Last week, Adventist Community Services was given a donation of three truckloads (75 pallets) of new educational books to support survivors of Hurricane Sandy. At least 25 Adventist schools agreed to accept the books for use in their libraries and classrooms. These schools (in the Allegheny East, Northeastern, and Greater New York conference) agreed to give books to their students and share with students in their communities. [Photo: Pastor W. Fitzgerald Kerr, director of Adventist NEC ACS, moving boxes]

Oakwood University (OU) was named the official First Place, Tier 1 winner of the Home Depot Corporation's 2013 "Retool Your School" competition on Friday, May 3. The $50,000 first place prize will be used to build an outdoor kitchen/pavilion for the students. How did OU, a comparatively small school of just 1939 students getting all these votes, against a number of larger public, private and more popular HBCUs? Get the secret recipe. [Photo: OU President Dr. Leslie Pollard (right) and Advancement & Development executive director Miss Kisha Norris championed Oakwood's winning the 2013 Home Depot $50,000 top HBCU prize]

For the finale of Revelation Now!, the second Breath of Life (BOL) Spring Revival at the Oakwood University Church (OUC) held April 6 – 20, the Holy Spirit convicted 114 souls – men, women, and children – to join their lives to Christ. Dr. Carlton P. Byrd, BOL speaker/director and senior pastor of the OUC, focused on the prophecies of Daniel and the Revelation. “Our priority at BOL is evangelism,” says Byrd, “seeing men, women, boys, and girls fall in love with Jesus Christ, accept Him as their personal Savior, and becoming baptized Christians of the Seventh-day Adventist Church.”

Correction: In last week's story about Pastor Shawn Boonstra being named the new speaker/director of The Voice of Prophecy (VOP), we unintentionally left out Connie Vandeman Jeffery as one of the speakers of the radio program with Mike Tucker, Elizabeth Talbot and Fred Kinsey. Jeffery has worked on the VOP broadcasts for the past 13 years and was named associate speaker under the leadership of then speaker/director Fred Kinsey. She continues as associate manager of the Adventist Media Center.

Union College graduates from seven countries, 33 states

Adventists get it right when it comes to diet, exercise

Church Chat: Building up overseas volunteers
Graduating seniors, teachers and faculty at Hinsdale Adventist Academy reflect on year-end mission trips

Long-term study looks at cancer factors

U.S. Sen. Ted Cruz to address Southwestern graduates Sunday

St. Helena doctors discuss breakthrough techniques at A-Fib seminar

“Cards for Mom and Dad” is a popular series of Dan Jackson Specials that are featured on The Adventist Channel. Also, airing on Hope Channel, these programs highlight Dan Jackson and several speaker/directors of media ministries and their stories about their own mothers. Dan Jackson, president of NAD, Elizabeth Talbot of the Jesus 101 Biblical Institute, Mike and Gayle Tucker of Faith For Today, and Carlton Byrd of Breath of Life share inspirational stories of what their moms mean to them. Happy Mother’s Day to mothers and grandmothers everywhere!

Did you know that this year marks the Sesquicentennial (150th Anniversary) of the Seventh-day Adventist® Church? A brief history of the Church, with photos of early pioneers, is online at http://www.adventist.org/150/. Slide shows there can be downloaded for use in church.

Festival Of The Laity FREE Virtual Conference - Get equipped for effective ministry with no registration, travel, or hotel expenses! The North American Division Adult Ministries Department is offering FREE online training for Sabbath School, Personal Ministries, and Prison Ministries leaders through the Virtual Festival Of The Laity September 11-14. Attend from the comfort of your home, church, or office. All you need is a computer with internet access. All of your church’s leaders can benefit these live broadcasts presented by globally respected facilitators. Visit www.festivalofthelaity.com to sign up.

The Adventist Chaplaincy Ministries (ACM) Offering is scheduled for June 8. ACM develops, promotes and supports Adventist chaplaincies and serves as the ecclesiastical endorsing agency for the denomination. Adventist clergy are invited to consider ministry in the special settings of university campuses, community agencies, correctional institutions, healthcare facilities and the military. Chaplaincies are open to women as well as men. A downloadable 8 1/2” x 11” poster and bulletin inserts are available for explaining the use of the offering to members on that Sabbath. Be sure to let your churches know.

Watch this video and learn how Youth Empowered to Serve (YES!), a ministry of...
Adventist Community Services (ACS), engages young people in discipleship with two purposes - to change their lives while they change the world. YES! involves youth in most aspects of ACS, and teaches and promotes mentorship, leadership, and a spirit of active service. 

