Prayer: Joining Hearts with God's 
by Ruthie Jacobsen, NAD Prayer Ministries Director

Every year the Seventh-day Adventist Church family sets aside one week as the Annual Week of Prayer (November 4-11), and a special Sabbath for the NAD Day of Prayer (2012: January 7). There are other special annual days of prayer that are set aside, such as Women's Ministries Day of Prayer and Men's Ministries Day of Prayer, special Youth Ministries prayer events, and more. Just before the Adventist Ministries Convention next year, we will have a Prayer Summit, and everyone is invited to attend.

The methods used for these special prayer times may vary, according to the needs, purposes and leadership in our churches, but one component that is always appreciated is a time of prayer and blessing for our pastors, and conference, union, and Division leadership. Pray for those in your area by name, asking God for specific help and blessing. Let’s stand on His Word and claim promises for the needs of our own hearts and those of others.

As God’s people join their hearts with God’s to pray together for our leadership, our communities, churches, our families, and our own needy hearts, He responds. Recently I was impressed with an amazing quote from the beautiful book, Desire of Ages (p. 668), which says, “God is well pleased when His children make the very highest demands of Him, that we may glorify His name. We may expect large things if we have faith in His promises.”

Your prayers profoundly affect the dark and hopeless places of the world because prayer is a life-changer: “The earnest prayer of a righteous person has great power and wonderful results.” (James 5:16, Touchpoint Bible)
A vegetarian diet and physical activity protect against diabetes in the Black population, according to findings in the Adventist Health Study. African Americans are twice as likely to be diagnosed with diabetes when compared to non-Hispanic whites.

“These findings are encouraging for preventing type 2 diabetes in the Black population, which is more susceptible to the disease than other populations,” said Serena Tonstad, MD, a professor at Loma Linda University and lead author of the research, published in the October issue of Nutrition, Metabolism & Cardiovascular Diseases. MORE

Read more about the Adventist Health Studies. Find a report about Adventist lifestyle, health and longevity at WorldLifeExpectancy.com.

The process and timetable for the theological discussion of the topic of women's ordination has been set. Read all about it in AR INTOUCH online.

An intensive 10-day lifestyle makeover called ‘TakeTEN was begun by Adventist Health employees last month. Employees and family members now have access to the St. Helena Center for Health TakeTEN program which focuses on prevention and management of chronic diseases and health conditions. It uses comprehensive medical screening and evaluation with extensive laboratory and diagnostic testing. All this — combined with fitness training, nutrition information, culinary arts and behavioral health — enables participants to meet their health goals and sustain them for a lifetime.

“Adventist Health values its employees, and by offering this benefit to them and their families, we are showing a commitment to their long-term health and prevention of disease,” said Kathleen Wilson, director of Benefits Administration at Adventist Health. “Better health of our employees also means lower health care costs.”

The TakeTEN program was founded by James A. Peters, MD, DrPH, RD, RRT, FA CPM, and Cheryl Thomas Peters, DCN, RD, in 2010. They lead the team of qualified health professionals at St. Helena Hospital Napa Valley with the goal to help participants live younger longer. MORE

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

LivingWell Bistro - Portland's Newest Healthy Dining Experience
Sacramento Bee
November 4

Vegetarian Diet, Exercise, Reduces Diabetes Risk In African Americans
Medical News Today
November 3

Adventist World

NAD Edition

Upcoming Events

Special Needs Children's Ministry Training, Nov. 11-13
Cruise With a Mission, Dec. 11-18

2012:

NAD Day of Prayer - Jan. 7
NAD Prayer Summit, Jan. 12-15
Adventist Ministries Convention, Jan. 15-18
Health Summit 2012, Jan. 27-Feb. 5
The One Project, Feb. 13-14
Just Claim It 3, Mar. 7-10
ACF/NAD Campus Ministry Conference, Apr. 6-8
Pathfinder Bible Experience, Apr. 21
La Red (Hispanic NET), Oct. 13-20
Women’s Golf Association donates $700 to victims of domestic violence
Humboldt Beacon
November 3

Adventist to open north county clinic
Tillamook Headlight-Herald
November 2

The One Project - Only five days left to register for Seattle. The deadline is fast approaching for the second gathering in North America of The One Project, which celebrates the supremacy of Jesus in the Seventh-day Adventist Church. Join leaders from all over the world. The leaders of The One Project are “committed to the idea that a Jesus-driven, Jesus-bathed, Jesus-backed, Jesus-led, Jesus-filled, Jesus-powered, all-about-Jesus Adventist Church is the uncompromising directive from our past, the joy of our present, and hope for our future. We claim the Primal Adventist Impulse: a longing to be with Jesus.” MORE

Click here to register, or call (269) 471-8380 or email; book your hotel; see the schedule. Questions? Contact any of the team members.

Get relevant Family Ministries articles and resources by joining and becoming a part of their new Family Ministries Facebook page. You may also now follow them on Twitter @Adventist Family.

Martin Doblmeier, producer of the film, The Adventists, and the award-winning film, Bonhoeffer, will give the annual Lawrence Longo Lecture on faith and culture at Pacific Union College in Angwin, Ca. Thursday, November 10. The lecture series, which began in 1992 is named after Dr. Lawrence Longo, one of the world’s most respected specialists in developmental physiology, and has included such speakers as Martin Marty and David Neff, editor in chief of Christianity Today.

