In response to severe flooding, the Minnesota Conference is working to assist survivors with 800 Flood Buckets for clean-up. To donate, go to www.communityservices.org and select "Cleaning Supplies."

In Nebraska, tornadoes and high winds have affected several communities, leaving areas with severe damage. Adventist Community Services (ACS) is active and helping in the affected areas.

Volunteers are not being requested to work in Pilger at this time. Watch for future notices as to when and where volunteers might be needed there. Donate online.

The actor, Dustin Hoffman donated three large pieces of commercial kitchen equipment from his Central Park, NYC condo to the Pocono Grace church in East Stroudsburg, Pa. The two large freezers and a large cooking stove, at used equipment prices, amounted to over $12,000 worth of equipment. The church only had to rent a truck and drive into NYC to pick up the items. [Photo: Head Elder Don Baker is pointing to two of the three donated items.]

President Barack Obama has recognized Loma Linda University Health's PossAbilities program as a Presidential Champion for its work in getting people with physical disabilities to be active and fit. MORE

104 Year-Old Walla Walla Woman Graduates As College "Senior"
Hospital focuses on safety to cut costs
Mission trips offer NPAA grads a glimpse at challenges world is facing
Charges dismissed against person involved with lockdown at Southern Adventist University
Study finds black vegetarians healthier than their meat-eating counterparts

June 18, 2014

Special Days

July Focus: Adventist Lifestyle
July 12 – Griggs University and International Academy Promotional Day

August Focus: Spiritual Gifts
August 23 - Enditnow Day Emphasis Day (formerly "Abuse Prevention Emphasis Day")

Helpful Special Day Websites and Resources

Offerings
July 12, Women's Ministries
August 9, Oakwood University/ Andrews University/ Loma Linda University

Sample Offertory Readings

June 24-27, PSI Conference on Philanthropy
July 17-20, Families Reaching Across
July 24-27, Adventist Muslim Relations Exchange 2014
July 27-28, Spiritual Leadership Conference at Andrews University
PrayerCall Change of Date: Join the NAD Prayer Ministry team on Thursday, July 10 (not July 3) for an all-night PrayerCall from 10 p.m. ET, Thursday, to 5 a.m. ET Friday. Call 712-432-0031 (Access code: 435650#). There will be a different leader each half hour during the evening. Join any time during the call. Invite others to join. If you have prayer requests, email them to NAD Prayer Requests by 5 p.m., ET, Thursday, July 10. MORE

Do you plan to attend this year’s Religious Liberty Summit, September 5-8? Attendance this year is limited to 50 people. Religious Liberty Summit activities are designed to provide attendees with a greater knowledge of our national and church history. It will be held in Silver Spring, Md. Expect an inspiring weekend filled with religious liberty training and information sessions, spiritual emphasis and testimony, American history tour, Capitol Hill legislative offices and a banquet. Register here before July 1 to receive the early bird $50 discount. Click for MORE, or call the NARLA Donor Services office at (805) 955-7675.

Love Doesn’t Hurt is a business card-sized abuse prevention pamphlet in English and Spanish that can be placed in restrooms of churches, restaurants, and other businesses. Information inside the tri-fold pamphlet describes abuse behaviors, how to protect one’s self, how to help someone else, and it gives the National Domestic Violence Hotline number. They are available for free by emailing NAD Women’s Ministries.

To enditnow!

What do you see in your mind’s eye when someone mentions “abuse?” If we don’t see it, does it exist? Watch this video, “Not in My Church!” by Pam and Claudio Consuegra, from the 2014 enditnow Summit on Abuse, about the many different types of abuse. It may surprise you. Seventh-day Adventists believe that part of the duty of the Church and followers of Jesus can be found in Isaiah 61:1-3 - to "to heal..."
the brokenhearted... to give the garment of praise for the spirit of heaviness..."
and in 1 Corinthians 6:19-20, that our "body is the temple of the Holy Ghost"
and that abuse of any kind does not "glorify God in your body, and in your
spirit, which are God's."

This 48-minute video is excellent for use with special groups and in homes.
Portions may not be suitable for all ages. Parental guidance is advised.

Pilot Program Offers Adventist Education for Refugees

 Millions of refugees are fleeing war and
religious persecution and every year many of
them are placed into areas near our churches
and schools. The Iowa-Missouri Conference
has experienced membership growth from
refugees of several countries, and have
found a way to assist refugee parents who
wish to educate their children in a safe and
nurturing Adventist school.

