Loved and Empowered
by Carla Baker, director, NAD Women's Ministries

The annual Abuse Prevention Emphasis Day (APED) observance is scheduled for August 26. This year’s theme is “Loved and Empowered” and augments the ongoing “Enditnow: Adventists Say No to Violence Against Women” campaign by ADRA and the Women’s Ministries Department. Resources, including a sermon with PowerPoint presentation, a children's story, and Sabbath afternoon or Friday evening programs for both adults and young adults, are provided at www.nadwm.org/article.php?id=39.

Why do we need Abuse Prevention Emphasis Day? According to a survey of Adventist church members in the North American Division that was published in the Adventist Review (Oct. 11, 2007), as many as 42% of Adventists have suffered some kind of abuse during their lifetime. Those responding to the survey reported controlling and demeaning behavior (61%), intimidation and physical violence (42%), sexual victimization (26%), resource deprivation and leveraging the children (22%), and potentially lethal actions (9%).

God designed our homes to be centers of peace and happiness, models of our heavenly home. Unfortunately, nationwide, many lives are lost or endangered each year by abuse. Women and children are more often directly affected by this curse, although many men suffer from abuse also.

In view of the prevalence of abuse in the Seventh-day Adventist Church, the 2001 Annual Council of the General Conference of Seventh-day Adventists voted to designate the fourth Sabbath in August as Abuse Prevention Emphasis Day and to include it in the Church’s annual Calendar of Special Days each year.

Resources are available each year (beginning in June) from the NAD Women’s Ministries Department to assist churches in observing APED. They can be found at www.nadwm.org.

Keep in mind that the fourth Sabbath in August is merely a suggested date for observing APED. We realize that it won’t fit into every...
church’s calendar for that day, so each church is encouraged to find a suitable time to observe APED in their church each year.

To combat the growing issue of abuse in the Church, the division is sponsoring a Summit on Abuse on October 15-17, at Loma Linda University. We would especially like for church leaders, including administrators and school principals, to attend. For more information and to register, visit www.nadwm.org/SummitOnAbuse.

Leaders Call for Involvement in 10th Annual Abuse Prevention Initiative

You might have noticed that NewsPoints has had a lot to say about the subject of abuse this month.

Leaders of seven departments of the Seventh-day Adventist Church are urging members worldwide to participate in the denomination's Abuse Prevention Emphasis Sabbath, held each year on the fourth Saturday of August.

In an ANN Commentary published this past Tuesday, directors of the abuse prevention initiative’s seven sponsoring departments urged their continued support for the 10-year-old annual campaign.

Participating congregations typically offer a presentation during the worship service, which helps to create a safe, open church environment that welcomes discussion of tough issues.

“This year, we ask that you go a step beyond talking by directly benefiting women affected by violence in your community,” leaders wrote in the Commentary. “After worship service, find a shelter to visit, and offer the women there your support and prayers. As a community of faith, we must not only talk, but act.”

The Adventist Church launched its annual Abuse Prevention Emphasis Day in 2001, noting that incidences of domestic violence and sexual abuse occur in Christian homes at rates similar to the general population.

The abuse prevention initiative is sponsored jointly by the Education Department, Ministerial Association, and the Children’s, Family, Health, Women’s and Youth ministries.

Click HERE to read the Commentary. - Adventist News Network

ASI Officers Elected and Re-elected

ASI officers were elected or re-elected during the 2011 ASI International Convention. Each will serve a two-year term, as well as serving on the ASI Board: Frank Fournier, president; Donna McNeillus, general vice president; Ramon Chow, secretary-treasurer; Terry Anderson, vice president for evangelism Stan Smith, vice president for finance; Steve Dickman, vice president for membership; Harold Lance, president of ASI Missions Inc.
(Photo: From left: Terry Anderson, Stan Smith, Frank Fournier, Donna McNeilus, Harold Lance, Steve Dickman and Ramon Chow)

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.

**Adventists in the News**

**Six vie for gospel singing crown**
*Royal Gazette*
August 15

**State Of The Art Breast Care Center Opens In Hanford**
*KMPH Fox 26*
August 15

**Vegetarian dishes star at International Food Fair**
*Lodi News-Sentinel*
August 15

**Still has that new church smell**
*Walton Tribune*
August 14

**Family fun at Jefferson County Fair continues today**...
*Peninsula Daily*
August 14

**Local pastor reaches new heights**
*Gresham Outlook*
August 13

**Slain East Memphis principal remembered as tireless servant of students, religion**
*Memphis Commercial Appeal*
August 12

**Contrary to earlier findings, excess body fat in elderly decreases life expectancy**
*Science Daily*
August 12

**Memphis Junior Academy alumni to hold candlelight vigil tonight for murdered**...
*Memphis Commercial Appeal*
August 12

**Castle Rock**

**Go Fish! Children’s Ministries Convention**, Oct. 7-9

**Jesus Loves Jeans**, Oct. 8-15


**NAD Summit on Abuse**, Oct. 15-17

**180 Symposium**, Oct. 18-20

**Society of Adventist Communicators Convention**, Oct. 20–22

**Special Needs Children’s Ministry Training**, Nov. 11-13

**Cruise With A Mission**, Dec. 11-18

**Adventist Ministries Convention**, Jan. 15–18

**2012:**

**Health Summit 2012**, Jan. 27-Feb. 5

**the One project**, Feb. 13-14

**Just Claim It 3**, Mar. 7-10

**Pathfinder Bible Experience**, Apr. 21

**La Red** (Hispanic NET), Oct. 13-20

**Adventist World**

**NAD Edition**

• **News:** North American Division Hosts Media Summit, and more, pp 11-13
Festival of the Laity is Networking to Save Lives

By networking with the National Marrow Donor Program, Festival organizers wish to let the world know that the Seventh-day Adventist Church is interested in the quality of life in all communities, and that we are a caring, concerned and loving people who want to do our part in saving somebody’s life. For this reason, the Festival will join hands with the National Donor Program which will be doing a screening at The Festival Of The Laity, in Dallas, Texas, Sabbath, September 10.

The hours for screening will be 1:30 - 5:30 p.m., in the Exhibit Hall at the Sheraton Dallas Hotel, 400 N. Olive Street, on the Convention Center side.

Festival organizers are seeking bone marrow matches for people who have leukemia. The screening is a painless cotton swab in the jaw. Please come and be a part of this exciting networking to save lives!

Help ARIM Find Scattered Adventist Refugees

Thousands of Adventist refugees from Myanmar (formerly Burma) are scattered across the U.S. and Canada. Many are from the Karen (pronounced Ka-ren’) tribe that our beloved missionary and storyteller, Eric B. Hare (“Dr. Rabbit”) reached years ago. Others are from the Chin, Karenni, and other tribes. Please help us locate these scattered Adventist refugees. Please alert all pastors, elders, and ministry leaders to watch for shy Asians who may slip in and out of their churches nearly unnoticed. They may be refugees seeking Adventist fellowship, but embarrassed about their inability to communicate fluently in English.

For more information and resources, or to help us put these
scattered Adventist refugees in touch with each other, contact Terri Saelee (Terri.Saelee@nad.adventist.org), NAD coordinator for Adventist Refugee and Immigrant Ministries, (ARIM) or Pastor Jimmy Shwe (sawlulu@hotmail.com), ARIM Karen Church Planter/Consultant.

**Spanish NET in lieu of Spanish Translation**

"Like" Prophecies Decoded on Facebook

Prophecies Decoded has started a new Facebook page. Find it at www.facebook.com/PropheciesDecoded.

La Red (Spanish NET) 2012

Spanish-speaking congregations are encouraged to watch for and plan to participate in the next NAD-sponsored La Red (NET) series, to air on Esperanza TV in 2012. The series, October 13-20, featuring popular Hispanic speakers, will focus on reaching youth for Christ.

**Dealing with Bullying**

Bullying is an escalating form of peer abuse that is so devastating to children and young people.