Doblmeier’s talk is entitled: Through the Lens of Faith, a perspective on the challenges of conveying a life of faith to the wider public through film. Doblmeier will also participate in the Thursday morning Colloquy speaker series, speak to several classes and present the film The Adventists.

Doblmeier is founder and president of Journey Films in Alexandria, Va. MORE
Groups and individuals are urged to avoid all nonessential travel to Mexico due to escalating violence there. In consultation with the GC International Crisis Committee, the Division does not recommend that churches, schools and other organizations travel to Mexico until there is a significant reduction in the violence. If a trip becomes necessary, leaders must review and abide by the U.S. State Department travel warnings. MORE

Workplace Witnessing - Daniel and Kristina own a rental property. Every morning they ask God to use them to be a positive influence to their renters. Over the years they have had multiple conversations with their renters about spiritual things and have invited them to church with little apparent success.

This past fall they invited Becky to attend the Prophecies Decoded series. Since Becky didn't own a car, they offered to give her a ride but she kept finding excuses why she couldn't come. Finally she conceded, “I don’t really want to come, but I will because you keep inviting me.” Once Becky started attending, she wanted to go every night. At the conclusion of the meetings she was baptized. Standing with her in the baptistery was her landlord, Daniel. Becky exclaimed before the teary congregation, “Daniel has not only been my landlord; he’s also been my friend who never gave up on me. What can I say? ‘I’m home.’”

God wants to use our work places as venues for witness, and He will if we allow Him to use our time and talents to reach others?

Week of Prayer Readings for this week, November 4-12, are printed in the Adventist Review, September 22 issue. If paper copies are not available, you can read it online. There are numerous Prayer Ministries resources available such as recommended books and readings, Three Ways to Involve the Entire Church in Prayer, Bible Study & Ministry, and more at the Prayer Ministries website.

The NAD Resource Guide, which was introduced and distributed at the 2011 NAD Year-end Meeting, can currently be viewed in the "Announcement" section of the North American Division website. Printed copies are not available for general distribution. However, the information also is available in the NAD App. Search "NAD" in the App store. The App is available for Android, iPhone and iPad devices.
“Sorry”

Pastor R. Vincent Dehm, II, First Millsboro Church, Delaware

Stay Socially Connected with NAD

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George Johnson Jr., communication director | Bernadine Delafield, NET evangelism coordinator
Lynetta Murdoch, editorial assistant. Email: newspoints@nad.adventist.org
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LOMA LINDA, Calif. — New research shows that following a vegetarian diet significantly reduced the risk of diabetes in African Americans, who are twice as likely to be diagnosed with diabetes when compared to non-Hispanic whites.

"These findings are encouraging for preventing type 2 diabetes in the Black population, which is more susceptible to the disease than other populations," said Serena Tonstad, MD, a professor at Loma Linda University and lead author of the research, published in the October issue of Nutrition, Metabolism & Cardiovascular Diseases.

In addition to being at a greater risk for developing diabetes, Black persons in the U.S. are also more likely to suffer from diabetes-related complications, such as end-stage renal disease and lower-extremity amputations, according to the U.S. Department of Health and Human Services.

"A vegetarian diet may be a way to counteract the increased diabetes risk for the Black population," Dr. Tonstad said.

Dr. Tonstad's research showed that, compared to non-vegetarian Blacks, vegan Blacks had a 70 percent reduced risk of diabetes, and lacto-ovo vegetarian Blacks (those who consume dairy, but no meat) had a 53 percent reduced risk of diabetes.

Dr. Tonstad said one explanation was the protection associated with foods typically consumed in higher amounts in a vegetarian diet. Fruits and vegetables have a high fiber content, which may contribute to a decreased occurrence of type 2 diabetes. In addition, whole grains and legumes (beans) have been shown to improve glycemic control and slow the rate of carbohydrate absorption and the risk of diabetes.

The study also showed that Black participants who exercised three or more times a week, compared to once a week or never, had a 35 percent reduced risk of diabetes.

The findings used prospective data (following persons over time) of 7,172 Black Seventh-day Adventists participating in Adventist Health Study-2. Adventists are a Protestant religious group that promotes vegetarianism and advocates abstinence from tobacco and alcohol, which results in less confounding (distortions) when studying associations between diet and disease. Participants were given a questionnaire that asked how often they consumed 130 foods and food groups. Participants were then categorized into a dietary category (vegan, lacto-ovo vegetarian, etc.) based on their responses.

The study also analyzed data of 34,215 non-Black Adventists and found similar protections against diabetes for a vegetarian diet. These findings confirm results from past cross-sectional research (examining persons at one point in time) that showed a vegetarian diet offered protection against diabetes.

This research was funded in part by a grant from the National Institutes of Health and by the School of Public Health at Loma Linda University.

Do you struggle with diabetes, heart disease, high blood pressure, high cholesterol, tobacco use, or an undiagnosed condition or disease? Then spending just ten days with us can put you on the road to a lifetime of good health.

TakeTEN™ is a physician-directed, evidence-based, residential program that combines medicine, lifestyle, fitness, nutrition and health into your personal lifestyle prescription.

We can help you to:

- Significantly lower your blood sugar, blood pressure and cholesterol.
- Break addictive habits such as smoking and tobacco use.
- Manage and even reverse underlying chronic disease conditions.
- Get more energy, satisfaction and happiness out of life.
- Lose up to 10% of your excess weight without being hungry
- Reduce inflammation and pain
- Improve your energy and sense of well-being
- Reduce or eliminate your need for medication. - You'll leave feeling good!