Watch the video

April is designated as "Community Services Month" in the NAD Calendar of Special Days, and is an excellent start a YES! program. Many resources are available at AdventSource or through your Adventist Book Center. MORE

This past Tuesday, G. Alexander Bryant, NAD executive secretary, shared in a staff leadership meeting a portion of his baccalaureate message he presented at Andrews University’s recent graduation service. Bryant shared with the audience 2 Peter 5:7 that speaks about casting all your cares upon the Lord, and asked, “At the most difficult times in our life, do we feel the care that God really has for us?”

REACH: Community Outreach and Evangelism

A plant-based cooking event attracted hundreds of South Bay, Calif. area residents, much to the surprise of those planning the outreach. They began offering cooking classes in 2009, with an attendance of 50 people. Since then, attendance has increased by 818 percent. A few people who have attended the lifestyle events have begun attending Sabbath services. MORE: January 2013 Pacific Union Recorder
NAD NewsPoints - 75 pallets of books, Oakwood wins $50K, Free virtual conference, ACM offering, YES!
Q: How did Oakwood University win the coveted Home Depot $50,000 top prize on May 3rd? A: On April 11th, “Chef” President Dr. Leslie Pollard revealed “the secret recipe”!

On Friday afternoon, May 3rd The Home Depot judges – including 1980’s “Cosby Show” child-star Rudy (Keshia Knight Pulliam) – announced the winning results of the more than 2.6 million social media votes cast, with Oakwood University as the $50,000 grand prize winner, [http://www.retoolyourschool.com/](http://www.retoolyourschool.com/).

Across the country and especially throughout “HBCU-dom,” the question was asked repeatedly, “Who is this Oakwood University? How is this school of just 1939 students getting all these votes, against a number of larger public, private and more popular HBCUs?”

At its annual Honors Convocation on Thursday, April 11, OU President “Chef” Dr. Leslie N. Pollard shared with assembled faculty, staff and students the university’s “secret recipe,” now revealed for the first time.

Check out the video below and, more specifically 20:20-24:00

Next >
Union College graduates from seven countries, 33 states

MAY 05, 2013 1:55 AM • BY THE LINCOLN JOURNAL STAR

Brittany Grannan of Des Moines, Iowa, is the first person to earn Union College's newest degree, biomedical science.

The major allows students to choose a significant section of their credit requirements from another field of study, such as music or business, so they can prepare for a professional school while also pursuing another interest.

Union College’s 2013 graduation weekend will culminate with a commencement service on Sunday at 11 a.m. at the College View Seventh-day Adventist Church. The speaker will be Randy Haffner, CEO of Porter Adventist Hospital in Denver.

During Sunday’s ceremony, Union College will confer 166 degrees to 155 students, including 25 graduating with master’s in physician assistant studies degrees. Union’s class of 2013 represents seven countries and 33 states.

Bachelor of Arts

Lincoln: Justin Michael Beinlich, Brien Gregory Wahlen, Derek James Williams

Arden, N.C.: Desiree Marie Watterson

Bismarck, N.D.: Rebecca Denise Chapman

Fletcher, N.C.: Desiree Marie Watterson

Highland, Md.: Kaitlyn Estelle Molé

Jessup, Md.: Addison Taylor Hudgins

Longmont, Colo.: DeAnna Nicole S. Drake

Meadowlands, Minn.: Ryan Broughton Watson

Minnetonka, Minn.: Alexandra Lee Johnson

Silver Spring, Md.: Theodore Paul Griffin

West Melbourne, Fla.: Keri Nicole Gillig

Wichita Falls, Texas: David Joshua Clark; Seth Adam Clark

Turks and Caicos Islands: Joash Erin Avery Thomas

Bachelor of Arts in Music

Grants Pass, Ore.: Thomas Carl Kennedy

Bachelor of Science

Lincoln: Adam Douglas Bartzatt; Bernstein Bernstein; James Mark Scott Carlson; Krysta Elizabeth Clausen; Aubrey Nicole Darrough; Ted Vernon Glaser; Tanner Michael Huckabee; Nathan Michael Johnson; Alexandra Deanne Lee; Daniel William Meachum; Holly Beth Powell; Inez Retnosari; Kourtney RaeAnn Shoemaker