- Half (50%) of teenagers say they've bullied, teased, or taunted someone within the past year.
- 12% of teen boys "strongly agree" it's okay to hit or threaten a person who makes you angry (compared to 5% of teenage girls).
- 11% of teenagers admit they have bullied someone online.
- 52% of teenagers say they know someone who's been a victim of cyberbullying. - *Group Magazine* May/June 2011

How can you know if someone is being bullied and what can you do about it? What are the warning signs that a child might be bullying someone? What are the long-term effects of bullying? Learn more in an informative article, "The Art of Bullying," by Larry Blackmer, vice president of NAD for education, published in the April NAD edition of *Adventist World*, pages 34-37. READ
New Cooking Segments on Lifestyle Magazine

Debi Pedersen, wife of Elder Jim Pedersen, president of Northern California Conference, has filmed several cooking segments for Lifestyle Magazine with Mike and Gayle Tucker. The first episode will be on the Trinity Broadcasting Network (TBN) on August 18 at 7:30 a.m. ET. Segments will include recipes on themes such as Desserts, Breakfast, Burgers, French, Roasts/Meatballs and others. If you don't get TBN on your TV, you can watch it online.

Jim and Debi co-authored the cookbooks used for some of the segments. They are Meatless Easy-Oven Cookbook and Meatless Fast & Simple Cookbook. Both are published by Pacific Press and are available at Adventist Book Centers.

Volunteer Management for Churches

It's vital to protect the children who come to our churches and events. NAD Children's Ministries website supplies Volunteer Management and Screening Guidelines as adopted by the NAD Year-end Meeting, 2003, and a Volunteer Ministry Screening Form.

We encourage all church administrators to use on these forms for each individual who plans to be involved in any children's activity or commitment. Every church’s main priority should be to provide a safe environment for their members, including the little ones. Screening helps avoid any possibility of our children being placed in any harmful situation. This process requires careful planning beforehand to be effective. Both adults and teenagers who plan to donate their time to the children should go through this process.

Back-to-School Resource Suggestions

Parker's Puzzle Series: A series of six-minute videos by kids and produced by Hope Channel that includes guided fun physical activity and cooking for kids ages 6-12. MORE

Websites Related to Obesity Prevention - A list of links provided by the NAD Health Ministries Department. It links to programs such as Healthy Recipes for Kids (sharing site), Nourish Healthy Kids (online games for kids, nutrition information, and more), Ample Harvest (connecting food pantries and gardeners), and many more.

Ministerial Association: New Website, and Say So Newsletter
Check out the brand new Ministerial Association website at http://www.nadministerial.org/index.php.

The first issue of the new NAD Ministerial Association newsletter, Say So, has just come out. Say So’s primary audience is ministers and church elders, but it also is for local church leaders and anyone who might be interested. “Our division is so large, and we want ministers to have a sense of belonging, so we are attempting to supply a tool where they can receive information about what is going on and to share with other ministers in the division,” said Ministerial Association Director Ivan Williams. “We are striving to create community and collaboration.”

Say So editors will be looking for ministerial, theological, practical, community-building types of information and steps to help ministers better connect. If you have stories of soul-winning, reaching people for Christ, of how people have been won through ministerial contact, please send them to mona.karst@nad.adventist.org. SUBSCRIBE

Viewpoints from Leaders

“If we serve a first-rate God, how can we afford to be a second-rate organization?” asked Paul Brantley, PhD, to the leaders of the NADOUP (North American Division Officers and Union Presidents) committee on August 4 in Sacramento, Calif., about the Seventh-day Adventist Church in North America.

“We have a lot of challenges in the North American Division and God said, ‘If we will humble ourselves and pray, he will heal our land,’” said G. Alexander Bryant, executive secretary of NAD at the opening of the NADOUP (North American Division Officers and Union Presidents) meeting in Sacramento, Calif. on August 4.

Stay Socially Connected with NAD
Commentary: 10th Abuse Prevention Emphasis Sabbath is August 27

Decade anniversary can help your church raise awareness of violence against women

By Lisa Beardsley-Hardy, Gilbert Cangy, Allan Handysides, Linda Koh, Elaine & Willie Oliver, Jerry Page and Heather-Dawn Small

As stories of sex trafficking, domestic abuse, sexual assault, honor killings, Female Genital Mutilation and child marriage make headlines, the Seventh-day Adventist Church is committed to raising awareness and educating its members on preventing violence against women.

Observing the world church's Abuse Prevention Emphasis Day is one tangible way you and your congregation can help raise awareness in your community. A presentation during worship service can help create a safe, open church environment that welcomes discussion of tough issues. Find resources here.

We need your help to reverse these unacceptable statistics. As a church, we have committed not to ignore violence against women, knowing that indifference can condone or even perpetuate such behavior.

Two years ago, the world church's Communication department reported the results of Abuse Prevention Emphasis Day and discovered successful campaigns in several parts of the world. Sadly, though, word of this initiative has yet to get out in some regions.

If your church has observed Abuse Prevention Emphasis Day with a Sabbath presentation in previous years, we want to thank you for helping to create a church environment where we can freely address the harsh reality that many women face -- both within the community and the church.

This year, we ask that you go a step beyond talking by directly benefiting women affected by violence in your community. After worship service, find a shelter to visit, and offer the women there your support, a prayer or a hug. As a community of faith, we must not only talk, but act.

We're seeing Adventists impact their communities in places such as the Southern Africa-Indian Ocean Division, where an Adventist church sponsored a one-day spa for abused women. Childcare was provided so women could get their hair done and receive massages. In the North American Division, a church social worker with limited resources recently opened a shelter that now treats dozens of women emerging from substance abuse and domestic violence. Another Adventist church has committed to distributing comfort packages to rape victims in the community. And the South American Division regularly produces a magazine about abuse awareness and education, which is then distributed to communities.

By partnering with enditnow until 2015, Abuse Prevention Emphasis Day harnesses a global awareness and advocacy campaign with an active base. Supporting an end to violence against women is something every church member can rally around, regardless of gender, age, ethnicity or education level.

Now more than ever, young people are embracing the cause, believing that they can serve as a bridge for change.

The abuse prevention initiative is sponsored jointly by the denomination's Children's Ministries, Family Ministries, Health Ministries, Women's Ministries, Youth Ministries, Education department and Ministerial Association. Abuse Prevention Emphasis Day is a world church event where all are called to be involved.

While the Seventh-day Adventist Church sponsors this initiative worldwide, we know that local church pastors and members are the catalyst for its success.

Please join your global Adventist family August 27. Tell your pastor about Abuse Prevention Emphasis Day resources, volunteer in your community and show your support for our global sisterhood. We serve a God who says yes to love, and yes to justice. Together, we can help make those promises a reality for every woman.

--Lisa Beardsley-Hardy is director of the Adventist Church's Education department, Gilbert Cangy is director of Youth Ministries, Allan Handysides is director of Health Ministries, Linda Koh is director of Children's Ministries, Elaine and Willie Oliver are directors of Family Ministries, Jerry Page is secretary of the Ministerial Association, and Heather-Dawn Small is director of Women's Ministries.

Resources to encourage, train and equip can be found here.

ANN World News Bulletin is a review of news issued by the Communication department of the Seventh-day Adventist Church.
Six vie for gospel singing crown

This year’s Gospel Festival 2011 will not only give Bermudians the opportunity to hear world class gospel entertainment, it will also allow six Bermudians the chance to vie for the title of Bermuda’s top gospel singer. The six contestants for the Divine Voices Vocal competition have been picked. Now they are practising for the big day. The winner will be chosen during the festival on August 27.

Top gospel singers at the festival will include Fred Hammond, MaryMary, VaShawn Mitchell, Shirley Caesar, Y’Anna Crawley and Kim Burrell. The event will be hosted by gospel singer and television personality Dr Bobby Jones.

Lifestyle reporter Jessie Moniz spoke with the six Divine Voices Vocal Competition participants to learn a little more about them and their ambitions.