Plus, you'll have a plan to help you get and stay healthy for a lifetime of living younger longer!

TakeTEN is easy. Held in the heart of the beautiful Napa Valley with breathtaking, sweeping views of vineyards and every meal cooked by award winning chefs, we give you valuable behavioral health change, nutritional, fitness and lifestyle habit information in easy-to-swallow bite-sized daily pieces. Perfectly designed to never overwhelm, just to educate and empower you to make positive choices; we focus on ten daily health habits to help your body heal and give you longer life.

Lifestyle medicine benefits everyone, regardless of diagnosis or condition, by providing an environment for your body to heal, thus reducing the need for medication.

With our small class-sizes, you get:

- Individualized attention with our doctors who address your core physical needs in order to promote healing and optimal body function.
- A comprehensive risk assessment, including nutrition deficiencies, genetic vulnerability, environmental stresses, and health habits.
- A nutrition and exercise prescription
- Supplementation based on your unique needs and you will leave with a lifestyle medicine roadmap designed specifically for you.
- The "TakeTEN Action Plan" that includes
- Your own personalized lifestyle medicine
- Ten "Healthy Habits" to practice for optimal health and happiness

Request More Information

Call Now (877.905.3510) to Speak to a Counselor or Fill Out the Form and we will contact you shortly.

*indicates required field

*First Name:  
*Last Name:
Exercise tips, illustrations and instructions
Ten "Core Recipes" and how to modify them to make 30 meals
A cookbook with delicious and nutritious recipes written by Dr. Cheryl Thomas Peters

Please explore our TakeTEN website. Listen to the testimonials, explore the information on your diagnosis or learn how we can help to diagnose you if you have a "mystery disease." Please give us a call at 1-855-TAKETEN if you have any questions.

We look forward to helping you,
The TakeTEN Team

*Email Address:  Phone:
Street Address:  City:
State:  Zip:
How did you hear about us:  submit

We promise we will not spam or sell your information. All submitted information is confidential and secure on our site.
LivingWell Bistro - Portland's Newest Healthy Dining Experience

Published Friday, Nov. 04, 2011

PORTLAND, Ore., Nov. 4, 2011 --

Featuring fresh, local and organic cuisine

PORTLAND, Ore., Nov. 4, 2011 /PRNewswire-USNewswire/ -- The LivingWell Bistro has emerged as Portland's freshest plant based restaurant. The dining establishment is meeting the needs of a city interested in healthy living by offering a tantalizing menu. The Bistro features local, organic and sustainable foods bursting with flavor, plated and served with love. Customers will find a fresh twist on a delicious and hearty plant based menu, filled with the best produce of the season, including many gluten free options and farm-to-table selections.

"The casual dining atmosphere, vibrant healthy food choices and a wide selection of menu options provides a place where people can eat well and be well," says Bo Rinaldi, restaurateur, and collaborator on the LivingWell Bistro project. The restaurant is conveniently located in Adventist Health's new Pavilion in East Portland and provides a wide array of fresh, sweet and savory dishes for breakfast, lunch and dinner. "We are offering an exciting new dining option where the food is freshly made utilizing authentic flavors and style," states Rinaldi, the co-founder of Vegan Fusion cuisine.

Daily chef specials are served in a vibrant dining atmosphere utilizing seasonal produce. The Bistro features a stunning Woodstone oven where pizzas are hand crafted to order. In addition to the comfortable and intimate dining area, the Bistro also offers a wide selection of grab-and-go dishes such as daily fresh-made soups, Garden Wraps and Rainbow Salads.

The Bistro also partners with local vendors such as Dave's Killer Bread, Petunia's, Dovetail Bakery and Blossoming Lotus. The restaurant includes a beautifully appointed Marketplace section with an inventory of vegan cook books, housewares, raw food items and heart healthy cooking ingredients.

You'll find the LivingWell Bistro at 10000 SE Main Street (just inside the lobby of Adventist Medical Center's Pavilion) and is open Sunday through Friday. To learn more about the LivingWell Bistro's menu items, log on to www.livingwellbistro.com or visit us on Facebook.

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.
Media Contacts: Judy Leach, Director
Adventist Health
251-6162
leachjl@ah.org

SOURCE Adventist Medical Center
Women's Golf Association donates $700 to victims of domestic violence

Humboldt Beacon

Posted: 11/03/2011 04:38:05 PM PDT

The Redwood Empire Women's Golf Association has donated $700 to Fortuna Adventist Community Services' domestic violence shelter. The presentation ceremony was held at the Redwood Empire Memorial Garden, and presided over by influential members Karen Smith, Sue Strahan and JoAnn French; Rhonda Lewis, Executive Director of FACS accepted on behalf of the women's shelter. FACS provides year-round safe rooms for women who have been victims of domestic violence. The donated funds will be used to provide new heaters for the shelter rooms.

The money was raised by the 11th annual Women's Invitational golf tournament at the Redwood Empire Golf Course and Country Club. Raffle tickets were sold, and local merchants throughout the Eel River Valley sponsored the 88 women who participated.

The members of the Redwood Empire Women's Golf Association share the goal to provide a golf and social program for women, to encourage women to participate in the game of golf, and in every way to maintain good sportsmanship and social relations among the members. To this end, they promote a Junior Golf program, "Head Start 1st Tee." They help to improve the facilities at the golf course, and are active in contributing to the beautification of the Eel River Valley. They also support local community groups.

