Esperanza TV: Sharing the Best News in the World

by Sandra Juarez, Esperanza TV Director for North America

Officially launched in March of 2007, the Esperanza TV network broadcasts to North America, Central America, and South America via satellite and is distributed widely by terrestrial rebroadcast, cable, internet, and direct-to-home TV. You can also access Esperanza TV via your iPhone and iPad. Esperanza TV focuses on contemporary issues and brings positive programming to improve individuals and families.

Our programming has been custom designed to provide family friendly programs that educate, inform, inspire and empower Hispanic viewers to discover purpose and joy in life. Our viewers are enriched and entertained by programs on health, lifestyle, education, children, youth, music, cooking, inspiration, family life, and spirituality.

Esperanza TV promotes: honesty and justice, good personal and community health, individual responsibility, personal and professional development, non-violent conflict resolution, religious tolerance, equality for all people, and spirituality. Each of the programs we broadcast is selected based on their contribution in bringing the good news of Jesus Christ to all the Hispanic community.

You can be an important part of this exciting outreach effort! Everyone gets television from somewhere. You can help us by letting your friends and neighbors know they can find safe, wholesome, values-driven Spanish programs for the entire family!

We can be found at www.esperanzatv.org

March 28, 2012

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- Pastor Wintley Phipps, guest speaker
- Revive! - and activate your church
- NAD Resource Guides are available
- Upcoming Events
Are your members prepared to share *The Great Hope*? During this time period before July 1, everyone needs to be reading and renewing their knowledge of *The Great Controversy* while carefully and prayerfully considering friends and acquaintances who might be interested in receiving the smaller 11-chapter abridged version called *Great Hope*. Some may not be aware of this project or understand the plan to be relational in our sharing.

Quantities of *The Great Hope* can now be ordered through local Adventist Book Centers (800-765-6955) for only 39 cents per copy if ordered by May 15. Order now to be ready for the distribution phase, which comes after the members’ initial renewing acquaintance with *The Great Controversy*. Member information is posted at www.sharethegreathope.com.

The Ambassadors men’s basketball team of Oakwood University won the U. S. Collegiate Athletic Association 2012 Division 1 Championship after defeating Rochester College 54-51, on Saturday night, March 10. The heading in the BlackNews.com news read: “As ‘21st Century Hebrew Boys*,’ OU Men’s Basketball Team Upholds Bible’s Seventh-Day Sabbath Observance; Wins National Championship.” [MORE]

Adventist Medical Center-Portland (AMC-P) is in the top 10 percent of hospitals nationwide for consistently beating national guidelines in several important measures for speed and quality of care. In addition, AMC-P has received the American College of Cardiology Foundation’s NCDR ACTION Registry-GWTG Gold Performance Achievement Award for 2011. [MORE]

AMC-P’s physical therapist, Tom Davis, who has served with Home Health for six years, recently won the hospital’s President’s Award for Inspirational Service Excellence (P.R.A.I.S.E.). This award honors those who go above and beyond the call of duty. [VIDEO]

**Adventist Health** has nearly 21,000 employees, 18 hospitals, more than 135 clinics (rural health and physician clinics), 14 home care agencies and four joint-venture retirement centers serving communities in California, Hawaii, Oregon and Washington.

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**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.

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**Adventist World NAD Edition**

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**Union Magazines and Websites**

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**Union Magazines and Websites**

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**Upcoming Events**

- Invitation to Prayer Call (Teleconference), Apr 5
- ACF/NAD Campus Ministry Conference, Apr 6-8
- WestPoint 2012, "Connecting with Christ", April 8-11
- SONscreenX, Apr 12-14
- Gulf States Marriage & Singles Bahamas Cruise, Apr 15-19
- GC Annual Spring Meeting, Apr 17, 18 (Pre-meetings, Apr 9-16)
- Pathfinder Bible Experience, Apr 21
- ACS Reach Out Symposium /New Jersey, Apr 21-22
- Women Clergy Conference /Michigan, Apr 23-26
- 7th World Congress for Religious Freedom, Apr 24-26
- Central California Conference Hispanic Men’s Retreat, Apr 27-29

**NAD Camp Meeting Schedule**

**More upcoming events**

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**NAD Prayer Calendar**

**Daily Prayer Guide**

- Apr. 1-7: Indiana Conference, with 67 churches and 7,570 members

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Pampered Passions Care Wear Boutique: Grand Opening at Porter Adventist Hospital
MarketWatch March 27

Adventist Community Weighs in on Trayvon
Patch.com March 26

Community gets first look Hinsdale Hospital’s new pavilion
The Doings Weekly March 26

Glendale Adventist Medical Center in Talks to Combine with Verdugo Hills Hospital
San Fernando Valley Business Journal March 23

Seventh-day Adventists and Health
PBS March 23

Speaker promotes the power of walking, even just 10 minutes a day
Chattanooga Times Free Press March 22

Sponsorship Opportunity - Adventist Bolingbrook Hospital’s 2012 Golf Classic
TribLocal March 26

Seniors, others appreciate free quarterly Sunday lunch
The Daily Citizen March 26

Archbishop Lori and the misinterpretation of religious freedom
Baltimore Sun March 23

Glendale Adventist Medical Center honored for cancer services
Burbank Leader March 23