One of Kassandra Caines earliest memories is of singing gospel music at her grandmother, Dame Lois Browne-Evan’s 76th birthday party. The notes were flat, but her grandmother said she had a gift and encouraged her to keep singing. Now 18-years-old, Ms Caines is heeding her late grandmother’s words and is one of six contenders in the Divine Voices Vocal Competition designed to find Bermuda’s top gospel talent. “It is hard to actually pinpoint my first experience of singing gospel music because it was the soundtrack to my youth,” said Miss Caines who is the daughter of Tina and Pastor Glenn Caines. “Growing up as a pastor’s daughter I was fully enveloped in the richness of gospel music, I have always enjoyed the style and depth of the genre. I have been singing gospel music since I can remember.

“As many rambunctious children do, I used to run around the house with my younger sister, Ariana, imitating whatever music appealed to my ears, so I’ve always been singing.”

Growing up she ministered many Sundays at her former church, Sharon Baptist Church in Philadelphia. She was part of the Youth Choir and enjoyed it thoroughly. She said one of her primary gospel influences has been award winning gospel artist CeCe Winans. Miss Caines had a chance to meet her a few years ago and found it an unforgettable experience.

“She had such a warm personality and an effortless grace on and off the stage,” said Miss Caines. “I knew that if I ever had the opportunity to perform, I would strive to do it with that much class and beauty, and let’s not even mention the talent.”

Miss Caines said it was her parents who encouraged her to take part in the competition.

“There are many instances in my life I have been blessed to clearly see my parents love for me,” she said. “My parents heard of the auditions for Divine Voices Vocal Competition and they immediately informed me of this massive opportunity. I was told, I had to audition.

“I pray that the Lord opens my eyes to truly embracing who I am in Him and who he has designed me to become. I’m excited to share my gift with the audience at the Gospel Festival. I hope that my ministry of music will bless all in attendance.”

She said she has no worries with this competition.

“It’s been amazing to be a part of such a phenomenal opportunity,” she said. “Each contestant has made me feel welcome and they each have beautiful personalities. It’s very easy to forget we are competing. I am looking forward to seeing each of my fellow competitors perform. Each of their auditions blew me away so honestly I cannot wait to hear their ministry because I know it will not disappoint.”
She is a recent graduate from The Christian Academy in Brookhaven, Pennsylvania. She plans to return to the United States to start college in New York in January. “While in New York I also hope to embrace the opportunities available for new artists in the big city,” she said. “I’m very excited to see what the Lord has in store for me.”

**Ashley Smith**, 27, entered the Divine Voices competition purely for the love of singing. “I entered the contest because I love to sing,” said Miss Smith. “So this is not a contest for me; it is a platform to share my talent and the One who gave it to me. I have been singing gospel since I can remember, at a very young age. I got my start singing in church, in the children’s choir.”

She is currently a student at the University of Tennessee School of Pharmacy. When she is back in Bermuda she can often be found singing at any of the Seventh-day Adventist churches, usually Southampton, Hamilton, or at Restoration with the Inspirational Choir.

She sings ‘I’ll Trust You’ on the album ‘The Purpose Project’ by Bermudian artist Dainavon Tuzo. The song and album are available for purchase on iTunes. Miss Smith hopes to get out of the competition, good experiences, lasting friendships and more exposure that will help her grow as an artist. “Anything else is icing on the cake,” she said.

But she said it was a difficult making the decision to audition.

Her gospel influences range from Hezekiah Walker to Kirk Franklin to Fred Hammond to the Clark Sisters, Mary Mary and Yolanda Adams. “The list goes on,” she said.

At the Gospel Festival, she is most looking forward to hearing Mary Mary, Karen Clark-Sheard, and Fred Hammond, all artists that she grew up listening to. “Also, Karen’s ‘Finally’ album brought me through a tough time,” said Miss Smith. “I feel like she put that album out just for me. Also, I have a very deep respect for the legacy of Shirley Caesar. I used to care for an elderly man while in college in Huntsville, Alabama. He had recently suffered from a stroke. As I got to know him, I learned that he had this old record player in the back room with hundreds of records, probably over 1,000. I asked him who his favourite artist was, and he said ‘Shirley Caesar’. I was surprised, and he proceeded to show me all of the records that he had of her when she was a part of a singing group called The Caravans and also when she became a solo artist. So every week after I’d finish cleaning up his house, we would listen to Shirley Caesar songs for a while before I left. And you know what? She still sounds the same as way back then.”

**Cindy Smith**, 34 wasn’t going to enter the Divine Voices competition at all until a friend told her she needed to “step out of the box” because she had nothing to lose by auditioning. “I have been singing gospel since I was three-years-old in the Sunbeam Choir at St Philip’s AME Church,” she said. “I only sang in church until I auditioned for the Gilbert and Sullivan production of ‘Dreamgirls’ and I was awarded the part of Effie. My singing took off from there.”

She has a version of herself singing ‘I’m Changing’ from the movie Dreamgirls on YouTube. She sang this song at the Marcelle G Clamens Talent Explosion. However, she said it was when she joined the New Testament Church of God Healing Centre that her pastor told her she had an anointing on her life, meaning that when she sang the atmosphere changed. She now sings on the Praise Team at the Healing Centre.

Through the competition she hopes to get the chance to work with gospel stars Kim Burrell and VaShawn Mitchell. “The most challenging part of the competition was making up my mind to continue with the competition once I found out that I was a finalist,” she said.

She said one of her biggest gospel influences is Yolanda Adams.
“She worships from her heart and she does not compromise her beliefs,” said Miss Smith. “I am looking forward to seeing Mary Mary and the participants of Sunday Best; VaShawn Mitchell and Karen Clarke-Sheard.

Divine Voices Vocal Competition participant Claire-Lee DeCouto, 18, said she entered the competition to sing for the honour and glory of her heavenly father.

“I have been singing Gospel music since as long as I can remember,” she said. “I grew up in the church, so gospel music was in my environment. I got my start from my foundation I grew up in the church and I was always given that opportunity to use my gift and talents for God.”

She said she doesn’t have any albums or singles out currently, but she hopes that will change in the future. She currently sings with Judah Praise team at New Creation Worship Centre under the ‘leadership of Apostle Denwiddie. She also sings occasionally at St Paul AME Church under the leadership of Rev Dr Lanel D Guyton.

“From the competition I hope to become wiser vocally and mentally, build friendship, grow spiritually and musically and just have a good experience and have a good time.”

Miss Decouto said the most difficult part of the competition has been picking out the songs to sing.

“We had to pick out of a list one contemporary song and one traditional song and we all couldn’t have the same song,” she said.

Miss Decouto said at the Gospel Festival she is really looking forward to hearing ‘MaryMary’.

“I’m so excited,” she said.

While many gospel singers get their start singing in their church choir, Francine Brown, 32, got her start at a grocery store.

“I have been singing gospel music for over 15 years,” said Miss Brown. “I got my start at a grocery store. I was a packer at the Somerset Marketplace in primary school. On my break time I would sing and customers use to stop and comment about how much they enjoyed the singing. This led to performing at my primary school fair. This became my first solo performance on stage.”

Now Miss Brown plans to release her first album in 2012. She has her own independent record label called ‘Sunrise Records’.

“Sunrise Records, an independent gospel label started as an idea in 2002. The idea was to develop and sign gospel artists in Bermuda. I am the president and it is a work in progress. I have hopes of opening it as a full time label, and hiring musicians, songwriters and singers. If you know anything about labels it’s a huge job market for Bermuda.

“This idea for Sunrise Records came about because we are always trying or hoping for someone to sign us to a label and then we become famous. Well, that’s not how it works, when you understand what a record company does. Bermuda doesn’t have a gospel label, and it needs one. We are small, but we have many churches, gifted singers and musicians all over.”

She said she decided to enter the contest because she loves to sing and minister the gospel of Jesus Christ.

“I also wanted to have the opportunity to perform with international gospel artists,” she said. “I hope to build strong relationships with the international gospel artists. I would also like the chance to take the tools necessary to help Sunrise Records.”

Miss Brown said the most difficult part of the competition was trying not to be competitive, and to enjoy the moment and have fun.

“The gospel influences in my life are my mother, Enid Rollins and my sister Keina Rollins,” said Miss Brown. “Keina sang and knew all the gospel artist before me. She got me interested in gospel music. Mom (Enid) knew all the old school gospel artists. I enjoyed listening to mom because her sound was so beautiful. I got interested in that old school traditional gospel sound because of her. Thanks, mom.