Fortuna Adventist Community Services has been active in the Eel River Valley for over 55-years, and maintains the women's shelter in cooperation with the Fortuna Police Department. The Community Services Center is located at 2331 Rohnerville Road in Fortuna; foodbank hours are Tuesdays and Wednesdays from 9:30 to 11:30 a.m. year-round. FACS also operates Tabitha's Place, a thrift store on 11th street in downtown Fortuna.

photo caption:

photo by Jesse Perry, FACS Program Developer
Vegetarian Diet, Exercise, Reduces Diabetes Risk In African Americans

03 Nov 2011  Click to Print

New research published online recently suggests that following a vegetarian diet and exercising at least three times a week significantly reduces the risk of diabetes among African Americans, who are normally twice as likely to be diagnosed with diabetes as non-Hispanic whites. You can read about the study, led by Dr Serena Tonstad, a professor at Loma Linda University in California, online in the October edition of *Nutrition, Metabolism & Cardiovascular Diseases*.

Tonstad and colleagues found that compared to non-vegetarian blacks, vegan blacks (vegans eat no animal products at all, including eggs and dairy) had a 70% reduced risk of diabetes, and vegetarian blacks (those who don't eat meat but do eat eggs and dairy) had a 53% reduced risk.

They also found that blacks who exercised three or more times a week compared to once a week or not at all, had a 35% reduced risk of being diagnosed with diabetes.

Tonstad told the press:

“These findings are encouraging for preventing type 2 diabetes in the black population, which is more susceptible to the disease than other populations.”

For the study, the researchers reviewed prospective data that was obtained by following 7,172 black Seventh-day Adventists taking part in the Adventist Health Study-2.

Adventists are protestants that follow a vegetarian diet and abstain from alcohol and tobacco. They are a much sought after population by researchers studying links between diet and disease because data from participants following such a way of life presents fewer confounding variables that might distort the results.

The participants filled in questionnaires that asked them how often they consumed over 100 types of food. From their responses the researchers then grouped them according to their diet.

Tonstad and colleagues also analyzed data from 34,215 non-black Adventists and found a similar pattern between reduced risk for diabetes and vegetarian diet.

They said the findings confirm those of cross-sectional studies that showed strong links between following a vegetarian diet and reduced risk of diabetes. Cross-sectional studies are like a snapshot, they don't follow people over a period of time as prospective studies do, and so cannot establish cause and effect direction, they can only find links and their strength.

Tonstad said one reason why a vegetarian diet might protect against diabetes is that it typically contains a higher proportion of high-fiber foods such as fruit and vegetables. Also, whole grains, beans and other legumes are known to improve glycemic control which slows the rate of carbohydrate absorption and thus reduces risk of diabetes.

The Department of Health and Human Services estimates that African Americans are not only at higher risk of developing diabetes, but they are also more likely to experience complications related to the disease, such as end-stage renal disease and lower-extremity amputations.

Tonstad said:

“A vegetarian diet may be a way to counteract the increased diabetes risk for the black population.”

A grant from the National Institutes of Health and funds from the School of Public Health at Loma Linda University helped pay for the study.
Adventist to open north county clinic

By Erin Dietrich | Posted: Wednesday, November 2, 2011 8:00 am

MANZANITA – Tillamook County General Hospital announced Oct. 27 plans to open a new rural health clinic with improved ambulance facilities in Manzanita by January 2012.

Tillamook Medical Group/Manzanita Primary and Specialty Care will offer obstetrics and gynecology, surgery, podiatry and internal medicine.

Urgent care will also be available for extended hours during the week and on weekends at the new location.

“It’s very exciting,” said Melody Ayers, director of marketing and communications for Tillamook County General Hospital, operated by Adventist Health. “There have been requests from the community for quite some time, because there has been hardly any specialty care available up there.”

The new facility will also house Tillamook Ambulance. The new accommodations for the ambulance crews, who serve in 24-hour shifts, will include an additional sleeping room and improved computer connectivity with the hospital.

In north county, Tillamook Ambulance, a department of the hospital, is currently housed behind the old Manzanita Fire Hall at 165 S. Fifth St. According to Ayers, the new location will move the ambulance closer to where they get the most calls, particularly from the Nehalem Bay House, an assisted living facility.

The clinic will be located in the commercial building at 10445 Neah-Kah-Nie Creek Road, just north of the Shell Station on Highway 101. The building once housed HLB Otak surveying and engineering. The first floor, with nearly 3,000 square feet, will be dedicated to clinic and treatment areas. The second floor will house the ambulance quarters, offices and support staff.

“They’re planning to have generator backup for power, and will be able to be powered even during winter storms here,” Ayers added. “There will definitely be some disaster response (abilities) that will be able to augment what’s already in the community.”

Dr. James Rushing, board certified in internal medicine and pulmonary diseases, and Physicians Assistant Rob Sloans will provide full-time care at the new clinic.

Podiatrist Dr. Scott Doherty, who has been practicing once a week out of the Rinehart Clinic in Wheeler, will move to the new clinic as well. Other care specialists will see patients either weekly and/or monthly. Additional services may be added as requested by the community.

Ayers said the clinic is not intended to compete with the primary care services provided by Dr. Harry Rinehart at the Rinehart Clinic, but rather to fill a need for closer access to more specialized services.

“There have been requests from the community for quite some time, because there has been hardly
any specialty care available up there,” Ayers said. “Obviously, Rinehart does a good job with primary care. These plans are in response to community requests.”