Bennet: Howard Carl Meier

Falls City: Chad Michael Chaffee

Weeping Water: Angela Joy Danielson

Annville, Pa.: Brittani Michele Bissell

Belgrade, Mont.: Briana Lyn Jenkins
Bismarck, N.D.: Cara Raeann Flemmer
Bloomington, Minn.: John David Mejia
Brainerd, Minn.: Jamie Leigh Stanley
Charleston, W.Va.: Michelle Renee Riley
Chattanooga, Tenn.: Charles Anthony Dungan
Claremore, Okla.: John Robert Little
Dallas: Bobby Joe Nabors-Patt
Des Moines, Iowa: Brittany Nicole Grannan
Elk River, Minn.: Brandon Christopher Grentz
Elkridge, Md.: Joshua Michael Vasconcellos; Benjamin Allen Vasconcellos
Erie, Colo.: Andrew James Morgan
Fall River, Wis.: Valentina Christine Goodman
Fort Worth, Texas: Sergio Alain Arcipreste
Hastings, Minn.: Alexander Judson Blackie
Jenison, Mich.: Robert Lawston Everett
Julian, Calif.: Josigha David Hillam
Kensington, Calif.: Finianne Jimenez Umali
Lees Summit, Mo.: Jordan Thomas Breyer
Little Suamico, Wis.: Cori Marie Cress
Loveland, Colo.: Jessica Dawn Reeder
Marshall, Mich.: Brandon Christopher Grentz
Marshfield, Wis.: Trevor Steven Clements
Medford, Ore.: Sarah Rose Steahly
Meriden, Kan.: Zachary Lynn Wiles
Napa, Calif.: Sean Campbell Kirk
New York: Linangely Perez
North Easton, Mass.: Kristen Joan Vogler
Pasadena, Md.: Rebecca Lynn Lovelace
Pasco, Wash.: Courtney Jo'el Laubach
Pelham, N.C.: Tashien Lovacia Copening
Racine, Wis.: Nathan Andrew Meyer
Riverside, Calif.: Aldo Ricardo Ibuado
Shawnee, Kan.: Samuel Lawrence Adams
Union College graduates from seven countries, 33 states: The Lincoln J... http://journalstar.com/news/local/education/union-college-graduates-fro...
Rockford, Ill.: Stephen LeRoy Baker

Rose Hill, Kan.: Rachel Ann Downey

Seymour, Mo.: Kacie Jean Cardwell

Tulsa, Okla.: Melissa Kay Hold

Bachelor of Science in Social Work

Lincoln: Melissa Angelynne Johnson

Avon Park, Fla.: Kirsten Megan Johnson

Haviland, Kan.: Shaun Aaron Kirby

Malden, Mass.: Iliana Gisselle Panameno

Miles City, Mont.: Savannah Mae York

Master of Physician Assistant Studies

Lincoln: Matthew Louis Marsh; Ryan Christopher Michels; Linh Thuy Nguyen; Kaitlyn Timi Peterson; Drew Arthur Schaalma; Molly Ruth Trauernicht; Corlan John Vonderschmidt

Columbus: Bobbi Jo Hartman

North Platte: Kevin James Carstensen

Omaha: Nishavini Priyanka Ranpatabendi; Yohanes Taydor Tot; Benjamin Patrick Westerfield

Randolph: Shane A. Merchant

West Point: Rachel Ann Wortman

York: Jennifer Rachel Michaelis

Arlington, Texas: Brock Tillson Reichert

Denison, Iowa: MacKenzi Kay Smith

Gillette, Wyo.: Elizabeth Marie Cornelius

Harrisburg, S.D.: Stephanie Marie Ideker

Huron, S.D.: Michael Paul McLaury

Kansas City, Kan.: Ashley Dawn Melton

Pharr, Texas: Rodett Miranda Osorio

Rogers, Minn.: Kristina Kay Thissen

Sioux Falls, S.D.: Megan Chantel Leveranz

Woodland, Wash.: Sarah Helene Harmon
Seventh-day Adventists get it right when it comes to diet, exercise

Posted: Tuesday, May 7, 2013 12:00 am

For many years, my father told me Seventh-day Adventists live longer than the general population.

The research he quoted was likely the Adventist Mortality Study from 1960-65. It concluded that Adventist men live an average of 6.2 years longer, and Adventist women live approximately 3.7 years longer than their non-church member peers.

Specifics of this study revealed that cancer rates were 60 to 85 percent lower, depending on the sex of the patient and types of tumors. Coronary heart disease was also substantially reduced.

A second study, sponsored by Loma Linda University, followed 34,000 California Adventists and reported similar results. A third and larger study is now in progress throughout the United States and Canada.