“My brother Andrew plays keyboard and he made me realise that I could look into the musical side of
everything, not just singing. I attended the Berklee College of Music in Boston, Massachusetts and received a degree in Professional Music. I have worked both in education teaching and at Simons Music School. Andrew paid for my first semester of music college. All of my family have been financially and personally a great support.”

She said at the gospel festival she was looking forward to hearing Fred Hammond because she loves his lyrics and the music that he produces.

Miss Brown presently works in a recording studio at the St George’s Community Centre for the Department of Youth, Sport and Recreation as music coordinator. Her responsibilities include singing, songwriting, studio production, piano, drums and voice to name a few. She works with clients ages five-years-old to adult. I put on productions yearly like a music fair, piano recital, music extravaganza (to showcase the community musicians and singers that I teach) along with mid-term and summer music camps.

Miss Brown was recently a vocalist on the new local song ‘Proud to be a Bermudian’ produced by Johnny Woolridge. For more about Proud to Be Bermudian see www.bermudasong.com

Willard Burch, 19, has been singing gospel since he five-years-old. He started off singing in the church.
“‘I improvise chords on the piano and create music as well as write my own songs and have recorded however I cannot say that it’s available on the web at this point,” he said. “Up to today I still sing in my church Rehoboth Church of God (Apostolic). I am also a keyboard player, so thanks be to God, I have progressed and harnessed a dual talent.

Mr Burch said he has experience singing other genres of music, but feels most at home with gospel.

“When I sing gospel that’s when you’ll catch me in my element,” said Mr Burch. “That’s when you’ll hear some of the best vocals I have to offer. It’s one thing to perform any old song, but when I sing gospel it’s a worship experience for everyone involved so it’s more sentimental.”

He hoped to get more experience and exposure through the competition, whether he wins or not.

“I just aim to have an impacting performance that will not be forgotten,” said Mr Burch.

He said the most challenging part of the competition so far was the audition. He felt slightly intimidated by the high calibre of people participating.

“I love good music,” said Mr Burch. “There are so many gospel singers who have influenced me. I mean the list could go on and on: Yolanda Adams, Donnie Mclurkin, the great-Shirley Caesar, just to name a few.

“At the Gospel Festival, I am looking forward to all of the acts, to tell the truth. I really like Mary Mary. I think we all do. ‘Shackles’ was just a hot song and I haven’t stopped listening since. Shirley Caesar is one of my favourites she has a distinct way of bringing it like no other. She’s just so unique. Fred Hammond is undeniably inspiration for a singer like me, because I too sing deep and soulful. Also, I can’t forget about the jazzy rifts of Karen Clark Sheard. Her voice is angelic. It doesn’t get any better.”

The Gospel Festival is being held August 25, 26 and 27 in the Victualling Yard at the Royal Naval Dockyard. Tickets are $90 for a one day pass, $245 for a three-day pass, $180 for a one day VIP pass, and $500 for a three day VIP pass. To purchase tickets go to the website www.bermudagospelfestival.com. For information telephone 504-8790.
State Of The Art Breast Care Center Opens In Hanford

Posted: Aug 15, 2011 12:44 AM EDT

By: Rich Rodriguez

Hanford Adventist Health Hospital Sunday unveiled what it considers to be, a world class breast care center. The center will explore innovative health care options related to breast health. Carla Proby is a cancer survivor. "They make you feel human here. They don't make you feel like another number, another insurance number. They really make you feel at home."

Dr. Edythe Woodruff-Stewart is medical director of the center. "We want to create a place where patients have everything they need is right here in Hanford."

The medical director says by 2012 it hopes the Breast Care Center will be nationally accredited. "We traveled all around the country to see what the best centers have and we've tried to use those things to collaborate and bring the very best personalized care here to Hanford."

The Breast Care Center is located on the second floor of Hanford Medical Pavilion. Carla Proby has been cancer free for eight months. She wishes the center would have opened sooner. "It's scary. It's already scary to being with and you want to be as comfortable as possible. I think it's best to have it here in your community."
There were Mexican, Greek, Malaysian, Filipino, Japanese, Ukrainian and plain ol' American foods at Sunday's annual International Food Fair.

It was pure vegetarian.

The lawn area outside English Oaks Seventh-day Adventist Church was filled with homemade, yet inexpensive dishes prepared by church members. Here's a sampling of the food that was offered:

- Malaysian — Rice cakes with sweet potatoes, gado gado (vegetable salad with peanut oil) and rati prata (wheat flour bread dipped in yellow curry).
- Filipino — Lumpia and vegetarian noodles.
- Japanese — Sushi.
- Greek — Dolmas, consisting of grape leaves stuffed with rice, tomato, garlic, onions and olive oil.
- Ukrainian — Cheese buttons
- Mexican — Meatless tamales, black beans, Mexican rice.
- American — Veggie burgers

The idea for the food fair came three years ago as a way to raise money for English Oaks' lavish kitchen. The first festival consisted mostly of church members and those who have taken the Coronary Health Improvement Project, or CHIP, but now there are more from the community as a whole than ever before, because the event is advertised as vegetarian, said Mark Gabrys, who organized the event.

Contact reporter Ross Farrow at rossf@lodinews.com.
Still has that new church smell

New sanctuary seen as affirmation from God

Posted: Sunday, August 14, 2011 12:00 am | Updated: 2:51 pm, Fri Aug 12, 2011.

By Stephen Milligan

LOGANVILLE — When the Loganville Seventh-day Adventist Church first began eight years ago, the congregation met in a former funeral home, hastily converted to serve as their new church home.

Starting this week, however, the church will have slightly fancier digs, as the congregation begins meeting in the brand new sanctuary.

“We just finished this a week ago,” said Pastor Marius Asaftei, as he proudly displayed the new wing of the church. “We’re excited.”

The new wing still has that new church smell, even, and Asaftei said they are ready to show it off to the community at next weekend’s official opening service Aug. 20, starting at 10:50 a.m.

“We’ll have a meal after the service and a musical performance in the afternoon,” Asaftei said.

The pastor said the church had been looking to expand for some time, not just for a nicer place to worship, but also to have extra room for community outreach projects.

“We’ve wanted to do a lot more community service, but we didn’t have a lot of space,” Asaftei said. “Now we have a lot more facility to reach out into the community and provide the strong family values we have here.”

Already, Asaftei said the church is looking to open a food bank in the near future, and other projects are expected to materialize in the upcoming months.

Asaftei said he is most proud of his flock for the effort to make this new part of the building a reality.

“We raise $475,000,” Asaftei said. “For a church with an attendance of about 120 people to raise that much money, it seemed now was the time.”

With money in hand, construction began in April and moved quickly through the early summer.

Asaftei said the construction didn’t interfere with the Saturday service much at first, until the parking lot had to transformed.

“Our parking lot was dug up, so it was hard for people to get in and out,” Asaftei said. “It was tough, for sure, that last month.”

With the building done now, and already nearly paid for out of the pot the congregation collected, Asaftei said the church is looking to great things in the future and sees the recent work as just the beginning of God’s plan for the church and its role in the community.

“This is an affirmation for us,” Asaftei said. “God is blessing this congregation. It’s encouraging.”
Family fun at Jefferson County Fair continues today [ ***with 4 videos and photo gallery *** ]

EDITOR'S NOTE — Port Townsend-based independent multi-media journalist and videographer Jack Olmsted staffs Pacific Northwest festivals, parades and public events.

Here are four videos posted by Olmsted from the Jefferson County Fair, which continues today in Port Townsend:


2. Touring the fair, from the Rock Club to the history of "keddle korn" — http://www.youtube.com/watch?v=ULlIJgJ8CHY&feature=channel_video_title

3. The Veggie Hut, operated by the Seventh-day Adventist Church in uptown Port Townsend, provides a healthy option at the Jefferson County Fair — http://www.youtube.com/watch?v=awt03Ux37e0&NR=1.