According to Ayers, the hospital regularly reviews community health needs data as part of their ongoing strategic planning. The hospital gets information on community health needs from state health assessment reports, such as through the Oregon Office of Rural Health, as well as from direct feedback from their patients and community leaders.

“We are very excited to be opening this new clinic,” said Larry Davy, hospital CEO. “We have received many requests for these additional services from the local residents. We are committed to continuing to work in close partnership with Manzanita area community residents and their leaders to meet the needs for expanded access to a wider array of health care services.”
Why

We are committed to the idea that a Jesus-driven, Jesus-bathed, Jesus-backed, Jesus-led, Jesus-filled, Jesus-powered, all-about-Jesus Adventist Church is the uncompromising directive from our past, the joy of our present, and hope for our future. We claim the Primal Adventist Impulse: a longing to be with Jesus.

We believe pulpits, classrooms, worship halls, board rooms, living rooms - life! - should be drenched in the Spirit of Jesus.

We crave a "High Christology" - where Jesus is fully honored as Creator, Savior, and Lord. We believe Jesus is the hope of the First Testament and inspiration for the Second. Theology - the study of God - is at its best in dedicated exploration Jesus, who is "the image of God." We are convicted that he alone is The Desire of the Ages. All of them: the prelapsarian age and life after the fall; the antediluvian age and life after the flood; prehistoric times, the stone age, the classical age, the age of antiquity, the middle ages, the age of reason, the modern age and in this, our 21st Century Age.

We love our church. And so we want the greatest gift for it... Jesus.

The One Project seeks - through conferences, conversations, web-based content, and Christ-focused publications - to stimulate preaching, worship, and adoration of Jesus within and through the Adventist church.

- Philosophy of the One project - Written by Japhet De Oliveira

The story behind the One project

Alex Bryan
Denver to Atlanta
Length: 05:21

Tim Gillespie
What is Jesus. All.
Length: 14:41

Lisa Clark Diller
The Body of Christ
Length: 04:27

AU Chapel on the One Project
Full Length Service: 33:56

back
Travel Warning
U.S. DEPARTMENT OF STATE
Bureau of Consular Affairs

Mexico

April 22, 2011

The Department of State has issued this Travel Warning to inform U.S. citizens traveling to and living in Mexico about the security situation in Mexico. This Travel Warning supersedes the Travel Warning for Mexico dated September 10, 2010 to consolidate and update information about the security situation and to advise the public of additional restrictions on the travel of U.S. government personnel.

Millions of U.S. citizens safely visit Mexico each year, including more than 150,000 who cross the border every day for study, tourism or business and at least one million U.S. citizens who live in Mexico. The Mexican government makes a considerable effort to protect U.S. citizens and other visitors to major tourist destinations. Resort areas and tourist destinations in Mexico generally do not see the levels of drug-related violence and crime reported in the border region and in areas along major trafficking routes. Nevertheless, crime and violence are serious problems and can occur anywhere. While most victims of violence are Mexican citizens associated with criminal activity, the security situation poses serious risks for U.S. citizens as well.

It is imperative that you understand the risks involved in travel to Mexico and how best to avoid dangerous situations. Common-sense precautions such as visiting only legitimate business and tourist areas during daylight hours, and avoiding areas where criminal activity might occur, can help ensure that travel to Mexico is safe and enjoyable.

General Conditions

Since 2006, the Mexican government has engaged in an extensive effort to combat transnational criminal organizations (TCOs). The TCOs, meanwhile, have been engaged in a vicious struggle to control drug trafficking routes and other criminal activity. According to Government of Mexico figures, 34,612 people have been killed in narcotics-related violence in Mexico since December 2006. More than 15,000 narcotics-related homicides occurred in 2010, an increase of almost two-thirds compared to 2009. Most of those killed in narcotics-related violence since 2006 have been members of TCOs. However, innocent persons have also been killed as have Mexican law enforcement and military personnel.

There is no evidence that U.S. tourists have been targeted by criminal elements due to their citizenship. Nonetheless, while in Mexico you should be aware of your surroundings at all times and exercise particular caution in unfamiliar areas. Bystanders, including U.S. citizens, have been injured or killed in violent incidents in various parts of the country, especially, but not exclusively in the northern border region, demonstrating the heightened risk of violence throughout Mexico. TCOs, meanwhile, engage in a wide-range of criminal activities that can directly impact U.S.
citizens, including kidnapping, armed car-jacking, and extortion that can directly impact U.S. citizens. The number of U.S. citizens reported to the Department of State as murdered in Mexico increased from 35 in 2007 to 111 in 2010.

The Mexican government has deployed federal police and military personnel throughout the country as part of its efforts to combat the TCOs. U.S. citizens traveling on Mexican roads and highways may encounter government checkpoints, which are often staffed by military personnel. You are advised to cooperate with personnel at government checkpoints and mobile military patrols. TCOs have erected their own unauthorized checkpoints, and killed or abducted motorists who have failed to stop at them.

Violence along Mexican roads and highways is a particular concern in the northern border region. As a result, effective July 15, 2010, the U.S. Mission in Mexico imposed restrictions on U.S. government employees’ travel. U.S. government employees and their families are not permitted to drive from the U.S.-Mexico border to or from the interior of Mexico or Central America. Travel by vehicle is permitted between Hermosillo and Nogales.