Lodi has a population of approximately 2,000 Seventh-day Adventists. Estimates are between 16 and 20 million worldwide. Three centers of worship are located here, including a Spanish-speaking congregation, which can be found on Central Avenue.

Adventists are famous for their health care, and sponsor a number of hospitals throughout California and the world. The closest are in Sonora and St. Helena. They also have a medical school located in Southern California, as well as others in Argentina, Mexico, Nigeria and Peru.

Good eating and health habits began with Adventists long before these guidelines became part of our pop culture. Their church prophet, Ellen G. White, was way ahead of her time, as evidenced by her publications about proper nutrition during the 19th century. She promoted vegetarianism, and prohibited pork, shellfish, alcohol and smoking. Kellogg's Corn Flakes were developed from her emphasis on alternative foods. Mrs. White died in 1915 at the age of 87.

The second study previously referenced covered a time span from 1974 to 1988. Attempts were made to discover which components of the Adventist lifestyle contributed to longevity and promoted protection against disease. Findings were numerous. Here are some:

1. Plant-based diets, eating nuts, regular exercise and maintaining average body weight, increased longevity by up to 10 years.
2. Increased consumption of red and white meat was associated with an increase in colorectal cancer. Eating legumes (peanuts, peas, beans, lentils, etc.) helped protect against this type of cancer.
3. Consumption of nuts several times per week reduced heart attack risk by 50 percent.
4. Whole grain instead of common white bread reduced heart attack risk by 45 percent.
5. Five glasses of water per day could reduce heart disease by 50 percent.
6. Men who ate large quantities of tomatoes reduced prostate cancer by 70 percent.

Of course, this is just one extensive study, and conclusions should not be drawn based simply on its findings. Genetics play a large role in aging and disease, along with dietary and environmental factors as well.

But Adventists' increased longevity over the general population has been — and is — a long-established fact. One can only conclude that these folks must be doing something right.

So, while contemplating our next meal, should we all have a bowl of vegetable soup and Boston baked beans, or should we just grab a batch of salty fries — coupled with a triple-bacon cheeseburger?

*Steve Hansen is as Lodi writer.*
May 07, 2013 Silver Spring, Maryland, United States

Ansel Oliver/ANN

The Seventh-day Adventist Church’s North American Division continues to send the most volunteers of any of the denomination’s 13 world divisions. But in recent years, the number of university student missionaries (SMs) has slipped.

Elden Ramirez is the North American Division’s new director of Volunteer Ministries. The division sends nearly half of the denomination’s long-term volunteers. [photo: Ansel Oliver]

While Southern University in Tennessee and Walla Walla University in Washington each regularly send more than 40 SMs for a year of overseas service, ranks of deployed volunteers have dwindled.

Elden Ramirez is hoping to change that. As the division’s new director of the Office of Volunteer Ministries, he’s planning an upcoming barrage of marketing and recruiting at all North American Adventist colleges.

Last year, the division sent 592 long-term volunteers, nearly half of the world church’s total of 1,220 long-term volunteers. That figure was not lost on John Thomas, the director of the Adventist world church’s office of Adventist Volunteers, who in October publicly highlighted the division’s service to the world church.

In an interview, the 38-year-old Ramirez, a former church planter and Youth Ministries director, discussed how to increase the number of SMs and why someone in any part of the world should consider serving as a volunteer.

He also revealed why he, as an American Hispanic, who is fluent in English, Spanish and Portuguese, has a first name not usually found in his native El Salvador. Edited excerpts:

Adventist News Network: Why should someone be a student missionary?

Elden Ramirez: It’s a life-changing experience. Some students return and change their major to education or medical work or engineering, but many return to their major of study with a more defined focus. Plus you see the world, experience God, and fulfill your mission. I’ve worked with returning student missionaries, and I can tell you that it gives them a different worldview. It helps them understand what’s out there, that our Adventist Church isn’t just their local congregation, but rather a denomination that is making a difference worldwide. The other day I was listening to a TED Talks speech and the speaker said that in order to have drive and excitement in life you need three things: autonomy, be learning something, and have a purpose. Without a doubt, you have all those three things as an SM.

At Annual Council last October, Adventist world church Associate Secretary John Thomas used a chart to highlight the denomination’s volunteers. The North American Division continues to send the most. [ANN file photo]

ANN: How can you encourage more people to be student missionaries?