The conference has begun a pilot program to provide tuition scholarships
over a three-year period with money donated by multiple members. The
success of failure of this program is yet to be determined. MORE: May 2014
Mid-America Outlook magazine, p. 17. (Photo: Columbia, Mo. College Park
Christian Academy students and faculty)

"We are bound to give thanks to God always to you, brethren, even as it is meet, for
that your faith growth exceedingly, and the love of each one of you all toward one
another aboundeth." 2 Thessalonians 1:3
President Barack Obama recognizes Loma Linda University Health PossAbilities as "Presidential Champion"

6-12-14 President Barack Obama recognizes Loma Linda University Health PossAbilities as "Presidential Champion"

By Herbert Atienza, Media Relations Specialist Loma Linda University Health

President Barack Obama recently honored Loma Linda University Health PossAbilities with a Presidential Champion Gold Award in recognition of the program’s work to get people with physical disabilities to be active and fit. In the photo (clockwise from left): Pedro R. Payne, director of PossAbilities; Cotie Williams, program coordinator, PossAbilities; Lyndon Edwards, administrator, Loma Linda University Medical Center East Campus; and PossAbilities member Delmon Dunston.

LOMA LINDA, CA – June 12, 2014 – President Barack Obama has recognized Loma Linda University Health’s PossAbilities program as a Presidential Champion for its work in getting people with physical disabilities to be active and fit.

The White House sent the recognition to PossAbilities with a Gold Award and a certificate that states, “In recognition of your outstanding commitment to adopt and maintain a physically active and fit lifestyle. By earning this award you have proven yourself to be a Presidential Champion. I hereby congratulate you on this accomplishment.”

PossAbilities is a community outreach program developed by Loma Linda University Center East Campus and supported by founding partner, the San Manuel Band of Mission Indians. PossAbilities’ goal is to offer physically challenged people who were born with or have suffered permanent physical injury a sense of community by offering activities and practical help.

The program offers a variety of activities and initiatives that offer support, education, and athletic endeavors to its members, including hosting the yearly PossAbilities Triathlon, an event joined in by thousands of able-bodied and challenged athletes; and Road to Rio, a training program for athletes hoping to compete at the 2016 Paralympics.

The Presidential Champion award is part of The President’s Challenge, a program of the President’s Council on Physical Fitness, Sports, and Nutrition, U.S. Department of Health and Human Services. The program recognizes efforts to help people of all ages and abilities to increase their physical activity and improve their fitness through research-based information, easy-to-use tools, and friendly motivations.

“We are deeply humbled to have received this recognition from the President of the United States. It is our hope that the PossAbilities program will continue to provide those with physical disabilities the opportunities to adopt and maintain a healthy lifestyle,” said Pedro R. Payne, Ph.D., director of PossAbilities.
“Whether it’s through our weekly exercise classes, our monthly bike rides, or our annual triathlon, we can think of no better way to help spread our health message other than to ‘Live It,’” he said.

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**About Loma Linda University Health (LLUH)**

*Loma Linda University Health includes Loma Linda University's eight professional schools, Loma Linda University Medical Center's six hospitals and more than 800 faculty physicians located in the Inland Empire of Southern California. Established in 1905, LLUH is a global leader in education, research and clinical care. It offers over 100 academic programs and provides quality health care to 40,000 inpatients and 1.5 million outpatients each year. A Seventh-day Adventist organization, LLUH is a faith-based health system with a mission "to continue the teaching and healing ministry of Jesus Christ."*
Even a century of knowledge is not enough for 104 year-old Effie Pampaian who accepted an honorary degree this past weekend from Walla Walla University.

WALLA WALLA, WA – Even a century of knowledge is not enough for 104 year-old Effie Pampaian who accepted an honorary degree this past weekend from Walla Walla University.

Walking around the Walla Walla University campus you might meet some 20-something year old college students, if you are lucky you will run into the woman who gives new meaning to the term college “senior”.

"Oh Effie adds some sparkle to our campus life, she really does. She's a bit of a celebrity on campus. Students know her, point her out," explained university president John McVay.

"Effie is one of the most curious people I've ever met. She just wants to know things. She's actually told me that she's staying alive so she can learn more," said her professor and chair of the history and philosophy departments Gregory Dodds.

At 104 Pampaian says there is still more to be learned. For college students to take a class with a woman who has lived through WWI, the Great Depression, a Second World War and local historic moments that span a century is a
gift in itself.