While violent incidents have occurred at all hours of the day and night on both modern toll ("cuotas") highways and on secondary roads, they have occurred most frequently at night and on isolated roads. To reduce risk, you are strongly urged to travel only during daylight hours throughout Mexico, to avoid isolated roads, and to use toll roads whenever possible. For more information on road safety and crime along Mexico's roadways, see the Department of State's Country Specific Information.

Due to ongoing violence and persistent security concerns, you are urged to defer non-essential travel to the states of Tamaulipas and Michoacán, and to parts of the states of Sonora, Chihuahua, Coahuila, Sinaloa, Durango, Zacatecas, San Luis Potosí and Jalisco. Details on these locations, and other areas in which travelers should exercise caution, are below.

**Violence along the U.S. - Mexico Border**

You should be especially aware of safety and security concerns when visiting the northern border states of Northern Baja California, Sonora, Chihuahua, Nuevo Leon, and Tamaulipas. Much of the country's narcotics-related violence has occurred in the border region. More than a third of all U.S. citizens killed in Mexico in 2010 whose deaths were reported to the U.S. government were killed in the border cities of Ciudad Juárez and Tijuana. Narcotics-related homicide rates in the border states of Nuevo Leon and Tamaulipas have increased dramatically in the past two years.

Carjacking and highway robbery are serious problems in many parts of the border region and U.S. citizens have been murdered in such incidents. Most victims who complied with carjackers at these checkpoints have reported that they were not physically harmed. Incidents have occurred during the day and at night, and carjackers have used a variety of techniques, including bumping moving vehicles to force them to stop and running vehicles off the road at high speed. There are some indications that criminals have particularly targeted newer and larger vehicles with U.S. license plates, especially dark-colored SUVs. However, victims' vehicles have included those with both Mexican and American registration and vary in type from late model SUVs and pick-up trucks to old sedans.

If you make frequent visits to border cities, you should vary your route and park in well-lighted, guarded and paid parking lots. Exercise caution when entering or exiting vehicles.
Large firefights between rival TCOs or TCOs and Mexican authorities have taken place in towns and cities in many parts of Mexico, especially in the border region. Firefights have occurred in broad daylight on streets and in other public venues, such as restaurants and clubs. During some of these incidents, U.S. citizens have been trapped and temporarily prevented from leaving the area. The location and timing of future armed engagements cannot be predicted. You are urged to defer travel to those areas mentioned in this Travel Warning and to exercise extreme caution when traveling throughout the northern border region.

**Northern Baja California:** Targeted TCO assassinations continue to take place in Northern Baja California, including the city of Tijuana. You should exercise caution in this area, particularly at night. In late 2010, turf battles between criminal groups proliferated and resulted in numerous assassinations in areas of Tijuana frequented by U.S. citizens. Shooting incidents, in which innocent bystanders have been injured, have occurred during daylight hours throughout the city. In one such incident, an American citizen was shot and seriously wounded.

**Nogales and Northern Sonora:** You are advised to exercise caution in the city of Nogales. Northern Sonora is a key region in the international drug and human trafficking trades, and can be extremely dangerous for travelers. The U.S. Consulate requires that armored vehicles are used for official travel in the consular district of Nogales, including certain areas within the city of Nogales. The region west of Nogales, east of Sonoyta, and from Caborca north, including the towns of Saric, Tubutama and Altar, and the eastern edge of Sonora bordering Chihuahua, are known centers of illegal activity. You should defer non-essential travel to these areas.

You are advised to exercise caution when visiting the coastal town of Puerto Peñasco. In the past year there have been multiple incidents of TCO-related violence, including the shooting of the city’s police chief. U.S. citizens visiting Puerto Peñasco are urged to cross the border at Lukeville, AZ, to limit driving through Mexico and to limit travel to main roads during daylight hours.

**Ciudad Juarez and Chihuahua:** The situation in the state of Chihuahua, specifically Ciudad Juarez, is of special concern. Ciudad Juarez has the highest murder rate in Mexico. Mexican authorities report that more than 3,100 people were killed in Ciudad Juarez in 2010. Three persons associated with the Consulate General were murdered in March, 2010. You should defer non-essential travel to Ciudad Juarez and to the Guadalupe Bravo area southeast of Ciudad Juarez. U.S. citizens should also defer non-essential travel to the northwest quarter of the state of Chihuahua. From the United States, these areas are often reached through the Columbus, NM, and Fabens and Fort Hancock, TX, ports-of-entry. In both areas, U.S. citizens have been victims of narcotics-related violence. There have been incidents of narcotics-related violence in the vicinity of the Copper Canyon in Chihuahua.

**Durango, Coahuila and Zacatecas:** Between 2006 and 2010, the number of narcotics-related murders in the State of Durango increased dramatically. Several areas in the state have seen sharp increases in violence and remain volatile and unpredictable. U.S. government employees are restricted from traveling to the cities of Durango and Gomez Palacio. You should defer non-essential travel to these cities.

The State of Coahuila has also experienced an increase in violent crimes and narcotics-related murders. U.S. government employees are restricted from traveling to the area known as "La Laguna", including the city of Torreon, and the city of Saltillo within the state. You should defer non-essential travel to this area, as well as to the cities of Piedras Negras and Ciudad Acuña due to frequent incidents of TCO-related violence.
The northwestern portion of the state of Zacatecas has become notably dangerous and insecure. Robberies and carjackings are occurring with increased frequency and both local authorities and residents have reported a surge in observed TCO activity. This area is remote, and local authorities are unable to regularly patrol it or quickly respond to incidents that occur there. The Consulate General in Monterrey restricts travel for U.S. government employees to the city of Fresnillo and the area extending northwest from Fresnillo along Highway 45 (Fresnillo-Sombrete) between Highways 44 and 49. In addition, highway 49 northwards from Fresnillo through Durango and in to Chihuahua is isolated and should be considered dangerous. You should defer non-essential travel to these areas.