Ramirez: Awareness. To be honest, I would like to take this God given opportunity to build on the platform that is already in place and create awareness about this great ministry. We are just finishing building our new website and...
began developing new promotional material that can help communicate what the advantages are of serving. People in North America can go to Hesaidgo.org and look at all the mission opportunities around the world and pray about it. For people around the world, there is the website Adventistvolunteers.org.

ANN: How are you going to recruit and market?

Ramirez: When I was a boy, I used to get excited to see those Mission Spotlight short films that showed a project somewhere in Africa or in a village in the Amazon. I never saw it from the perspective of “Let’s give to this project.” I always looked at it saying, “I want to go there and be a missionary one day.” That was exciting to me. Now that I’m older and God has given me this opportunity, I see myself creating similar short videos; not to ask for funding, but to share the need that is out there. We’ll be sending these to college and university chaplains. I’m also planning to visit each college and university to share and open my heart and practically say, “Listen, we need your help, and you can make a big difference.”

ANN: What support can this office offer to those schools that for years haven’t had a strong mission club or emphasis?

Ramirez: I think by creating relationships they will feel open to call our office and request the resources that we have available for them. Also, by sharing with them the new implementations from other sister educational institutions. I just visited La Sierra University and it was nice to hear from the students their ideas of how we can make this happen. Chaplain Sam Leonor has a mission emphasis week. Others might start a big Missions weekend program. If some of these universities get on board I think we can start to get those numbers up fairly soon.

ANN: How can we encourage all colleges and universities to have a strong missions club?

Ramirez: I strongly believe that every college and university should have a fulltime paid position coordinating missions. In doing so, they send out a strong unspoken statement to their student body: “Missions is so important to our institution and is part of our core belief system that we have a fully funded department to promote, encourage, recruit, equip and deploy missionaries.” I think it can be done. Any university would benefit from carving out a budget to fund missions.

ANN: How can more students outside of North America be encouraged to consider serving as an SM?

Ramirez: Also by creating awareness. When I was in college in Costa Rica, I never knew there were opportunities to be an SM. I’m sure I would have done it. I assume other Divisions have a similar position as mine, so we’ll probably need to get together as counterparts to promote this more.

ANN: Why did you accept the call for this position?

Ramirez: I have to think God has been calling me for mission for a long time. I’ve always been excited to see how missionaries go somewhere and make a difference. I’ve always had a burning desire to go. It’s probably in part because my name was given to me after a missionary. I’m a Latin American but I have a North American name – Elden. There was an Adventist missionary named Elden Ford who dedicated his life to Latin America. He learned Spanish and went to make a big impact in Latin America, including El Salvador. When my mom saw the work of this missionary, she said, “If I ever have a son, I will name him ‘Elden.’” That can tell you how much of an impact this minister had in our family’s life.
—For more information, visit hesaidgo.org or adventistvolunteers.org.

Adventist Mission

The Adventist Church reaches more than 200 countries or territories, touching lives through medical care, media, education, missionaries, Global Mission pioneers, evangelism and centers of influence. The church’s current priority is mission to unreached areas and urban centers worldwide.

Global Mission pioneers:

- Volunteer to establish new groups of Adventist believers
- Live and work in their own culture
- Speak the local language
- Help meet physical and spiritual needs

Resources

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Be able to tell your own mission stories

Apr. 23, 2013
Graduating seniors, teachers and faculty at Hinsdale Adventist Academy reflect on year-end mission trips

BY WENDY ALTSCHULER For Sun-Times Media

Chasing waterfalls: "I feel like the trip helped open our eyes to the real world and now I have a lot better idea of what is to come," said John Gallagher, a senior at Hinsdale Adventist Academy. | SUPPLIED PHOTO

The school year is wrapping up and seniors are preparing for graduation. They are reflecting on their experience and taking in sage advice from their peers, teachers, coaches and members of their academic community.

A big part of the development and growth of students at Hinsdale Adventist Academy (HAA) is the annual mission trip, a journey that happens during spring break and the ideal finale for graduating seniors. The students are involved in the planning, organizing, research and funding operations that make this event possible.

John Gallagher, a senior at HAA, just returned from this year’s mission trip in Puerto Rico. He, along with his fellow classmates, helped paint a church and lead worship services.

“The senior mission trip made our class a lot closer and stronger. It changed all of us in different ways," said Gallagher. “For me, seeing the poverty made me appreciate what I have at home a lot more. It also made me appreciate Chicago weather. I feel like the trip helped open our eyes to the real world and now I have a better idea of what is to come.”

The student association president, Spencer Baum, felt that the trip helped make his final year more memorable. He gained an appreciation for the community he lives in upon returning from Puerto Rico.