Professor Dodds asked her, "Why do you like taking classes here? Why do you keep doing it?"

Pampaian paused and thought very carefully before she answered the question.

"It helps me with helping other people and showing them how to do it so they'll be wonderful leaders someday even above anything that I could ever accomplish," she explained.

Her teachers say, for their students to see someone studying right along with them not just for college credits, but to expand their knowledge is one of the greatest inspirations for younger minds

"It's best when students are curious about learning, not just doing it for a grade and Effie has inspired them to do that," said Dodds.

It is for that reason Walla Walla University honored Pampaian with a special degree Sunday at their graduation ceremonies.

"I don't figure that friendship is anything cheap," explained Pampaian. That is why she makes friends with as many people as she can. She explained it is a treasure that can stand the test of time.

"That's what keeps me going I think," (the friendships and the learning.) Before the semester is over she gives words of advice to her peers. "Be sure to get those right choices, so that after it's all over there'll be no regrets."

Pampaian asked about her chances of advancing now that she has her Bachelor's degree. Her teachers joked that as long as she keeps learning, someday she could hope to earn her Masters degree or even a Doctorate. She said she would just stick to her history classes for now.
LOUISVILLE – Avista Adventist Hospital was able to save its patients $300,000 and improve certain safety metrics in the past two years as a result of its involvement with the Partnership for Patients campaign, a statewide initiative led by the Colorado Hospital Association.

As part of its participation, Avista Adventist focused on improving quality of care and safety in 11 areas, including readmissions within 30 days, ventilator-associated pneumonias and falls.

The initiative is a public-private partnership set up by the Centers for Medicare and Medicaid Services that aims to reduce inpatient harm by 40 percent and avoidable readmissions by 20 percent at hospitals nationwide over a two- to three-year period.

The campaign utilizes engagement networks to give hospitals access to a set of best practices for each focus area and challenges them to reduce the number of problems that occur, said Nancy Griffiths, the Colorado Hospital Association director of quality improvement and patient safety.

CMS has spent $98 million in 33 states, covering the cost of education programs, webinars and site visits to help educate hospitals on the best ways to improve patient safety and quality of care, Griffiths said.

The hospital association brought the program to Colorado in 2012 and made it available to any hospital in the state. Avista Adventist was the only hospital in Northern Colorado or the Boulder Valley to participate in the two-year program, according to the hospital association. Fifty-five hospitals participated statewide, resulting in $8.4 million in reduced health care costs and 916 fewer episodes of patient harm or readmission, according to CHA data.

Avista Adventist was able to reduce its rate of readmission within 30 days by 33 percent by tracking patients as they transitioned from the hospital to their homes and carefully monitoring their at-home medication regimes and follow-up appointments, said Kim Crawford, director of quality at the hospital.

In addition, the hospital cut the occurrence of ventilator-associated pneumonia by 40 percent and its instances of bloodstream infections related to a central line by 100 percent, meaning that the hospital had no instances of such infections in the past 18 months, said Dennis Barts, the hospital’s chief executive.

Small hospitals such as Avista Adventist, which has 114 beds, must use their resources carefully in order to maintain the desired level of care, Barts said. Entering a program such as the Partnership for Patients helped hospital employees learn good ways to improve quality by following protocols set forward by the program without increasing cost.

For example, the hospital used the program to bring down the number of avoidable falls, Barts said. Although falls are a big issue in hospitals, Barts said, Avista Adventist was able to reduce them by 40 percent by documenting when patients were at risk to fall and by executing patient safety reviews with the entire team of people assigned to each patient.

Avista Adventist already was trying to improve many of the metrics included in the focus groups, Barts said, but involvement in the program allowed it to move its own processes forward.

“Patients are going to be safer for years and years to come,” Barts said.

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Mission trips offer NPAA grads a glimpse at challenges world is facing

Students pledge to make a difference

By Anna Bitong

ALOHA—Newbury Park Adventist Academy seniors who participated in mission trips are, front row from left, Cassandra Caraccilo, Noemi Meza, Alexis Govea and Megan Hamlin. Back row: Gabriel Gonzalez, Samson Vete, Marvin Perdido, Hieu Nguyen, Gisella Torres, Amanda Peng and Alex George. MICHAEL COONS/Acorn Newspapers

Last year, in the aftermath of Hurricane Sandy, which struck the East Coast in October 2012, Megan Hamlin picked up rubble left in the home of an elderly man who suffered a disfiguring cut on the right side of his face that forced his eye shut.