Christian school a possibility for Grand Forks
Grand Forks Gazette March 22

Washington Adventist University to Open First New Building in 40 Years
PR Web March 21

March Offerings and Special Days

iGiveSDA App

Offerings:
• March 31, Union Designated
• Offertory Readings

Special Days
March Focus: Women in the Church

Helpful website(s) and Resources:
• Women’s Ministries
• Women’s Day of Prayer

Adventist World
NAD Edition
Two major Hispanic evangelistic series are planned for this year on Esperanza TV (ETV):

- “Restaurados,” evangelistic series from New York and broadcast May 5-12, 8:30-9:30 p.m. ET. The speaker will be Pastor Rubén Bullón
- Latino Youth NET, Changed “Real Lives in a Real World,” to be broadcast on ETV in Spanish: LIVE, October 13-20. Times TBA. It will also be broadcast in English on the Hope Church Channel, November 3-10. Times TBA. Speakers for both Spanish and English: José Rojas, José Cortés Jr. Carlos Camacho, Carlos Acosta, Yami Bazán.

A huge project needs your help. Claudio and Pamela Consuegra of Family Ministries want to thank all who completed their parenting survey, which helped them create the outline for the development of a new parenting resource for parents of children ages 0-7. It will include 10 DVDs, facilitator’s manual, participant’s guide, and rich resources on a dedicated website.

They would like your assistance in choosing a name or title for this project. Submit suggestions to family@nad.adventist.org. Include your name and contact information. The final name selected must be free to utilize and not already copyrighted. If your title is chosen, you will receive a special gift.

Revival and Transformation

Pastor Wintley Phipps, guest speaker for the annual employee Week of Prayer at the General Conference is a pastor and world-renowned vocal artist who has sung for presidents and prestigious Capitol Hill events. It has been our privilege to have him at the World Headquarters of the Seventh-day Adventist Church this week, March 26-29, to bring a message of revival and renewal to its more than 800 employees. (Photo by Ansel Oliver) MORE
This series will be broadcast via satellite, June 9-17, live from Alaska, with gifted speakers and evangelists. Hosting evangelism gets members active: When you think of an evangelistic series, you often think it’s for guests or visitors. However, “Revive!” is intended to bring a spiritual renewal to your own members. With a wide-variety of speakers, each message can relate to someone. By having each person participating, these meetings will be uplifting to all. Plan now to register.

MORE

NAD Resource Guides are available on a first-come, first-served basis. View electronic version. If you would like copies for yourself, your church or conference, send an email to Lynetta Murdoch. Be sure to provide a complete address, including the street address. UPS and Fedex will not deliver to post office boxes.

ViewPoints

The Breath of Life (BOL) Ministries Executive Committee met on Tuesday, March 20 at the Adventist Media Center in Simi Valley, Calif. BOL Board Chairman Alvin Kibble gave a morning devotional titled “Why Me?” in which he shared three things he learned about suffering:

1. It’s not about me, it’s about God; 2. We are on loan to one another. We are to be stewards; 3. “I wouldn’t wish my suffering on anyone,” he said, “but having lived through it, I wouldn’t have it any other way. During that time I gained an experience with God.”

Stay Socially Connected with NAD

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12501 Old Columbia Pike, Silver Spring, MD 20904 | Visit: nadadventist.org

George Johnson Jr., communication director | Bernadine Delafield, NET evangelism coordinator
Lynetta Murdoch, editorial assistant. Email: newspoints@nad.adventist.org
As "21st Century Hebrew Boys*" OU Men's Basketball Team Upholds Bible's Seventh-Day Sabbath Observance; Wins National Championship

By Dawnette Chambers, Oakwood University Student Writer

Nationwide (March 14, 2012) -- The Ambassadors men's basketball team of Oakwood University, a Seventh-day Adventist and United Negro College Fund institution, won the United States Collegiate Athletic Association (USCAA) 2012 Division 1 Championship after defeating Rochester College 54-51, on Saturday night, March 10, 2012.

They returned to their Huntsville, Alabama campus on Sunday, welcomed enthusiastically by boosters chanting, "O-U, O-U!"

Similarly the men's basketball team from Andrews University, also a Seventh-day Adventist institution, won its USCAA Division 2 championship contest, during the same tournament.

More than just winning the championship, these men stood up for their Bible-based faith, according to Cedric Francois, producer and play-by-play announcer for Ambassador Radio Network. "This is the first time in the USCAA's history, the championship games for both Men's Division 1 and 2 were re-scheduled to respect the religious convictions of Oakwood and Andrews Universities, respectively."

OU Athletic Director James Roddy explained that, of all the athletic associations he met with when seeking a league for Oakwood - including the NCAA, NAIA and NCCAA - the
USCAA was the only organization that would respect Bible-based, seventh-day Sabbath observance.

Team members got off the bus at OU's Ashby Gym, adorned with yellow and blue leis, symbols of welcome and congratulations. Senior Nardo Bryant thanked the crowd, declaring, "Let the record reflect that this is the first year in Oakwood's history that the Ambassadors won (with a season record of) 20-12... in the year 2012, coincidentally."

Senior Austin Doggette, All-American and Tournament MVP, has followed in footsteps of his brother (now Pastor) James Doggette, Jr., who was 2008 Tournament MVP when the Ambassadors won their first national championship.