“There is a lot of diversity in living standards and some people are surviving in very difficult circumstances,” said Baum. “The mission trip definitely helped us to get ready for the next stage of our lives.”

Brimming with excitement during her final weeks of high school, senior Allison Mochizuki, said that the trip was very rewarding. Her group was responsible for finishing the planned project on time and also for doing it well.

“It helped prepare us for graduation by learning how to live more independently and by taking responsibility for our own finances,” said Mochizuki.

Seniors are dealing with looming graduation by taking time to value and remember how they’ve grown at HAA over the years and especially during the time they spent on the mission trip—a culminating capstone event for seniors.

Teachers and faculty have taken it upon themselves to reach out to students and give them individual attention, affirmation and guidance about what they should expect upon graduation. They’ve had countless conversations as well about the challenges and rewards of imminent college life.

Robert Jackson, the associate principal at HAA, believes that the senior class mission trip is a great opportunity for young adults to learn independence, time management, responsibility and teamwork.
“It is a great launching pad for our kids; it opens their eyes to life’s realities and they have to learn that what they do really matters to others,” said Jackson.

“They learned how to work as a team and appreciate the little things. I don’t think they realized that what they were doing was so special,” said Alex Adams, senior sponsor and athletic director at Hinsdale Adventist Academy. “They didn’t think painting a building and singing was significant, but they received an overwhelmingly positive response from the local people. The project helped the seniors to realize that everyone has a role to play. It was important for them to do their work to the best of their ability with no excuses. They had to try their best and get it done. They learned how to rely on each other and care for each other’s burdens.”
Long-term study looks at cancer factors

By Chris Michlewicz cmichlewicz@ourcoloradonews.com Colorado Community Media | 0 comments

Posted: Thursday, May 2, 2013 11:48 am

Parker residents are among the subjects of a major cancer prevention study, the results of which could shed light on how environmental factors impact cancer rates.

The intent of CPS–3, a national study funded and managed by the American Cancer Society's Epidemiology Research Program, is to better understand the factors that cause or prevent cancer and use the results to find ways to “eliminate cancer as a major health concern for future generations,” according to the ACS website.

Jane Jachowicz, BSN RN CBPN–IC, the breast program coordinator at Parker Adventist Hospital, said researchers will gather information about lifestyle, environmental and genetic factors over a 20– to 30–year period and try to identify trends.

Jachowicz, the hospital’s representative to the ACS, offered to use Parker Adventist as an enrollment site last fall, and 153 people from the area signed up. Baseline tests began immediately with blood samples and waistline measurements, and surveys were filled out by the study volunteers. The research team will continue surveying participants about their habits through regular emails and consultations.

The results of the study could have far–reaching implications, much like CPS–1, which studied the link between cigarette smoking and cancer. The findings led to surgeon general warnings on tobacco products, not to mention heightened public awareness about the dangers of smoking.

The second study focused on the correlation between weight and nutrition and cancer. Jachowicz, whose sister was diagnosed with breast cancer years ago, is still participating in that study. She says it is often relatives or friends of cancer victims and survivors who sign up for long–term studies because they want to contribute to efforts to find a cure.

Thousands of people between the ages of 30 and 65 were recruited for CPS–3. Those with a personal history of cancer were excluded because the study authors are hoping to find preventive measures by seeing how cancer develops and specifically what types are found. Among the environmental exposures that could get special attention are air pollution, water and soil quality, and how those numbers are affected based on where people live. Dietary and exercise habits will also be closely monitored.

CPS–3 is a blind study and the participants know they will never receive individual results. They will receive annual newsletters with highlights of study results, and cumulative data will be released in medical journals once there are quantifiable changes in the numbers, Jachowicz said.

“The hope is that our population sees the benefit of being proactive with cancer,” she said. “It’s good to see that people are taking charge of their own health.”

More about
• ARTICLE: Long-term study looks at cancer factors

Posted in on Thursday, May 2, 2013 11:48 am | Tags:

, , , , ,
U.S. Sen. Ted Cruz to address Southwestern graduates Sunday

Sen. Ted Cruz (Courtesy Photo)

U.S. Sen. Ted Cruz, R–Texas, will address 134 candidates for graduation at Southwestern Adventist University's commencement exercises at 10 a.m. Sunday in the Leiske–Pultar Gymnasium.

The public is invited to attend. However, “first access” passes were assigned to the graduates for distribution to their parents. Those without passes will be admitted after 9:30 a.m. Overflow seating will be available in Wharton Auditorium at the Mabee Center. The ceremony ends the university's 120th year, although early years did not always produce graduates.

