridor in Maryland.

Fuller also estimates that relocating the hospital closer to the FDA would bring in new residents into the area and, by extension, new revenue.

"There are people lined up who have plans approved -- have designed it, already put in some roads, they have been leveling the ground -- just waiting for the signal," he says.

Other potential benefits include:

- Contributing $533.2 million to the state's economy during construction
- Generating $115.5 million in wages to workers residing within Montgomery and Prince George's counties
- Adding $630.8 million to the state's economy in 2015
- Supporting about 4,700 statewide jobs

Washington Adventist has yet to get approval for the facility.

The current hospital in Takoma Park would continue to operate as an urgent care and educational facility.

WTOP's Hank Silverberg contributed to this report. Follow Hank Silverberg and WTOP on Twitter.

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For the first time in 12 years, the ARC building has a fresh coat of paint, thanks to a need and a crew of volunteers.

"It's awesome. It just looks awesome," said Joyce Beemer, Hermiston ARC executive director. "This is something we really needed, and it's not something I feel the ARC would have accomplished on our own."

The ARC is an organization that advocates for people with intellectual and developmental disabilities and their families, and when a call went out for volunteers to help scrape, prime and paint the building, more than a dozen people responded, organized by Debbie Pedro and Mary Corp.

"We decided to make a difference for the people who use the building and also the people who receive services there at the ARC, so we invited the community to come and help us paint," Pedro said. "We received a lot of help. The scraping and the priming mainly was done by a few community members along with several people that attend the (Seventh-day Adventist) Anchor Point Church."

Volunteers spent two weeks at the site, completing the project on Thursday, July 28.

"It was whole families that were coming out to help us, and Lee and Pam Cody volunteered their services to spray-paint the building after the building had been prepped," Pedro said. "They spent a couple days just paining the building, and what a difference it made."

Beemer said this is the first time the building has been painted in at least a decade, and although the ARC has used the building for the past 14 years, its history is much longer.

"As far as I know it was built right around World War II," Beemer said. "It was used as a USO building and a community center. Almost anyone who's native to Hermiston has memories of something having to do with the ARC building."

The ARC leases the building from the city of Hermiston at low cost but is required to maintain the facility.

"We just really appreciate everyone that came out to make a difference," Pedro said. "That's what our community is really about, getting things done and making a difference for others. The building looks great, and if it wasn't for all those people volunteering their time and effort, it wouldn't have been possible."
COBB -- Adventist Health staff recently joined local community members at an informational event to detail the St. Helena Hospital Clear Lake Emergency Department renovation and expansion project.

Approximately 40 doctors, hospital staff members and other local luminaries filled Rob Roy Golf Club's event room on July 21 for an hors d'oeuvre reception and information presentation.

The project is "going to make a difference for Lake County" by "helping improve the quality of life here, beginning with health," development officer Melissa Nevin Kinsel told the audience at the reception. The two-year project broke ground on July 5. Upon its completion, the project will add five new patient monitoring rooms and bring the number of private rooms to 12. An Emergency Department reconfiguration, including a private ambulance entrance, a new welcoming entrance and a remodeled waiting area, will also occur.

All current Emergency Department jobs will remain intact while an additional 22 to 25 will be created.

The high number of Emergency Department visits as well as the projected county population growth for the next 20 years provided some of the impetus to get the project going.

According to hospital figures, "Lake County currently has twice the number of visits to the Emergency Department as the state average."

Nearly 74 percent of all hospital admissions come through Emergency Department admissions, according to the hospital. The average department wait time is 3.26 hours.

Adventist Health, the hospital's parent company, provided the lion's share of the funding for the $12.1 million project. The company's contribution, coupled with $1 million provided by the Redbud Health Care District, left $3 million needed to complete the project.

As a result, hospital officials have turned to national, state and local sources to raise the necessary funds. To date, approximately $1.2 million has been raised, leaving $1.8 million needed.

"By supporting the Emergency Department expansion project, you will make a difference in the lives of so many people, and maybe your own," Dr. Paula Dhanda said at the reception. The hospital received a $5,000 pledge and a $500 check for the new Emergency Department during the event.

To learn more visit www.newERforyou.com.