For more details about Oakwood University, visit www.oakwood.edu

*Hebrew Boys reference from the Bible, Daniel 1:8-20.

PRESS CONTACT:
Tim Allston, PR Dir.
Oakwood University
256-694-5651 (cell/text)

Logistics Courses harrison.edu/logistics
12 Campus Locations or Study Online No Application Fee - Accredited.

Google's Bball Bracket google.com/insidesearch
Check out our tourney picks! And other cool tools for fans.

Top 2012 Online Colleges Colleges.CampusCorner.com
Find Colleges Online & Near You. 100+ Degree Programs - Get Info!

Watch Full Episodes www.TelevisionFanatic.com
Turn Your Computer into a TV! Watch Full TV Episodes Online.

Like 55 people like this.
Add a comment...
Oakwood University Men's Basketball Team Upholds Bible's Seventh-D... http://www.blacknews.com/news/oakwood_university_mens_basketball...
Adventist Medical Center, a Leader in the Treatment of Heart Disease

January 27, 2012
Portland, Oregon

Adventist Medical Center (AMC) is in the top 10% of hospitals nationwide for consistently beating national guidelines in several important measures including; Overall Acute Myocardial Infarction (AMI) performance, Overall Defect Free Care, ST elevation Myocardial Infarction (STEMI) performance, and Door to Balloon Time, for the treatment of patients experiencing a heart attack. That’s one of the reasons AMC has received the American College of Cardiology Foundation’s NCDR ACTION Registry–GWTG Gold Performance Achievement Award for 2011.

AMC is one of only four hospitals in Oregon to receive national recognition. The award signifies AMC’s commitment and success in implementing a higher standard of care for heart attack patients, and signifies that AMC has reached an aggressive goal of treating these patients to standard levels of care as outlined by the American College of Cardiology/American Heart Association clinical guidelines and recommendations.

Jim Pelch, executive director of Cardiovascular Services at the Northwest Regional Heart Center states that the comprehensive cardiac center, has already reached significant milestones in treating cardiac patients. The hospital consistently beats the national benchmark for the time taken to treat a heart attack patient from arrival to treatment and is one of only two accredited chest pain centers in Oregon.

To receive the ACTION Registry–GWTG Gold Performance Achievement Award, AMC followed the treatment guidelines in ACTION Registry–GWTG for 8 consecutive quarters and met a performance standard of 85% for specific performance measures. Following these treatment guidelines improves adherence to ACC/AHA Clinical Guideline recommendations, monitors drug safety and the overall quality of care provided to ST-elevation myocardial infarction (STEMI) and non- ST- elevation myocardial infarction patients (NSTEMI). “The full implementation of acute and secondary prevention guideline-recommended therapy is a critical step in saving lives and improving outcomes of heart attack patients,” says Pelch.

Brad Titus, M.D., vice president of cardiovascular services and interventional cardiologist at Northwest
Regional Heart Center, said the award is a testament to the hard work and dedication of the staff and their commitment to mission excellence. “The full implementation of acute and secondary prevention guideline-recommended therapy is a critical step in saving lives and improving outcomes of heart attack patients,” states Titus.

Throughout the United States we are seeing the incidence and mortality rates of heart diseases improving through advances in medical care and improvement in quality. Despite these improvements, the number of heart attack patients we treat is expected to grow over the next decade due to an aging population stated Pelch. “We’re continually implementing ACTION guidelines to continue to improve the excellent quality of cardiovascular care we provide.”

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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Media Contacts

- Judy Leach, Director Marketing & Communications: AHNW@ah.org, 503-251-6162

10123 SE Market St, Portland, OR 97216 (503) 257-2500

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DENVER, March 27, 2012 /PRNewswire via COMTEX/ -- Pampered Passions Care Wear, Denver, Colorado, has opened a Post Operative Care Boutique in Porter Adventist Hospital. Grand Opening Ceremonies include a speaking engagement by Alicia Vargo, titled "Feeling Beautiful After Breast Cancer."

What: Grand Opening of Pampered Passions Care Wear Boutique in Porter Adventist Hospital
When: Wednesday, April 4th, 2012, 11:30-1:30
Where: Porter Adventist Hospital, 2555 Downing Street, Denver, CO 80210
Why: Pampered Passions Care Wear is a new boutique concept opening up in Hospitals to nurture and care for patients for their pre and post-operative care garments, bras, and comfy pajamas. Specializing in Cardiac, Stroke, Post Mastectomy, and Swimwear, Bariatric, Maternity and any Aesthetic surgeries.

Interviewees: Alicia Vargo, Founder, Pampered Passions Fine Lingerie
Alicia Vargo, Owner of Pampered Passions Fine Lingerie and Pampered Passions Care Wear, will be speaking during the Grand Opening. The speaking engagement will encompass "Feeling Beautiful After Breast Cancer" and a Stress Relief Workshop held by the #1 Stress Relief Expert and bestselling author in the country, Lauren Miller. Alicia plans to have a mini fashion show highlighting women after Breast Cancer and what their options are for Fine Lingerie and loungewear. Alicia states, "Women don't truly realize how beautiful they can feel after Breast Cancer. They have so many options these days. Women don't have to wear granny bras, and pockets can be sewn into virtually anything, allowing a Survivor to feel just as beautiful as any other woman!" Lauren will move the speaking engagement forward with tips on how to relieve the stress in your life, and manage your emotions. Lauren states, "Much of our illnesses come from the stress in our lives."