Cruz, who earned a bachelor's degree from Princeton in 1992 and a law degree from Harvard in 1995, was Solicitor General of Texas from 2003–2008. He previously served as the director of the Office of Policy Planning at the Federal Trade Commission, an associate deputy attorney general at the United States Department of Justice, and as domestic policy advisor to U.S. President George W. Bush on the 2000 Bush–Cheney campaign.

Cruz was the Republican nominee for the Senate seat which was vacated by Kay Bailey Hutchison. On July 31, 2012, he defeated Lt. Gov. David Dewhurst in the Republican primary runoff, and defeated the Democrat, former state Rep. Paul Sadler, in the general election held on Nov. 6, 2012.

The senior class response will be given by class president Larissa Knott. According to registrar/admissions and records director Robert Gardner, the final number of candidates was uncertain at press time because university officials were still tabulating final grades. Those marching include some graduates from August and December 2012, plus those who finished classes Wednesday, SWAU assistant registrar Jason Kowarsch said.

The three-day graduation ceremonies for the Southwestern Class of 2013 begin Friday and conclude with the awarding of diplomas on Sunday. Graduation events begin with Senior Consecration at 8 p.m. Friday in the Keene Adventist Church with speaker Keith Gray, special assistant to the president at Southwestern. A reception for graduates' parents will follow in the Chan Shun Centennial Library.

On Saturday, Leiske–Pultar will host Sabbath School at 10 a.m. and Baccalaureate at 11:30 a.m. History professor Steve Jones will present the lesson study, followed by the Baccalaureate address by John Peckham, professor of religion.

Other Saturday events include: • 3 p.m. — Business Department recognition and reception Pechero Hall, Room No. 126. • 4 p.m. — Education and Psychology Department dedication at Wharton Auditorium. • 4:30 p.m. — Theology Department commissioning at the Keene Adventist Church Chapel. • 5:30 p.m. — Nurses' Pinning Ceremony at the Keene Adventist Church. • 8 p.m. — University Singers Showcase Concert in the Chan Shun Centennial Library.

Following Sunday's commencement exercise, the Southwestern Alumni Association will sponsor a reception for graduates, parents and friends on the lawn between the Committee of 100 Cafeteria and Pechero Hall.
St. Helena doctors discuss breakthrough techniques at A-Fib seminar: St. Helena Star


May 8, 2013

With more than 100 people present, doctors from the Adventist Heart Institute’s St. Helena Arrhythmia Center presented a seminar April 24 on atrial fibrillation.

A-Fib is an electrical disorder of the heart that causes an irregular and often rapid heart rate. The condition can be caused by high blood pressure or abnormal heart valves, or may have no apparent cause. Symptoms of A-Fib can be debilitating, and include heart palpitations, shortness of breath and weakness. Left untreated, A-Fib can lead to stroke and heart failure.

The center’s team of leading cardiac physicians presented information focusing on the latest treatment options to restore normal heart function, including the revolutionary minimally invasive Hybrid Maze procedure.

The Arrhythmia Center’s program was introduced by Terry Newmyer, CEO at St. Helena Hospital Napa Valley, who emceed the event. Following a video of patients describing their experiences with A-Fib treatment, Dr. Monica Divakaruni, FACC, a specialist in Interventional Cardiology, spoke on the basics of arrhythmia: definition, symptoms and first steps in recognizing and treating the condition. Divakaruni came to St. Helena Hospital from Stanford Medical Center.

Dr. Peter Chang-Sing, a Yale-educated Cardiac Electrophysiology specialist with more than 28 years of experience in treating A-Fib, spoke about more advanced treatments and the role of the electrophysiologist in diagnosing and treating heart rhythm disorders.

The Hybrid Maze procedure was discussed by Dr. Gan Dunnington, FACC Cardiac Thoracic Surgery. Dunnington explained how the procedure uses small incisions in the side of the chest to correct the electrical misfires affecting the heart. Formerly an assistant professor of cardiothoracic surgery at Stanford University School of Medicine, Dunnington is one of only a few surgeons on the West Coast to perform the Hybrid Maze. He described a range of treatment options and their various risks and benefits, and explained how the Hybrid Maze procedure has changed how physicians look at arrhythmia treatment.

“This procedure is pretty revolutionary,” Dunnington said. “By combining two different approaches, we’re able to treat the heart in new ways, from the inside and the outside at the same time, without opening the chest. Patients get better outcomes than with either approach alone, without extended recovery time.”