4. After 3 years, the religious radio station KROH 91.1 FM will be launched over the next couple of days by the Seventh-day Adventist Church in Port Townsend. The Christian radio programming is a combination of music, gospel and programs on parenting, marriage enrichment and health. Report from KROH's booth at the fair — http://www.youtube.com/watch?NR=1&v=_Ua5Ok71EEw.

By Charlie Bermant
Peninsula Daily News
PORT TOWNSEND — The flock will rock for one more day.

The Jefferson County Fair is heading into its third and final day, offering attendees a healthy dose of family fun.

And if the good weather holds, that will be a bonus.

“We had some little issues at the beginning having to do with food for the 4-H breakfast and a gate that wasn't working,” said fair board President Bill McIntire on Friday afternoon.

“But right now, everyone is fat, fuzzy and happy.”

Accurate attendance figures won't be available until the fair is over.
Anecdotally, McIntire feels attendance is good.

“While we don't have any numbers, I've checked the parking lots, and they all look pretty full,” he said.

Vendors are fewer than in 2010, 75 compared with 105.

This year's theme, “Rock the Flock,” is intended to reflect the tie-dye days of the late 1960s and 1970s, and the musical fare leans toward rock 'n' roll.

Exhibiting prize animals and plants are among the primary reasons for the fair, but fair food is an attraction — including elephant ears, cotton candy and a lot of other stuff that isn't exactly good for you.

**Vegan fair food**

With this in mind, one of this year's booths features vegan food in familiar hamburger and hot dog shapes.

“The reaction to this has been very positive,” said Greg Reseck, who is managing the booth.

“A lot of people in Port Townsend are very health-conscious, and they are grateful to have this option.”

Saturday events included draft horse pulls, a kids demolition derby and the always-popular salmon barbecue.

Also at the fair is the collection of oral histories by the Jefferson County Historical Society. People can stop in and provide their recollections about any topic.

Several county agencies use the fair to stay visible in the community.

The Jefferson County Sheriff's Office brought along a boat and an antique police car for kids to play on, and Jefferson Healthcare is distributing pedometers.

East Jefferson Fire-Rescue has opted for a more educational theme, setting up a propane burner that simulates an out-of-control fire that people can fight with a fire extinguisher.

The idea is to teach people how to use an extinguisher in an emergency.

“Everyone comes to the fair with a ‘trick or treat' mentality,” said Bill Beezley, fire department spokesman.

“We thought we'd try to teach people something they can use.”

The fire originates from a gas burner, and the extinguisher uses compressed air instead of a chemical compound.

“This is a lot easier and less messy than using real fire extinguishers to train people,” Beezley
said.

Jefferson County Reporter Charlie Bermant can be reached at 360-385-2335 or at charlie.bermant@peninsuladailynews.com.

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Local pastor reaches new heights
Troutdale’s Gene Heinrich climbs Mount Rainier to help teens

BY LAUREN GOLD
The Gresham Outlook, Aug 13, 2011

Troutdale resident Gene Heinrich fought through wind, snow, glaciers and high elevation, all to help kids who haven’t had the chance to do the same.

The Rockwood Seventh-day Adventist Church pastor climbed to the peak of Mount Rainier on July 28-31 as part of a fundraising venture to help inner city, underprivileged teens have a chance to experience nature.

The climb, which included Heinrich and seven others with a guide team, was organized through Summit for Someone, which is the fundraising branch of Big City Mountaineers, a group that provides outdoor summer programs for at-risk, urban teens.

Big City Mountaineers’ core program is the Relate Expedition, which pairs kids ages 13-18 with mentors and takes them on an eight-day backpacking trip.

Heinrich raised more than $4,000 for the program this year, which was enough to sponsor 10 kids. Of the 47 donations he received, the largest was almost $525, he said, while his lowest was 75 cents from a 12-year-old girl.

Heinrich says in the future he hopes to become a mentor, but for now, he’s dedicated himself to raising money and encouraging other members of his church to become mentors for the expeditions.

Heinrich has lived in Troutdale for two years after moving from Oklahoma and living in Vancouver for two years. He lives with his three sons; Ethan, 5, Alex, 7, and Nicholas, 10, and his wife, Sarah. From camping trips to weekly hikes, the family is very involved in outdoor activities.

“I take my boys backpacking every year before school starts. It’s a really special time for us, and I thought about these kids who have never had an opportunity to do things like that,” Heinrich said. “I’m hoping (the expedition) can really make a difference in their lives.”

The Mount Rainier trip was not Heinrich’s first experience with mountaineering; he has also climbed Mount Adams, Mount St. Helens and Mount Hood.

“The outdoors for me plays an important part in de-stressing and refocusing,” he said.

Heinrich’s own passion for the outdoors made him consider those who are not so fortunate.

“This last October when we were driving home, I looked in the mirror and all my kids were passed out in the back seat, and my wife and I started talking about all the kids who never get a chance to go out and explore the wilderness,” Heinrich said. “That got me thinking about what I could do to help those kids.”

Mount Rainier is 14,410 feet high and is known as one of the most difficult mountains to climb in the lower 48 states, Heinrich said. The trek up the mountain was 18 miles round trip, with a 9,000-foot elevation increase. The group took two days to reach the summit, and was only able to stop at the top for 10 minutes because of harsh weather.

To prepare for these conditions, Heinrich began training for the climb last October, using the stair
machine and the treadmill at the gym.

“I was in the best shape I’ve been in since high school, but it was still a real struggle to get to the top,” he said.

Even though it was tough, Heinrich used the climb’s larger cause to keep him focused.

“I was climbing to inspire (the kids), climbing to raise money for them,” he said. “I didn’t want them to give up, so I didn’t give up.”

Overall, Heinrich said the experience was rewarding on a number of different levels.

“The best part for me was just accomplishing the goal: I’ve wanted to climb Mount Rainier, and at the same time know I wasn’t doing it for my own selfish reasons,” Heinrich said. “I was doing it to help at-risk teens who otherwise wouldn’t have had the opportunity to get out and experience nature the way I’ve learned to love it.”

For more information on Big City Mountaineers, visit bigcitymountaineers.org, or to participate in future climbs, visit summitforsomeone.org.
Eduardo Marmolejo posed the biggest discipline problem Suzette York faced as principal of Memphis Youth Academy, and she worked to steer the student in the right direction -- even extending the curriculum to the 11th and 12th grade, a pastor who worked with the school said Friday night.

In the end, York's efforts to save Marmolejo put the East Memphis private school principal alone in the same room with the 16-year-old student Wednesday morning, leaving York stabbed to death and the student charged with her slaying.

"It would have been so easy for her to just let him go," said Chuck Woods of the Seventh-day Adventist Church in Olive Branch, who had worked with the students occasionally. "But that wasn't her."

Woods' comments came as roughly 150 people gathered at the academy for a candlelight vigil honoring the 49-year-old York. The group remembered the principal as a tireless worker, dedicated to her vocation, her school, her students and her religion.

Marmolejo remained in custody Friday, charged with first-degree murder in the stabbing death of the school principal. He has told authorities that he planned to kill York since May because he didn't like her. As for the timing, Marmolejo told investigators he knew he would be alone with the principal Wednesday morning.

The one-hour vigil capped a day in which several factors associated with the funeral services and the school were resolved.

Private services for York are scheduled for Monday morning at First Seventh-day Adventist Church in Cordova, where she was a member, the school announced Friday afternoon.

The 10 a.m. service will not be open to the public, according to a release on the school's website.

"Priority will be given to seating for family, students, staff and Seventh-day Adventist members and church officials," the release states. "... Due to limited seating we will be unable to accommodate the general public."

In a related matter, counselors will be available when students return to classes, possibly by next Tuesday, according to an e-mail sent to parents.
"We have chosen a professional counseling service for our school family; the Kemmons Wilson Family Center for Good Grief, which is part of the Baptist Health System," the e-mail states. "They will provide a wide range of grief counseling services, some of which will be on campus at MJA and by appointment for individual sessions at their clinic."

"... There will be no charge for their counseling services."

And there were indications that Chris Wilhelm, another teacher for the school's upper grades, will take over as principal at the school.

The prayer service was held in front of the school at 50 N. Mendenhall. Students, friends, co-workers and others associated with the school and local Seventh-day Adventists gathered around the front steps, where flowers had been placed in York's memory.