Pampered Passions Care Wear Boutiques will allow hospitals a competitive advantage to not only have the patient diagnosed on the hospital premises, but the doctor will be able to refer their patients to the first floor immediately for their garments. Alicia states, "This will allow a patient to be equipped with all they need for after surgery - not having to scramble for garments post op. Doctors truly care about their patients, and do not want to refer them to a sterile clinical type of environment."

Porter Adventist Hospital is an ideal location for Pampered Passions Care Wear. Award-winning Post Mastectomy Services are housed discreetly behind the Gift Shop at Porter. Pampered Passions Care Wear's Medical Director has spent over 13 years as an Orthotics and Prosthesis Fitter. Alicia states, "We are so blessed and fortunate to have Traci Yuran back with us. Traci originally started our Post Mastectomy Department at Pampered Passions Fine Lingerie, and is back as a Partner in our business. Traci also brought in beautiful chemotherapy head scarves featuring so many pretty patterns and colors."

Porter's comprehensive Breast Care Program focuses on delivering world-class Cancer Care, offering a multidisciplinary team approach that supports mind, body and spirit. Porter Hospital and Pampered Passions Care Wear are similar in beliefs of "Nurturing the Female Spirit."

Pampered Passions Care Wear is open at Porter 10-4pm, Monday-Wednesday-Friday; appointments can be set on Tuesdays and Thursdays. Phone number to the boutique is 303-319-4079.

Contact: Alicia Vargo, (720) 244-1878, alicia@pamperedpassions.com
About Pampered Passions Fine Lingerie and Pampered Passions Care Wear: Pampered...
Pampered Passions Care Wear Boutique: Grand Opening at Porter Advent... http://www.marketwatch.com/story/pampered-passions-care-wear-boutique-grand-opening-at-porter-advent...
Trayvon Martin, 17, an African-American, was shot and killed on Feb. 26, by George Zimmerman in Sanford, a suburb of Orlando, Fla. The shooting happened as Martin walked back to his father’s house after buying Skittles and an iced tea from a nearby convenience store.

Zimmerman, 28, described as Latino, had been patrolling the neighborhood as part of a neighborhood watch program. Zimmerman claims self defense. Others insist the killing was a hate crime.

Below is a statement released this morning by the Seventh-day Adventist Church in North America.

“Leaders and members of the Seventh-day Adventist Church in North America join with others in the deep concern of the senseless violent acts surrounding the death of Trayvon Martin one month ago. Young Trayvon fits the description of many of our youth, many of our own children. We join in mourning with his family and friends and pray for justice to be found in this situation and the love of Christ to be manifested in our communities.”

Should George Zimmerman be held to answer for Trayvon’s death?

- Yes, definitely.
- No. He’s done nothing wrong.
- Don’t know. We don’t have enough facts.

Total votes: 59

This is not a scientific poll.
Survival Food 70% Off
Survival Food Liquidation Sale! (Today Only)
www.DoTellAll.com/Survival-Sale

Survival Food Supplies
25 Year Shelf Life Free Stove / Free Shipping
MyFoodStorage.com

Integrated Tower Systems
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www.intelcotowers.com

Emergency Management
Online Emergency Management Degree. 8 & 16 Week Sessions.
www.AMU.APUS.edu/EmergencyMgmt

Adventist Community Weighs in on Trayvon - Loma Linda, CA Patch
http://lomalinda.patch.com/articles/adventist-community-weighs-in-on-t...
Community gets first look Hinsdale Hospital’s new pavilion

Last Modified: Mar 26, 2012 08:03PM

About 2,000 community members turned out Sunday for the opportunity to get a sneak peek of Adventist Hinsdale Hospital’s new $75 million patient pavilion during the hospital’s Friends & Neighbors Open House.

The patient pavilions doesn’t open until April, but the open house included self-guided tours of the area along with a cooking demonstration by Jimmy Bannos from Heaven on Seven, an appearance by the Veggie Tales, and a string quartet performance by members of the Chicago Symphony Orchestra. Other activities included a “build your own first aid kit” station.

Construction of the 100,000 square-foot pavilion began in 2010. The project was designed based on input from neighbors, patients, physicians and hospital staff.

The new patient pavilion includes private patient suites which have private bathrooms and space for overnight guests, updated nursing units, corridors that separate patient and visitor traffic for privacy, a new lobby and Calandra chapel and a covered driveway on Oak Street to provide easier access to patient services and registration.

The updated labor and delivery suites include some with whirlpool tubs to promote relaxation.

Each of the new private patient suites will feature a plasma TV, wireless Internet access, rollout beds for family members, and oversized windows.

Once the new space opens, the hospital will have 277 beds, reduced from the current licensed bed count of 342.

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Glendale Adventist Medical Center in Talks to Combine with Verdugo Hills Hospital

Thursday, March 22, 2012

Glendale Adventist Medical Center made its intent to acquire or merge with Verdugo Hills Hospital public today in a series of newspaper advertisements and a letter to employees and the Glendale community.