The St. Helena Arrhythmia Center continues to build on a long-standing tradition of innovation in cardiac treatment. As Newmyer said, St. Helena Hospital has introduced many “firsts” in cardiac care in Northern California, and continues to strive to be at the forefront in developing new treatments and approaches. “The Hybrid Maze procedure is a major step forward in our goal to be a center of innovation in cardiac care. We’re very pleased to be able to introduce this option in our community.”

The Arrhythmia Center program centers on individualized treatment solutions, including:

Lifestyle changes — for a healthier heart, which can decrease the likelihood of arrhythmias.

Medication — to prevent and control arrhythmias, and treat related conditions like high blood pressure, heart disease or heart failure. Medications might include anticoagulants or blood thinners to reduce the risk of blood clots or stroke.

AVN Ablation — Atrioventricular nodal (AVN) ablation is used to treat conditions such as atrial fibrillation and
supraventricular tachycardia. The ablation focuses on the AV node, a specialized tissue which is part of the heart’s electrical system. This is performed in conjunction with the implantation of a pacemaker.

Hybrid Maze — A combination procedure using minimally invasive techniques to perform ablation on both the inner and outer surfaces of the heart without opening the chest. The resulting scar tissue blocks the electrical short circuits causing the irregular heart rhythm.
The Lord said to [Moses],

What is that in your hand?

Today, like never before, we have the whole world in our hands:
• The problems of the world
• The wealth of the world
• The ministry to the world

Adventist chaplains use what God has placed in their hands to reach the world in hospital rooms, on university campuses, to victims of disaster, in prison, on the battlefields, and in the barracks. What is in your hand?

Adventist Chaplaincy Ministries Offering June 8, 2013
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Adventist Chaplaincy Ministries Offering June 8, 2013
Plant-Based Cooking Events Draw Hundreds of Area Residents

By Betty Cooney

Since 2009, the South Bay church has been involved in a nutrition outreach that has been drawing exponentially larger numbers of people.

"We started in 2009 with 50 people attending free vegan cooking classes which my wife Susan, a Registered Dietician, conducted, and most of the attendees were from the community," said Pastor John Jenson. "We have continued to offer the free vegan cooking classes at least once each year (twice in 2009). In the most recent class in the fall of 2012, 409 people attended — reflecting an 818 percent growth since the outreach began." Classes are offered on the four Tuesday evenings in October. "We give all glory and honor to our Father in Heaven, His Son, Jesus Christ, and the Holy Spirit for any and all success that these outreach events have had," Jenson added. "We pray that this seed planting will result in an abundant harvest for His eternal kingdom!"

Susan Jenson seconds her husband's statement. "I am very quiet and was not expecting anything like this," she said. "I had no idea what God had in mind for me with this outreach."

In addition to the classes, the church in recent years has followed up with Healthy Taste of L.A., part of a two-event outreach featuring vegan chefs from area restaurants and a well-known author focused on the vegan lifestyle. The weekends open with a Saturday evening dinner and presentation by the author, and follow with the chef presentations on Sunday.

In 2012, 108 people attended a Saturday evening dinner with Caldwell B. Esselstyn Jr., M.D., author of Prevent and Reverse Heart Disease. The following day, 248 people participated in a Healthy Taste of L.A. all-day event. Nearly 1,000 people watched the program online from a wide range of countries, including Australia, Europe, the Bahamas, Canada, Ecuador, Israel, Nepal, Russia and the U.S. A fee is charged attendees for the chef-and-author events. Attendance at all lifestyle events includes both Christians and non–Christians coming mostly from the community, many of whom are fans of one or more of the featured chefs.

A few people who attend the church’s lifestyle events have begun attending Sabbath services. At the latest follow-up to the cooking outreaches, at least four responded to an invitation to attend a Sabbath International Day. Others affirm their positive experiences with what they learned at the church via e-mail.

"Your plant-based cooking class was wonderful," wrote Janis Lukstein, "and I am already practicing more of your plant-based eating habits."

"Thank you for the education and opportunities!" e-mailed Pat and Briana Stone. "We are eating better because of you and Susan. Baby steps! I am checking out the Dollar Store (they have fresh produce — and great prices, obviously). So, if anyone else is on a budget, it’s a good source."

The seminars were sponsored by Loma Linda University, White Memorial and Glendale Adventist Medical centers, Weimar Center for Health & Education and Southern California Conference of Seventh–day Adventists.