Additionally, the school is starting a memorial fund to complete a media center at the school -- one of York's dreams in an effort to enhance the school's studies. York had not raised enough funds to accomplish that goal.

Donations to the Suzette York Memorial Fund for Memphis Junior Academy may be sent to the KY-TN Conference, Suzette York Memorial Fund, 850 Conference Drive, Goodlettsville, TN 37072, according to the school's website.

More than a dozen speakers recalled their interaction with the woman who first taught at the school, and then returned to be its principal.

Those attending the service bowed their heads in prayer, holding candles that illuminated their faces as the sun set behind the crowd. Some cried. Some held each other. Everyone who spoke praised York's work and commitment to the school.

Woods said the principal worked at making all of the students better, but Marmolejo had posed particular discipline problems since he arrived at Memphis Junior Academy two years ago. The Olive Branch pastor said he had established a rapport with the teenager now charged with York's death, and returned to talk to him about his problems.

"It's hard to put into words," Woods said of York's efforts with Marmolejo. "Her whole focus was to do whatever she could to help Eduardo make the right move and take the right direction in his life."

Woods said that included York convincing school leaders to add an 11th and 12th grade curriculum, in hopes of continuing to work with the student.

The pastor noted that Jesus ministered to those who eventually killed Him. "She was ministering to the one who killed her."

-- Clay Bailey: (901) 529-2393
Slain East Memphis principal remembered as tireless servant of students, ... 

Contrary to Earlier Findings, Excess Body Fat in Elderly Decreases Life Expectancy

ScienceDaily (Aug. 12, 2011) — While some past studies have shown that persons carrying a few extra pounds in their 70s live longer than their thinner counterparts, a new study that measured subjects' weight at multiple points over a longer period of time reveals the opposite.

Research from Adventist Health Studies recently published in the Journal of the American Geriatrics Society showed that men over 75 with a body mass index (BMI) greater than 22.3 had a 3.7-year shorter life expectancy, and women over 75 with a BMI greater than 27.4 had a 2.1-year shorter life expectancy. Generally, a BMI between 18.5 and 24.9 is considered normal weight, and a BMI of 25 to 29.9 is considered overweight. A BMI of 30 or more is considered obese.

Previous work in this area by others found a protective association for a high body weight among the elderly. Pramil N. Singh, DrPH, lead author of the paper and an associate professor in the School of Public Health at Loma Linda University, says the data from many past studies is problematic because only a single baseline measure of weight was taken, which does not account for weight changes or how weight changes affect life expectancy. Additionally, most past studies had mortality surveillance of fewer than 19 years, which analyses have shown to be an inadequate amount of time to study risks associated with weight.

"We had a unique opportunity to do 29 years of follow-up with a cohort that was also followed for mortality outcomes," Dr. Singh said. "Across this long period of time, we had multiple measures of body weight, which provided a more accurate assessment."

The study looked at 6,030 adults who never smoked and who were free of major chronic diseases at enrollment. It then examined only those adults who maintained a stable weight. This was done in an effort to exclude individuals who, for example, were in the normal weight category because they experienced significant weight loss due to a disease. Therefore their death would not have been related to their normal weight, but rather to the disease that caused them to reach normal weight.

"When you control for confounding by disease-related weight loss, overweight and obesity remain a risk for persons over the age of 75," Dr. Singh said. "This suggests that elderly individuals of normal weight should continue to maintain their weight."

Researchers noted a difference between genders in that men had a higher sensitivity to body fat than women. Men started to experience a greater risk of mortality at a BMI of 22.3, while this risk did not appear for women until a BMI of 27.4. One possible reason for the difference between genders, Dr. Singh said, is that body fat is the primary source of estrogen in post-menopausal females, and a minimum level of estrogen in those years can be protective against heart disease and hip fractures.

"This is not to say that extra weight is good for women over 75," Dr. Singh said, "but rather that the negative
effects of extra weight in women over 75 appear at a higher weight than in males."

The study population itself is unique in that all were Seventh-day Adventists, who, because of church recommendations, are lifelong non-smokers, consume little if any alcohol, are more physically active, and consume less meat than the general population. This means those who maintained a lower BMI did so intentionally with healthy lifestyle choices rather than as a result of smoking for weight control or as a result of poverty-related factors. Dr. Singh said further studies are needed to understand the positive and negative effects of lifestyle patterns that help individuals maintain low body weight over long periods of time.

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The above story is reprinted (with editorial adaptations by ScienceDaily staff) from materials provided by Loma Linda University Adventist Health Sciences Center, via EurekAlert!, a service of AAAS.

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Disclaimer: This article is not intended to provide medical advice, diagnosis or treatment. Views expressed here do not necessarily reflect those of ScienceDaily or its staff.
Private services for slain Memphis Junior Academy principal Suzette York are scheduled for Monday morning at First Seventh-day Adventist Church in Cordova, where she was a member, the school announced this afternoon.

The 10 a.m. service will not be open to the public, according to a release on the school's website.

"Priority will be given to seating for family, students, staff and Seventh-day Adventist members and church officials," the release states. "...Due to limited seating we will be unable to accommodate the general public."

In a related matter regarding the East Memphis school, counselors will be available when students return to classes, apparently next Tuesday, according to an e-mail sent to parents.

"We have chosen a professional counseling service for our school family; the Kemmons Wilson Family Center for Good Grief, which is part of the Baptist Health System," the e-mail states. "They will provide a wide range of grief counseling services, some of which will be on campus at MJA and by appointment for individual sessions at their clinic."

"...There will be no charge for their counseling services."

Earlier today, Memphis Junior Academy alums announced they will hold a public candlelight vigil tonight at the East Memphis school in memory of York, who was stabbed to death in a classroom earlier this week.

Chelsea Duffield, one of the organizers, said the 7:30 p.m. event will provide an opportunity to remember the 49-year-old York's accomplishments, her career and the work she did with students at the small school associated with the Seventh-day Adventist Church at 50 N. Mendenhall.

"We just want the community to come and pay their respects," said Duffield, 21, who attended Memphis Junior Academy from the first through 10th grades. "...We want the public to be able to come out and show their support."

Additionally, the school is starting a memorial fund to complete a media center at the school — one of York's dreams in an effort to enhance the school's studies.
Meanwhile, Eduardo Marmolejo, a 16-year-old student at the academy, remains in custody on charges of first-degree murder in York’s death Wednesday. Marmolejo was arrested at the scene, and he told investigators he had planned to kill the principal since May because he hated her.

He chose Wednesday because he knew he would be alone with York.

Since then, the community connected to the school and the Seventh-day Adventist Church has been reeling with the nationwide attention the slaying has created. On the school’s website is a message stating: “We are deeply saddened for the tragic death of Suzette York, our teacher/principal at our school, who was killed Wednesday, August 10, 2011. Please lift up your prayers for her husband, Les, and on behalf of the faculty, staff, students and their families.”

Duffield, who had done some periodic student teaching at the academy in recent years, recalled the support she got from York when Duffield expressed an interest in education.

“She would always say how excited she was that I was going to be a teacher,” Duffield said.

One of the reasons Duffield and others wanted to hold a memorial service was because of their memories of the school and how it formed their lives.

“That’s where my childhood was spent,” Duffield said. “I don’t want it to (be remembered) as something bad. I want something good to come out of this.”

The memorial fund is one aspect of that goal. York wanted to start a media center at the school, but had not raised enough funds to accomplish the dream. Donations to the Suzette York Memorial Fund for Memphis Junior Academy may be sent to the KY-TN Conference Suzette York Memorial Fund, 850 Conference Drive, Goodlettsville, TN 37072, according to the school’s website.
Castle Rock Adventist Health Campus hosts open house

By Rhonda Moore | Posted: Friday, August 12, 2011 9:00 am

As the grand opening of phase one of the Castle Rock Adventist Health Campus approaches, the management team prepares for a changing of the guard.

The Castle Rock health campus, a department of Littleton Adventist Hospital and part of the Centura Health group, will host a community open house Sept. 1 to showcase its emergency room and imaging center days before it opens for business, said Brian Moore, administrator for the Castle Rock campus.