In the letter, Glendale Adventist CEO Kevin Roberts said his 457-bed hospital “desires to join forces with Verdugo Hills Hospital to create a shared health care system to meet the needs of our local communities.”

The letter came in response to talk in the physician community about a possible deal. Both Glendale Adventist, with 457 beds, and Verdugo Hills, with 158 beds, confirmed ongoing talks this morning.

Roberts said there is “power to the synergy that can be created if GAMC and VHH truly partner.” He said such a partnership would keep Verdugo Hills Hospital strong and viable well into the future.

In a statement released March 22, Verdugo Hills Hospital said “it has been approached by other hospitals and large medical groups in the community to discuss possible affiliations or merger.” It said the hospital is exploring strategic opportunities that would improve its ability to meet the challenges of healthcare reform and “preserve our future relevancy to the residents of the foothill communities we serve.”

Robert said Glendale was “prepared to invest significant capital dollars to enhance the buildings and programs of VHH.”

Roberts noted that many of Glendale’s 700 physicians also use the Verdugo campus.

Judy Temes
Glendale Adventist Medical Center in Talks to Combine with Verdugo Hi... http://www.sfvbj.com/news/2012/mar/22/glendale-adventist-medical-cen...
March 23rd, 2012

**Seventh-day Adventists and Health**

**SAUL GONZALEZ**, correspondent: If growing old means growing slow, well then 89-year-old Delmar Holbrooke hasn't gotten the memo.

**DELMAR HOLBROOKE**: I'm really getting ready for 90, "the big 9-0." My family is already planning it. I am going to ski up at Mountain High early in the morning, come down and play a round of golf, and then head out to the beach to surf.

**GONZALEZ**: You're not a sit on the couch kind of guy?

**HOLBROOKE**: No way.

**GONZALEZ**: Holbrooke credits his energy to a life of exercise and healthy eating, but also his faith.

(to Holbrooke): Would you be as healthy as you are, in your opinion, without your faith?

**HOLBROOKE**: Oh, no, no. I am what I am because of my faith. To me that is just as clear as can be.

**GONZALEZ**: Like many other residents of Loma Linda, California, Holbrooke is a Seventh-day Adventist. That's the Christian denomination that observes the Sabbath on Saturday. Adventists also emphasize a healthy diet and lifestyle as important expressions of their faith, and because of that emphasis, researchers say Adventists often have remarkably good health.

**PROFESSOR LARRY BEESON** (Loma Linda University): Adventists have an evidence of living longer and dying at a later age. They die of the diseases of the general population, but at a much later age—eight, ten years later.

**GONZALEZ**: Larry Beeson is an associate professor of public health and epidemiology at Loma Linda University. It's a health and science institute affiliated with Seventh-day Adventists that's been studying members of the faith since 1958.

(to Beeson): And they get to that age…?

**BEESON**: …through a variety of different things. It's not just one thing. It is their religious—how they relate to God and their fellow man, their diet, their exercise, their avoidance of tobacco and alcohol. All of that collectively contributes to longevity.

**GONZALEZ**: And because it has such a high percentage of Adventists who live long and active lives, researchers have dubbed Loma Linda one of five so-called health Blue Zones in the world.

**BEESON**: A Blue Zone is just an area where there is an unusual occurrence or more than what we would expect of people who live to be the late 90s, early 100s.

**GONZALEZ**: Diet seems to be especially important to Adventists' good health and long life expectancy. Nearly 30 percent of Seventh-day Adventists practice some form of vegetarianism compared to only about three percent for the US population as a whole. In fact, at many Adventist institutions, such as the Loma Linda Health Center, only vegetarian meals are served.

**PASTOR DANIEL MATHEWS** (Loma Linda University Church of Seventh-day Adventists): I do follow a plant-based diet and have followed a vegetarian diet all my life, and I know you and all your viewers are going to look at me strangely, but I never tasted any meat.

**GONZALEZ**: Dan Mathews is a third-generation Seventh-day Adventist and a pastor. We talked to him about the connection between diet, health, and religious belief within his faith tradition.
Genesis 21:29 states that God gave mankind grains and fruits and nuts and herbs bearing seeds—the initiation of a plant-based diet. To not take care of our bodies, which is a part of the stewardship of the earth, to not take care of our bodies is an affront to our God.

I feel good. Yeah, I do. I feel energetic.

We met seventy-three-year-old Adventist Virginia Crounse as she was relaxing in a whirlpool. She shared her diet and fitness routines with us.

I actually eat most of the time two meals a day. I’ll eat like granola or oatmeal for breakfast with two or three fruits, fresh fruit. As long as I can remember, I exercise daily, at least six days a week. I walk at least two miles, rain, sun, or snow.

It's not well known, but Seventh-day Adventism has already made its mark on American culinary history in what millions of people eat each and every morning. It's the creation and mass marketing of breakfast cereal by a guy named Kellogg. That's John Harvey Kellogg and his brother, Will Kellogg, both Seventh-day Adventists who developed corn flakes, one of the first mass-marketed breakfast cereals, in the late 19th century. They saw cereal as a health food alternative to the fatty breakfast foods of their day.

Corn flakes and the other kinds of foods that came out of the Kellogg's industry was really trying to deal with the whole grain thing and not trying to throw away all the nutrients when you refine and become white bread. You're throwing a lot of nutrients away.