**Monterrey and Nuevo Leon:** The level of violence and insecurity in Monterrey remains elevated. Local police and private patrols do not have the capacity to deter criminal elements or respond effectively to security incidents. As a result of a Department of State assessment of the overall security situation, on September 10, 2010, the Consulate General in Monterrey became a partially unaccompanied post with no minor dependents of U.S. government employees permitted.

TCOs continue to use stolen cars and trucks to create roadblocks or "blockades" on major thoroughfares, preventing the military or police from responding to criminal activity in Monterrey and the surrounding areas. Travelers on the highways between Monterrey and the United States (notably through Nuevo Laredo and Matamoros/Reynosa) have been targeted for robbery that has resulted in violence. They have also been caught in incidents of gunfire between criminals and Mexican law enforcement. In 2010, TCOs kidnapped guests out of reputable hotels in the downtown Monterrey area, blocking off adjoining streets to prevent law enforcement response. TCOs have also regularly attacked local government facilities, prisons and police stations, and engaged in public shootouts with the military and between themselves. Pedestrians and innocent bystanders have been killed in these incidents.

The number of kidnappings and disappearances in Monterrey, and increasingly throughout Monterrey’s consular district, is of particular concern. Both the local and expatriate communities have been victimized and local law enforcement has provided little to no response. In addition, police have been implicated in some of these incidents. Travelers and residents are strongly advised to lower their profile and avoid displaying any evidence of wealth that might draw attention.

**Tamaulipas:** You should defer non-essential travel to the state of Tamaulipas. In an effort to prevent the military or police from responding to criminal activity, TCOs have set up roadblocks or "blockades" in various parts of Nuevo Laredo in which armed gunmen carjack and rob unsuspecting drivers. These blockades occur without warning and at all times, day and night. The Consulate General prohibits employees from entering the entertainment zone in Nuevo Laredo known as "Boys Town" because of concerns about violent crime in that area. U.S. government employees are currently restricted from travelling on the highway between Nuevo Laredo and Monterrey, as well as on Mexican Highway 2 towards Reynosa or Ciudad Acuña due to security concerns.

Be aware of the risks posed by armed robbery and carjacking on state highways throughout Tamaulipas. In January 2011, a U.S. citizen was murdered in what appears to have been a failed carjacking attempt. While no highway routes through Tamaulipas are considered safe, many of the crimes reported to the U.S. Consulate General in Matamoros took place along the Matamoros-Tampico highway, particularly around San Fernando and the area north of Tampico.

**Crime and Violence in Other Parts of Mexico**
While security concerns are particularly acute in the northern border region, you should be aware of situations that could affect your safety in other parts of Mexico.

**Sinaloa and Southern Sonora:** One of Mexico's most powerful TCOs is based in the state of Sinaloa. Since 2006, more homicides have occurred in the state's capital city of Culiacan than in any other city in Mexico, with the exception of Ciudad Juarez. You should defer non-essential travel to Culiacan and exercise extreme caution when visiting the rest of the state. Travel off the toll roads in remote areas of Sinaloa is especially dangerous and should be avoided.

In the last year, the city of Mazatlan has experienced a level of violence, primarily confrontations between TCOs, not seen before. In 2010 there were over 300 narcotics-related murders within the city, compared to fewer than 100 in 2009. You are encouraged to visit Mazatlan during daylight hours and limit the time you spend outside tourist centers. Exercise caution during late night and early morning hours when most violent crimes occur.

Highway robbery and carjacking are ongoing security concerns for travelers on the Mexican toll road Highway 15 in Sonora and on Maxipista Benito Juarez in Sinaloa. These highways are known to be particularly dangerous at night when roadside robberies occur. When traveling in Sinaloa, U.S. government employees are required to use armored vehicles and may only travel in daylight hours.

**San Luis Potosi:** In February 2011, one U.S. government employee was killed and another wounded when they were attacked in their U.S. government vehicle on Highway 57 near Santa Maria del Rio. The incident remains under investigation. Cartel violence and highway lawlessness have increased throughout the state and are a continuing security concern. All official U.S. government employees and their families have been advised to defer travel on the entire stretch of highway 57D in San Luis Potosi as well as travel in the state east of highway 57D towards Tamaulipas. You should defer non-essential travel in these areas.

**Nayarit and Jalisco:** Official U.S. government employees are prohibited from traveling to Colotlan, Jalisco, and Yahualica, Jalisco, both near the Zacatecas border, because of an increasingly volatile security situation. Concerns include roadblocks placed by individuals posing as police or military personnel and recent gun battles between rival TCOs involving automatic weapons. You should defer non-essential travel to these cities. In addition, the border areas between Jalisco state and the states of Zacatecas and Michoacán, as well as in or near the cities of Tepic and Xalisco, Nayarit have been sites of violence and crime involving TCOs. You should exercise extreme caution when traveling in these areas.

**Michoacán:** You should defer non-essential travel to the State of Michoacán, which is home to another of Mexico's most dangerous TCOs, "La Familia". Attacks on government officials and law enforcement and military personnel, and other incidents of TCO-related violence, have occurred throughout Michoacan, including in and around the capital of Morelia and in the vicinity of the world famous butterfly sanctuaries in the eastern part of the State.