The Sept. 7 grand opening will mark a transition for the project, as the design and construction team hands over the keys to the emergency, imaging center and lab staff that will be the first to welcome patients at the campus, Moore said.

“There is always that small group that says ‘we’ve been planning and building this facility,’” Moore said. “And now we hand it over to the community and say ‘here is your health care resource.’”

The health care resource in Castle Rock begins with an emergency room complete with three safe rooms for high-risk patients, resuscitation and triage area, live video feed to security, and an emergency system to allow security to lock down the facility with the swipe of a card.

“There are only two emergency rooms in the metropolitan area equipped with this security option,” said Fera Butts, Emergency Room manager.

Butts had a hand in designing the emergency room, which also has two large, private rooms for patients who require more long-term observation that doesn’t call for a hospital referral and a private reception area for emergency responders.

Butts is preparing for opening day with Roy Smither II, manager of the imaging center that is outfitted with state-of-the art, all-digital equipment for high-quality images and instant results, two ultrasound rooms, and a $500,000, three-ton MRI that was set in place with a crane.

The MRI machine is a point of pride, built with enough room to fit patients of every size, Smither said.

“It has more space to take away their anxiety from being closed in,” he said.

The grand opening of the first phase of the project comes within weeks of the announcement that Centura accelerated plans to build the campus hospital, slated for completion by 2013. The decision to move the project ahead of schedule is partly attributable to the Castle Rock community, Moore said.

“As we were able to get to know Castle Rock over the last couple of years and spent more time with the community during construction there has just been tremendous, tremendous support,” Moore said. “When we announced our plans for Castle Rock the number-one question was ‘when is the hospital coming ... can we get it sooner?’”

The questions came from residents and the economic development community in Castle Rock, including the town, economic development council and chamber of commerce, Moore said. The collaboration and support from Castle Rock’s economic development community, paired with the area’s expected growth and economic conditions, played a pivotal role in the decision to make an early investment of $128 million in the project, he said.

The hospital will help meet the needs of residents who seek local health care to include diagnostic testing, a birthing center, in-patient surgery and orthopedic care, Moore said.

The Castle Rock Adventist Health Campus community open house is from 4–7 p.m., Sept. 1, with facility tours, free food and drinks, giveaways, kids’ activities and a visit from the Flight for Life Colorado helicopter. The campus is at 2350 Meadows Blvd. and shuttle parking is available at New Hope Presbyterian Church at 3737 New Hope Way.
New incisionless surgery to relieve heartburn and acid reflux

For The Sentinel | Posted: Friday, August 12, 2011 8:07 am

Surgery without an incision is now a possibility. The new transoral incisionless fundoplication procedure, or TIF, using an innovative device for the treatment of gastroesophageal reflux disease (GERD) is now available at Adventist Medical Center - Hanford.

Advanced laprascopic and general surgeon Dr. Douglas Cook is performing the incisionless surgery that offers an alternative for patients who take reflux medication daily and have opted to not have surgery.

Statistics show that 30 million Americans suffer from GERD and are not fully satisfied with their treatment options.

“The TIF procedure can significantly improve quality of life for our patients,” Cook said. “GERD is a whole-body problem that needs a whole-body solution. Reflux medications can help relieve patients’ heartburn symptoms, but they don’t solve the underlying problems or prevent further disease progression as the new TIF procedure does.”

The procedure is completely without incision, allowing the surgeons to treat GERD much earlier in the disease process. The procedure is performed through the mouth to avoid incision, and is based on well-known established principles of surgical repair of the antireflux barrier, which is at the junction of the esophagus and stomach. The procedure reduces small hiatal hernias and creates a valve between the stomach and esophagus to restore the natural anatomy and prevent future reflux.

“Because the procedure is incisionless, there is reduced pain, reduced recovery time and leaves no visible scar,” Cook said.

When patients take commonly prescribed reflux medications like PPI, proton pump inhibitors, many patients are still unable to eat the foods they want, or have to sleep sitting up to reduce nighttime reflux. In addition, recent studies have shown that long term use of these medications can lead to inadequate absorption of magnesium and calcium, and can result in osteoporosis leading to bone fractures.

After the TIF procedure, clinical trials show that most patients can eat and drink foods they avoided for many years. Reflux no longer impacts their life like it previously did.

“Recent studies of the TIF EsophyX procedure have shown that it can reduce patients’ dependency on medications with 79 percent of patients remaining off their daily medications after two years and experiencing a dramatic improvement in their quality of life,” said Dr. Cook. “We are very excited to be able to offer our patients the same incredible benefits as more invasive procedures.”

Cook’s office is located at 205 S. West St., Suite C, in Visalia. The phone number is 627-0800. He will speak about a new incisionless procedure offered to treat heartburn and acid reflux during two 30-minute seminars at 6:30 and 7:30 p.m. Thursday at the Comfort Inn, 10 N. Irwin St., in Hanford. Light refreshments will be served.

He will be at the Adventist Health Farmer’s Market booth that day at 5:30 p.m. to let the public know about the seminars and answer any questions. Guests can sign up for the seminars at the booth this Thursday, Aug. 18 or call 589-2032 or email ahcinfo@ah.org.
Adventist Medical Center Awarded 5-Star Value Rating

PORTLAND, Ore., Aug. 10, 2011 /PRNewswire-USNewswire/ -- Adventist Medical Center (AMC) is ranked as one of the top hospitals in the nation in terms of value. The hospital has again been recognized as a Community Value Five-Star® hospital based on a Community Value Index® (CVI) score. The annual independent assessment conducted by Cleverley Associates provides consumers a logical and meaningful evaluation of the United States hospital industry.

"We are honored to be among an elite group of hospitals nationwide to receive this high honor," states Tom Russell, President/CEO of Adventist Health-Portland. "We are committed to providing our community care that is safe, high quality, and value driven." AMC has received this prestigious five-star designation for six consecutive years.

The CVI was created to provide a measure of the value that a hospital provides to its community and is composed of ten measures that assess a hospital's performance in four areas:

1. Financial viability and plant reinvestment
2. Hospital cost structure
3. Hospital charge structure
4. Hospital quality performance

Fundamentally, the CVI suggests that a hospital provides value to the community when it is financially viable, is appropriately reinvesting back into the facility, maintains a low cost structure, has reasonable charges, and provides high quality care to patients.

Measurement in these areas suggest that hospitals operating with a high degree of community value are those that are low cost, low charge, and use a strong financial position to reinvest back into the provision of quality care at the facility. Each area contains metrics that compare a hospital's performance to an appropriate peer group. The combined performance in each area is the Community Value Index® score. Those hospitals with scores in the top twenty percent are designated as "Community Value Five-Star®" facilities.

About Adventist Medical Center (AMC)

Adventist Medical Center (AMC), located in southeast Portland, is a nonprofit, 302-bed acute care facility, offering a full range of inpatient, outpatient and emergency services throughout the Portland/Vancouver metropolitan area.

Adventist Medical Center is part of Adventist Health, a faith-based, not-for-profit integrated health care delivery system with nearly 20,000 employees serving communities in California, Hawaii, Oregon and Washington. Founded on Seventh-day Adventist health values, Adventist Health provides compassionate care in 17 hospitals, more than 130 physician and rural health clinics, 14 home care agencies and four joint-venture retirement centers. We invite you to visit http://www.adventisthealthnw.com for more information.

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SOURCE Adventist Medical Center
La Grange, IL — The State Bank of Countryside announced it will host a community blood drive on Sept. 9 as part of its 10th-annual "Honor the Heroes" community event.

The blood drive will take place from 10 a.m. to 2 p.m. at the bank, 6734 Joliet Road. The collection will be taken by Adventist Hinsdale Hospital.

Walk-in donors are welcome, but appointments are preferred. To set up an appointment, call Jackie Gauger at (708) 485-9347.
I remember it clearly: The fear of walking to the bus stop, having my lunch money forcefully taken, being tripped in class, and being punched until my nose bled. It was a daily nightmare.