In our own time, as Americans search for ways to improve their diets and health, some researchers believe they can borrow some simple lifestyle ideas from Seventh-day Adventists.

Reducing your smoking, reducing your saturated fat intake, exercising more—all that can be done by anybody. They don't have to become an Adventist to gain the benefits that we've observed in the Adventist health study.

It is accessible to all of us.

Absolutely.

At the pool, Delmar Holbrooke has his own advice.

You have to keep your mind alive and continuing to grow, and your body just as much.

For Religion & Ethics Newsweekly, I'm Saul Gonzalez in Loma Linda, California.
Speaker promotes the power of walking, even just 10 minutes a day
By Mariann Martin
Thursday, March 22, 2012

Ten minutes a day. That is all it would take to change the American education system and save the country billions of dollars a year, according to fitness guru Robert Sweetgall.

"If teachers would just have their students walk 10 minutes a day before class, it would change so many things. The simplest thing we could do in this country is to add a little more physical activity," Sweetgall told a group at Southern Adventist University in Collegedale.

The 65-year-old knows a thing or two about physical activity.

Thirty-one years ago, he was an overweight chemical engineer at Dupont and a junk food fanatic. His nickname was "Butterball" when he was growing up in Brooklyn.

But then Sweetgall watched his father and uncle die from heart disease.

"I decided to have a career change," Sweetgall said.

So Sweetgall quit his job and began walking. He walked across America seven times, wearing a four-pound fanny pack and walking 30 to 50 miles a day. He went through 25 pairs of shoes, even resoling them three times to keep them as long as possible.

He powdered his feet with cornstarch and slit the sides of his shoes to allow air to enter. Sweetgall jokes he was a "serious pedestrian."

He also ran in marathons and ultra marathons.

Decades later, Sweetgall shares his passion for wellness to groups all across the county.

At a lunchtime talk at Southern, Sweetgall began his presentation by tossing bright-colored Frisbees into the audience. He then had the audience balance them on their heads and spin around.

Exercise and fitness isn't about hardcore athletics, he said. Do things you enjoy, find exercise that doesn't hurt your body and you can do the rest of your life.

Park in the far side of Walmart and walk to the store. Play with your kids. Take the stairs. Use Nordic walking poles, which exercise more of the body than just walking.

"You gotta be in this for life," he said.

Research shows walking three to five miles a day is the optimal level of exercise. But just going from no exercise to one mile a day brings a huge payoff in better health and longer life expectancy, Sweetgall said.

"Don't promote perfect; we've got to get everyone to first base," he said. "This is a journey we take one step at a time."

Southern University biology professor Valerie Lee attended Sweetgall's talk. She said she plans to have her biology students walk 10 minutes a day when she gets back to the classroom.

"It's not about getting in perfect shape, it's about doing some activity," she said.
Sponsorship Opportunity – Adventist Bolingbrook Hospital’s 2012 Golf Classic

By Donna Scherner Monday at 12:45 p.m.

Sponsorships are now available for the Bolingbrook Hospital Foundation’s 2nd Annual Golf Classic which will be held at the Bolingbrook Golf Club. The Bolingbrook Hospital Foundation raises funds to advance Adventist Bolingbrook Hospital’s mission of extending the healing ministry of Christ. Proceeds raised from the 2012 Golf Classic will benefit patient care services at Adventist Bolingbrook Hospital.

Sponsorships starting from $200 offer a plethora of opportunities for companies to be highlighted during this prestigious event.

Golf Classic participants will enjoy 18 holes of golf, golfer gift, breakfast, lunch, beverages, course contests, auction, and awards.

Bolingbrook Golf Club, located at 2001 Rodeo Drive in Bolingbrook, was designed by acclaimed course architects, Arthur Hills and Steve Forrest and offers elevated tees, rolling fairways, and seven lakes.

The event will take place on Wednesday, May 23, 2012 beginning at 7 a.m.

For more information or sponsorship opportunities please call Derek Cazeau at 630-312-6006.

Adventist Midwest Health includes Adventist Bolingbrook Hospital, Adventist GlenOaks Hospital, Adventist Hinsdale Hospital and Adventist La Grange Memorial Hospital. To find a physician, visit www.keepingyouwell.com.

# # #
Seniors, others appreciate free quarterly Sunday lunch

Misty Watson
mistywatson@daltoncitizen.com

— Most of Robbie Brown’s bills are due at the beginning of each month, putting a strain on her budget.

“Some of us really need this,” Brown said, while sitting down to a free lunch at the Charles “Judy” Poag Murray County Senior Center in Chatsworth on Sunday. “I really do appreciate this. It’s good to have this attention given to seniors. I enjoy the fellowship of others. Cooking for one is no fun.”

The meal was provided by the Chatsworth Seventh-day Adventist Church and private donations. Bi-Lo donated a portion of the meal also. There will a free meal the last Sunday of each quarter for anyone in need. The next lunch is scheduled for June 24.

Since many senior citizens are on a fixed income and have trouble affording food near the end of the month, Don Martin said he wanted to start providing lunch for them and anyone else in Murray County who is struggling.

“We want to try to reach out to people in need,” said Martin, who helped organize the meal and is a member of the church. “My idea was to feed seniors because they’re on a fixed income, but it’s not just for seniors. It’s for all the needy.”