“I had no idea the damage that Sandy had done,” said the 2014 graduate of Newbury Park Adventist Academy. “You see the footage on the news, and you see the huge storm circle on the news radar. But you never really see the damage done until you’re there. Long Island was just flat. It really opened up my eyes to the terror that can happen.”

Megan, 18, and seven of her classmates who graduated from the Seventh-Day Adventist High School last Sunday spent some of their school days and holidays traveling to U.S. cities and other countries helping those in need.

Students who apply to join the mission trips are chosen to participate by school administrators. The students pay for most of their own travel expenses.

Chinese international student Amanda Peng, also a 2014 graduate, recalled seeing rotted floors and broken walls during the trip to New York over Thanksgiving break.

“I felt very bad,” said Amanda, 19. “At the house I went to there were three children and their parents. They were depressed. Their house was destroyed. They were just waiting for help.”

During a weeklong tour through Long Island, Manhattan and Brooklyn, Megan and Amanda collected mounds of trash and fragments of shattered homes. Megan gave job interview training to young people in a shelter for troubled youths and other days sifted through the remnants scattered in the wake of the violent storm.

“We were trying to get the dirt, muck and garbage out of peoples’ houses,” Megan said. “You see these people who are torn apart because their houses are gone. These little kids walking around, they’re all dirty. I saw kids there that had no socks and it was freezing. It made me sad and kind of scared.”

But the experience also gave students hope.

Amanda will attend UC Santa Barbara in the fall. She said the destruction she’s seen, both in New York and in news reports on the recent homicides of six UCSB students, have inspired her to keep reaching out.

“We really should help others,” said Amanda, who has also lent a hand in building a church on a Navajo reservation in Arizona although she doesn’t practice a religion.
“We need to hold on together all the time and understand each other and be more caring, helpful people.”

Megan followed the example of her two older brothers, who also went on mission trips with Adventist Academy. She joined Amanda in building the church in Arizona, dug trenches for pipes at a new school in Costa Rica and offered aid to homeless people in San Francisco.

“The school always promotes service, and they always promote helping your neighbor. You don’t have to fly to Costa Rica to do that. You can help here in your own neighborhood,” said Megan, who will attend Pacific Union College and plans to be either a veterinarian or a teacher.

The student was clearing out the wreckage in a basement pummeled by Hurricane Sandy when she noticed an object under her foot: a Sept. 11 memorial keychain that says, “We may break, but we will never fall.”

“I moved my foot, and I realized it was kind of shiny from the light coming through the cracks in the basement,” she said. “I picked it up and it was kind of like this huge slap in the face, like you belong here and you should be doing this.”

The owner of the home told her to throw away the memento, but instead she kept it and attached it to her car keys.

“The most important lesson I learned is to keep your head up high, even if it’s really, really hard and the world is knocking you down,” Megan said. “There’s a semblance of hope that one day it’s going to get better. You know the sun is going to rise the next day.”
James Gaines

Former Southern Adventist University student James Gaines won't face any charges for comments he made Jan. 23 that led to a two-hour lockdown at the 3,000-student private school in Collegedale.

Gaines faced a charge of making false reports, which could have carried a three-year prison sentence.

But at a March 6 hearing, Hamilton County Superior Court Judge David Bales agreed that Gaines wouldn't have to serve any jail time provided he agreed to continue counseling he already had begun, perform eight hours of community service and issue a letter of apology. Gaines was scheduled then to have a hearing in 90 days to make sure he satisfied the requirements.

It was held Thursday afternoon, and the charge was dismissed, according to online Hamilton County court records.

Neither Gaines nor his attorney, Lee Davis, could be reached for comment.

Chattanooga State Community College's director of enrollment services, Kisha Caldwell, set events in motion that led to the lockdown when she reported remarks Gaines made to her.

Frustrated that he couldn't get a transcript he needed from Southern to get into Chattanooga State on the final day to register for spring classes, Gaines told Caldwell that morning that he might have to "strap a bomb on me" and "put a gun to their head," to get it, according to the affidavit for Gaines' arrest. He also said, "I'm sorry. I'm just kidding."

In a letter of apology that Gaines wrote to Caldwell, he said, "I feel terribly that I put Ms. Caldwell in a position where she thought that my statements could be a threat."

"[She] was incredibly helpful throughout the entire process of helping me continue my education," Gaines' letter said. "I deeply regret that my choice of words put her into an uncomfortable situation."