**Guerrero and Morelos:** You should exercise extreme caution when traveling in the northwestern part of the state of Guerrero, which has a strong TCO presence. Do not take the dangerous, isolated road through Ciudad Altamirano to the beach resorts of Ixtapa and Zihuatanejo and exercise caution traveling on the coastal road between Acapulco and Ixtapa due to the risk of roadblocks and carjackings. Numerous incidents of narcotics-related violence have occurred in the city of Cuernavaca, in the State of Morelos, a popular destination for American language students.
Downtown Acapulco and surrounding areas have seen a significant increase in narcotics-related violence in the last year. Incidents have included daylight gunfights and murders of law enforcement personnel and some have resulted in the deaths of innocent bystanders. Due to the unpredictable nature of this violence, you should exercise extreme caution when visiting downtown Acapulco. To reduce risks, tourists should not visit the downtown area at night and should remain in clearly identifiable tourist areas. In general, the popular tourist area of Diamante just south of the city has not been affected by the increasing violence.

**Further Information**

You are encouraged to review the U.S. Embassy's Mexico Security Update. The update contains information about recent security incidents in Mexico that could affect the safety of the traveling public.

For more detailed information on staying safe in Mexico, please see the State Department's Country Specific Information for Mexico. Information on security and travel to popular tourist destinations is also provided in the publication: Spring Break in Mexico - Know Before You Go!

For the latest security information, U.S. citizens traveling abroad should regularly monitor the State Department's internet web site, where the current Worldwide Caution, Travel Warnings, and Travel Alerts can be found. Follow us on Twitter and the Bureau of Consular Affairs page on Facebook as well. Up-to-date information on security can also be obtained by calling 1-888-407-4747 toll free in the United States and Canada or, for callers outside the United States and Canada, a regular toll line at 001-202-501-4444. These numbers are available from 8:00 a.m. to 8:00 p.m. Eastern Time, Monday through Friday (except U.S. federal holidays). U.S. citizens traveling or residing overseas are encouraged to enroll with the State Department's Smart Traveler Enrollment Program at travel.state.gov. For any emergencies involving U.S. citizens in Mexico, please contact the U.S. Embassy or the closest U.S. Consulate. The numbers provided below for the Embassy and Consulates are available around the clock. The U.S. Embassy is located in Mexico City at Paseo de la Reforma 305, Colonia Cuauhtemoc, telephone from the United States: 011-52-55-5080-2000; telephone within Mexico City: 5080-2000; telephone long distance within Mexico 01-55-5080-2000. You may also contact the Embassy by e-mail at ACSMexicoCity@state.gov.

**Consulates (with consular districts):**

- **Hermosillo** (Sinaloa and the southern part of the state of Sonora): Avenida Monterrey 141, telephone (011)(52)(662) 289-3500.
- **Matamoros** (the southern part of Tamaulipas with the exception of the city of Tampico): Avenida Primera 2002, telephone (011)(52)(868) 812-4402.
- **Merida** (Campeche, Yucatan, and Quintana Roo): Calle 60 no. 338-K x 29 y 31, Col. Alcala Martin, Merida, Yucatan, Mexico 97050, telephone (011)(52)(999) 942-5700 or 202-250-3711 (U.S. number).
- **Nogales** (the northern part of Sonora): Calle San Jose, Nogales, Sonora, telephone
(011)(52)(631) 311-8150.

- **Tijuana** (Baja California Norte and Baja California Sur): Paseo de Las Culturas and Camino al Aeropuerto in Mesa de Otay, telephone (011) (52) (664) 977-2000.

All other Mexican states, and the Federal District of Mexico City, are part of the Embassy's consular district.

**Consular Agencies:**

- **Acapulco:** Hotel Emporio, Costera Miguel Aleman 121 – Suite 14, telephone (011)(52)(744) 481-0100 or (011)(52)(744) 484-0300.
- **Cancún:** Blvd. Kukulcan Km 13 ZH Torre La Europea, Despacho 301 Cancun, Quintana Roo, Mexico C.P. 77500; telephone (011)(52)(998) 883-0272.
- **Ciudad Acuña:** Closed until further notice.
- **Cozumel:** Plaza Villa Mar en el Centro, Plaza Principal, (Parque Juárez between Melgar and 5th ave.) 2nd floor, locales #8 and 9, telephone (011)(52)(987) 872-4574 or, 202-459-4661 (a U.S. number).
- **Ixtapa/Zihuatanejo:** Hotel Fontan, Blvd. Ixtapa, telephone (011)(52)(755) 553-2100.
- **Mazatlán:** Playa Gaviotas #202, Zona Dorada, telephone (011)(52)(669) 916-5889.
- **Piedras Negras:** Abasolo #211, Zona Centro, Piedras Negras, Coah., Tel. (011)(52)(878) 782-5586.
- **Puerto Vallarta:** Paradise Plaza, Paseo de los Cocoteros #1, Local #4, Interior #17, Nuevo Vallarta, Nayarit, telephone (011)(52)(322) 222-0069.
- **Reynosa:** Calle Monterrey #390, Esq. Sinaloa, Colonia Rodríguez, telephone: (011)(52)(899) 923 - 9331.
- **San Miguel de Allende:** Centro Comercial La Luciernaga, Libramiento Manuel Zavala (Pepe KBZON), telephone (011)(52)(415) 152-2357 or (011)(52)(415) 152-0068.