Each Thanksgiving the church delivers baskets of food to people.

“This year we got names of people and delivered the baskets, but they thought we were coming with a meal already prepared,” said Martin’s wife, Judy. “They didn’t need a basket. They needed a meal prepared. We decided we should provide a meal periodically to help people through the end of the month.”

Don Martin contacted Joan Dooley, director of the senior center, about the idea for free meals.

“I said yes because so many people are hungry,” Dooley said. “It’s not about ourselves. It’s about giving back to others.”

There are some who only eat one hot meal a day, and it’s when they are at the senior center, she said. The center provides lunch to seniors for a low cost through the week.

“Sometimes it’s even hard to pay our tithes on a fixed income,” said Jean Gribble, who had gone
for the free meal following a morning worship service at Crosspointe Christian Centre.

“It’s wonderful,” she said of the meal. “It makes a difference eating with others.”

Lanell Silvers said she is thankful to have the free meal each quarter.

“It’s good of them to take their Sunday to feed people,” she said. “Maybe the community and other churches will come out and join this. It’s good fellowship.”

Don Martin said he hopes to eventually provide the meal monthly.

The church plans to also provide Thanksgiving dinners at the senior center. Dooley said other churches have approached her about doing the same thing. If the Thanksgiving dinner plans work well, a meal may be planned for Christmas, too.

**Related Photos**

- Esther Kohler, left, a member of the Chatsworth Seventh-day Adventist Church, sprinkles Susie Ridley’s pasta with cheese during a free community meal for senior citizens and others in need at the senior center on Sunday. (Misty Watson/The Daily Citizen)

- Judy Martin, right, and Emily Hehn, members of the Chatsworth Seventh-day Adventist Church, put food on plates during a free community meal at the senior center on Sunday. (Misty Watson/The Daily Citizen)
Archbishop Lori and the misinterpretation of religious freedom

March 23, 2012

I am a 71 year old grandmother who grew up in the Roman Catholic Church, learning from the Baltimore Catechism, and who graduated from a Catholic college. I am, however, growing ever more concerned that some clerics ("Outspoken bishop to lead Baltimore Archdiocese," March 21) and politicians alike seem to be misusing the concept of religious freedom and minimizing or ignoring the concept of separation of church and state.

These concepts are two of the most important principles on which our country was founded — and for good reasons, I might add. Putting aside all of the rhetoric, I think these principles are not so complicated.

Religious freedom means every citizen of our country has the right to practice his or her religion. It does not mean that any one of us can force the tenets of our particular religion on any one else, no matter how much we might feel compelled to do so.

Separation of church and state means just that. The state cannot mandate any religious practices or beliefs for its citizens. The church (synagogue, mosque, etc.) cannot mandate any practices or beliefs for any citizens outside of its own membership.

I think sometimes Catholics and other Christians forget that there are adherents of other religions in our country who have the same rights that Christians have. For example, how would Catholics, Protestants, Evangelicals and other Christians feel if Muslim religious leaders lobbied our political leaders to pass a law requiring all women to cover their heads and bodies with clothing in public? How would they feel if Seventh Day Adventist (one Christian group) or Jewish religious leaders lobbied for a law to make Saturday the Sabbath and to limit commerce on that day? How would they feel if Mormon church leaders or the leaders of any other religious group in our country lobbied for laws that would impact everyone regardless of their conflicting religious beliefs?

I believe it is time for religious leaders to respect separation of church and state and tend to their flocks. There should be plenty to keep them busy in a world where many people are struggling just to keep their heads above water.

It is also time for candidates and elected officials to respect the separation of church and state and turn their attention to the many critical challenges (foreclosures, federal, state and local budgets, education, environment, energy, you name it) facing all of us.
Barbara L. Russell, Columbia

Glendale Adventist Medical Center honored for cancer services

March 23, 2012

Glendale Adventist Medical Center was one of nine hospitals in California to earn the "Outstanding Achievement Award" from the Commission on Cancer this month.

Glendale Adventist -- one of just two hospitals, including the Cedar-Sinai Medical Center, recognized by the commission in the L.A. region -- received the award for its cancer patient services.

In a statement, Boris Bagdasarian, director of cancer services at Glendale Adventist Medical Center, said the honor was yet "another eternal endorsement of our commitment to improve the health care of our patients through quality care based on the best medical evidence available."

The Commission on Cancer was established in 1922 by the American College of Surgeons to improve cancer patient care and outcomes.

Link: Full list of the award winners

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Christian school a possibility for Grand Forks

Several residents in Grand Forks are currently looking to start a Christian school for children in Grades 1 to 4, and possibly, 5.

They have approached the Seventh-day Adventist Church to see if they would be willing to open a school for their children.

Julia Butler, one of the group organizers, currently home schools her two children.

“I’m a single mom and I really want a Christian school for them to go to so that I can go to work,” she said. “Home schooling is OK, but as they get older I don’t have enough time to invest into it.

“There are several children who also attend the church and after speaking to other parents, they decided to explore the possibility of starting up a school.”

Last Thursday during a public meeting they discussed the details and collected information from the public to see what they would want.

Butler added, “Depending on the interest the idea a Christian school garners, they may consider adding Grade 5 curriculum to the school. Public response will impact what we offer.”