The common denominator in this habitual stream of events was Art.* Art was a year older than I was and lived near me. It seemed as if his life revolved around making my life miserable—and my life revolved around avoiding Art. I would walk blocks out of my way in order not to pass his house, and rush to be the first person out of the classroom so I could arrive in my next class with the teacher before he got there.

All this took place when I was in fourth grade. Even now, some 45 years later and hundreds of miles from my hometown, I can still visualize that bus stop and Art’s face; I can still feel that fear. It will always be a part of my life that I will look back upon with pain.

Sometime during our high school years together, Art apologized to me and told me how much he regretted those activities. He said he had come to hate who he had become and decided he wanted something better for his future than becoming a perpetual bully. His attitude toward life and other people changed, and he grew into a kind, caring person. We became friends. Not every story like this has a happy ending, however.

Bullying has made headlines recently. We’ve heard about bullying in the classroom, on the playground, and on the Internet that had devastating results. Some young adults felt so demoralized by the callous treatment from others that they saw no way out of the situation but to take their own lives. We shake our heads in disbelief and say a heartfelt prayer for the families involved, but let’s not fool ourselves: bullying happens not only in public schools but in Seventh-day Adventist and other Christian schools as well.

Bullying hurts everyone

Bullying hurts everyone involved and can have long-term effects. Statistics indicate that children who are bullied have a much greater risk of becoming violent themselves, and children who see violence in the home are more likely to bully others. Everyone—parents, teachers, and students—must work together to stop this growing epidemic.

The increase of social media and almost universal access to e-mail, texting, twitter, and other electronic media have led to cyberbullying. This makes it easier to victimize someone, because you can do it without having to look that person in the eye or immediately see the damage being done.

Age does not discriminate when it comes to bullying. We have become a society—and in some circumstances a church—that often loses sight of civility. It’s easy to use the Internet, Web sites, and blogs to take sides on all sorts of issues and to “destroy” one another in the name of being “right.” The opposite of bullying is civility; when civility is absent, bullying naturally occurs.

Bullying comes in many forms. Physical bullying includes hitting, kicking, or damaging someone else’s property. Verbal bullying can include name-calling, teasing, racist remarks, threats, and intimidation—even gossip is a form of bullying. Children and youth use bullying to destroy and manipulate relationships, damage someone’s reputation, intimidate, humiliate, embarrass, or exclude someone. The rise of digital communication has seen an increase in negative text messages, e-mails, voice mails, and Internet messages.

Long-term effects

A growing number of children and youth participate in bullying, and even encourage bullies to victimize others. The results of this can be devastating. Bullying:

- results in lawsuits and criminal cases.
- creates a fearful school climate.
- causes students to worry that they may become victims. Twenty percent of students are scared throughout much of the school day.
- results in a child’s lack of trust in oneself to cope appro-
By Larry Blackmer

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Warning Signs of a Child Being Bullied

- Sudden decrease in school attendance; skipping of certain classes
- Decline in quality of academic performance
- Sudden lack of interest in school-sponsored activities and events
- Seeks happy on weekends but unhappy and preoccupied or tense on Sundays
- Frequent illness or faked illness
- Comes home with unexplainable scratches and bruises
- Anxious, irritable, disruptive, aggressive, and quick-tempered
- Cautious, clingy, nervous, anxious, worried, fearful, and insecure
- Frequently asks for extra money, saying it’s for lunch or school supplies
- Sudden change in behavior (bed-wetting, nail-biting)

Priately, in adults’ ability and willingness to help, and in life to be good to them in the future.
- can lead to suicide. Thirty percent of all child suicides can be related directly to bullying.
- Encourages gang membership. Victims may find acceptance, security, and a sense of family in association with other aggressive students found in gangs.
- Contributes to teen pregnancies. Rejected girls may seek someone to love, and someone to love them unconditionally.
- Leads to youth dropping out of school. Ten percent of dropouts are a result of repeated bullying.
- Leads to loneliness; low self-esteem; depression and anxiety disorders; posttraumatic stress; eating disorders; and other long-lasting, harmful, emotional effects in adult.

Children who are identified as bullies by age 8 are six times more likely to be convicted of a crime by age 24, and five times more likely than nonbullies to end up with serious criminal records by age 30. Sixty percent of students characterized as bullies in grades 6 to 9 had at least one criminal conviction by age 24, and 40 percent had three or more arrests by that age. Chronic bullies often bully in their adult years, which hinders their ability to develop and maintain positive relationships. Bullies also may grow up to abuse their spouse, children, and coworkers.

What Can We Do?

If your child is a victim of bullying, it is vital to be supportive of them. The following suggestions will help you to know how to deal with the situation effectively:
- Take the problem to God. Help your child to realize that God cares about them and the hurt they’re experiencing, and that He is always there to guide us through these issues.
- Never tell your child to ignore the bullying. What the child may “hear” is that you are going to ignore it. If the child were able to simply ignore it, they likely would not have told you about it. Trying to ignore bullying often allows it to become more serious.
- Don’t blame the child who is being bullied. Don’t ask, “What did you do to aggravate the other child?”
- Listen carefully to what your child tells you about the
bullying. Ask them to describe who was involved and how and where each bullying episode happened. Ask your child if they can name other children or adults who may have witnessed the bullying.

- **Empathize with your child.** Tell them that bullying is wrong, that it’s not their fault, and that you are glad that they had the courage to tell you about it.
- **Don’t encourage physical retaliation as a solution.** Hitting another student is not likely to end the problem, and it could escalate the situation or get your child suspended or expelled from school.
- **Check your own emotions.** A parent’s protective instincts stir strong emotions. Although it’s difficult, a parent is wise to step back and consider the next steps carefully.
- **Contact your child’s teacher or principal.** Parents are often reluctant to report bullying to school officials, but bullying may not stop without the help of adults. Give factual information to school officials about your child’s experience of being bullied, including who, what, when, where, and how. Emphasize that you want to work with the staff at school to find a solution. This provides an opportunity for school officials to encourage parents of those doing the bullying to find help for their child as well.
- **Do not contact the parents of the student or students who bullied your child;** it can make matters worse. School officials should contact the parents of the child or children who did the bullying.

**Increase Resilience**

Until the bullying issue can be resolved, attempt to increase your child’s resilience to bullying. Develop the talents and positive attributes of your child. Suggest and facilitate music, athletics, and art activities. This may help your child to become more confident among their peers. Other ways to increase resilience include:

- **Encouraging your child to make contact with friendly students in their class.** Your child’s teacher may be able to suggest students with whom your child can make friends, spend time, or collaborate on work.
- **Helping your child meet new friends outside of the school environment.** A new environment can provide a “fresh start” for a child who has been bullied repeatedly.
Teaching your child safety strategies, such as seeking help from an adult when feeling threatened by a bully. Talk about whom they should go to for help, and assure your child that reporting bullying is not the same as tattling.

Asking yourself if your child is being bullied because of a learning difficulty or a lack of social skills. If your child is hyperactive, impulsive, or overly talkative, the child who bullies may be reacting out of annoyance. This doesn’t make the bullying right, but it may help to explain why your child is being bullied. If you believe this might be the case, seek help from a counselor so that your child can better learn the informal social rules of its peer group.

Making sure your child has a safe and loving home environment where they can find shelter both physically and emotionally. Always maintain open lines of communication with your child.

Bullying is a destructive behavior that can be difficult to change, but when we put our trust in God and work together as a parent-teacher-student team, we can make a difference.

*not his real name

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**Warning Signs That a Child Might be Bullying Someone**

- Enjoys feeling powerful and in control
- Seeks to dominate or manipulate others
- May be popular with other students who envy their power
- Exhibits low tolerance of frustration
- Seeks willing to use and abuse other people to get what they want
- Defends their negative actions by insisting that others “deserve it,” “asked for it,” or “provoked it”; often describes a conflict as someone else’s “fault”
- Is more likely to get into trouble, smoke, drink, and fight
- Exhibits little or no emotion when talking about his or her part in a conflict
- Is generally defiant or oppositional toward adults
- Has difficulty fitting into groups; may experience loneliness

(http://www.education.com/topic/school-bullying-teasing)