In Seventh-day Adventist Schools in Canada, teachers must be certified by both the Province of B.C., as well as by the Seventh-day Adventist Church in Canada Office of Education. The school would offer a provincially-compatible curriculum but from a Christian worldview.

This would include study of the sciences from a creationist perspective and the Bible.

Butler hopes that this school can be up and running by this fall.

“Depending on the people who are going to come, we will have to customize it to the students that we will have,” Butler said. “There’s a lot of planning still to be done, which is why we’re interested in having people come out so that they can have a say in planning their children’s school.”

Actual tuition rates are yet to be set, and will be determined, to some extent at least, by the size of
the enrolment.

There will be a follow up meeting tomorrow night (March 22) in the Hillview Fellowship Hall of the Seventh-day Adventist Church, 4500 Hillview Road at 7 p.m. to receive further parental input into their expectations for the school.

For more information, call Butler at 250-442-8436 or the church at 250-442-5081.

Find this article at:
http://www.grandforksgazette.ca/community/143684936.html

Check the box to include the list of links referenced in the article.
Washington Adventist University to Open First New Building in 40 Years - Takoma Park Campus Celebrating Historic Growth

The new music building is a part of a growing trend at WAU, the only four-year residential college in Montgomery County, a popular suburb of Washington, DC. With growth rate of more than 16 percent for the 2010-2011 academic year, WAU had the highest among the 16 member Maryland Independent Colleges Association.

TAKOMA PARK, MD (PRWEB) March 21, 2012 -- Washington Adventist University (WAU) will formally open the first new building on its campus in 40 years on April 14 at 8 p.m. The Leroy and Lois Peters Music Centre, named for its major private donors, is expected to add enormously to the richness of its fine arts programs at a time when the campus is experiencing historic growth.

A memorial dedicated to the late Virgina-Gene Rittenhouse, founder of the New England Youth Ensemble will be unveiled at the opening. Founded 40 years ago, the performing group is a resident orchestra at Carnegie Hall. Rittenhouse spent 17 years as professor music at WAU.

“The Music Center is an outstanding addition to our world renowned music program. We are grateful for the support from the state of Maryland, Leroy and Lois Peters, and all our donors and supporters who helped to make this building a reality,” said Weymouth Spence, Ed.D., President of WAU.

With growth rate of more than 16 percent for the 2010-2011 academic year, WAU had the highest among the 16 member Maryland Independent Colleges Association.

The new building features cutting-edge technology, multiple practice rooms, libraries, smart classrooms, recital rooms and teaching studios. Its completion is a punctuation mark on a dream which has had its fair share of twists and turns. Originally slated for the front of Sligo Church on the corner of Carroll and Flower Avenues, the building now sits to the rear of the church with several design changes.

Funding for the project came from the State of Maryland, which provided a $2.2 million grant with the understanding that WAU would match that amount and complete the building within a year. The University board voted the $2.2 million, one million of which was donated by philanthropists Leroy and Lois Peters of Howard County, MD.

About Washington Adventist University
Washington Adventist University is a private liberal arts institution located in Takoma Park, Md. It is the only four-year residential college in Montgomery County, a popular suburb of Washington, DC. Founded in 1904, offers a Christian education to nearly 1,500 students of all faiths, through eight graduate, and 32 undergraduate programs. The 2011 edition of U.S. News &World Report ranked the University among the best regional colleges in the northern region and as one of the most diverse institutions of higher learning in the US.

-Ends-
Contact Information
Grace Virtue
Gvirtue@wau.edu
(301) 891-4134

Online Web 2.0 Version
You can read the online version of this press release here.
Wintley Phipps, guest speaker for the annual employee Week of Prayer at the General Conference world headquarters of the Seventh-day Adventist Church, is a pastor and world-renowned vocal artist who has sung for presidents and prestigious Capitol Hill events. It is our privilege to have him come to the World Headquarters of the Seventh-day Adventist Church this week, March 26-29, to bring a message of revival and renewal to its more than 800 employees.

Pastor Phipps’ work as a motivational speaker and education activist led to the founding of the U.S. Dream Academy. His message for us is much like the message he shares with students at the Dream Academy — peace, happiness, hope, and comfort is everything we need to fulfill the dream for a better life, and it is found by knowing God. He referred to Psalms 16:11 that says, “In Thy presence is fullness of joy.”

Phipps continued, “God wants us to have a relationship with him not so much because He needs it, but because we do! There’s a problem when we don’t realize our need of that relationship. When we think we can go days, hours, even months and years without a daily connection with God, we do ourselves a great disservice. Access to God is not based on merit, but on need. Our need is our passport to the throne of God.”

Phipps spoke of his own prayer life. He said, “By prayer I mean a constant communion with God. I have a Radio Shack watch that I wear every day. It’s not fancy, certainly no Rolex, but because it vibrates every hour on the hour, it jogs my memory to pray and commune with God. At first I needed it, but now I’ve been programmed so that I almost don’t need it. But that watch serves to keep me close to God. I want my daily routine to be one unbroken communion with God.”

“Such a prayer life has caused me to eagerly look forward to what God has ordered for my day. It may be a conversation He has arranged or a new acquaintance I will meet, but I believe God plans our days and my life is richer because of it,” concluded Pastor Phipps.

By Bernadine Delafield
NAD Office of Communication
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