Gaines decided against attending Chattanooga State after the incident.

about Tim Omarzu...

Tim Omarzu covers Catoosa and Walker counties for the Times Free Press. Omarzu is a longtime journalist who has worked as a reporter and editor at daily and weekly newspapers in Michigan, Nevada and California. Stories he's covered include crime in blighted parts of metro Detroit and Reno, Nev.; environmental activists tree-sitting in California's Sierra Nevada foothills; attempts by the Michigan Militia to take over a township's government in northern Michigan. A native of Michigan, ...
Study finds black vegetarians healthier than their meat-eating counterparts

Harry Jackson Jr., McClatchy Newspapers | Posted: Monday, June 2, 2014 6:47 am

African-American vegetarians are at lower risk of cardiovascular disease, and even diabetes and high blood pressure, most likely from their healthy eating practices, says a new study from Loma Linda University in Loma Linda, Calif.

The study looked at more than 26,000 black Seventh-day Adventists ranging from strict vegetarians to their meat-eating counterparts.

The subjects are part of the Loma Linda University Adventist long-term health study and is funded by the National Institutes of Health. The study, "Vegetarian diets and cardiovascular risk factors in black members of the Adventist Health Study-2," is available in the journal, Public Health Nutrition.

Among the many findings, the study found among vegetarians, a nearly 50 percent lower risk for hypertension, and a more than 40 percent less likelihood of obesity.

Connie Diekman, director of university nutrition at Washington University, said she doesn't see the results as a question of race as much as proof that healthy eating is beneficial regardless of ethnic heritage.

"This study provides an indication that a vegetarian eating plan can reduce the risk of heart disease, but since the study is cross-sectional, and not a study to assess does the diet cause the reduced risk, more research is needed," Diekman said in a written statement, "As a registered dietitian I can say that other studies do show the positive benefits of a vegetarian diet in improving overall health and weight."

Loma Linda University is a Seventh-day Adventist institution. The study selected African-Americans from the denomination because members generally have lower rates of alcohol consumption and cigarette smoking, factors that could impact a cardiovascular study.

The study categorized subjects as: vegans, who abstain from any meat products; lacto-ovo vegetarians, who consume eggs and dairy; semi-vegetarians, who infrequently eat meat; pesco-vegetarians, those who eat fish but no meat; and non-vegetarians.

The study showed that black vegetarian Adventists were at less risk for hypertension, diabetes, high blood pressure, total cholesterol, and high blood-LDL cholesterol.

The study didn't establish the cause and effect of the results, only that vegetarians were healthier than non-vegetarians. Researchers said cause and effect will be the target of future studies.

Researcher Patti Herring, associate professor of public health at Loma Linda University, said in a written statement, "Some findings for black Adventists are promising and we are anxious to compare black..."
Adventist health with the general population of blacks.

She noted that the 26,000 participants is a vastly larger selection than other studies on Africa-American nutrition.

Lori Jones, coordinator of the MS in Nutrition and Dietetics program at St. Louis University, said "It didn't surprise me what they found. We already knew the value of a vegetarian diet and plant-based foods …"

She found it interesting that the study showed that while vegetarians had better health numbers, there was little to no difference between people who ate a little meat, only fish, or people who ate meat at every meal.

She's anxious to see more investigation because until 10 to 15 years ago, most studies included white men primarily. More diverse studies have been published in recent years the differentiate women and ethnic groups.

"A lot of what we knew about vegetarian diets hadn't been studied in other populations," she said.
Pilot Program Offers Adventist Education for Refugees
by Joseph R. Allison

The news is daily reporting on the number of displaced individuals due to war, famine and persecution. In a world of evil and selfish desires of men comes not only the abuse of power but of the people under their leadership. The United States has made provisions on a yearly basis to become the new country of safety for refugees.

The Iowa-Missouri Conference has experienced growth among its membership from several African countries, Myanmar (Burma) and Samoa. In order to assist these refugee parents (including non-Adventists and non-Christians) who desire to provide their children with a Seventh-day Adventist education in a safe and nurturing environment, our conference has begun a pilot program to provide tuition scholarships over a three-year period. Multiple members in the conference donated the money for this initiative.

This program has three main goals. The first is to provide financial assistance to make Adventist education affordable for displaced families who have little or no extra money beyond the basic living expenses. A second goal is to provide a safe and nurturing school setting for refugee children who are the most vulnerable to abuse and exploitation. According to agencies that assist in the relocation of refugees, these youngest members of the family are prey for sexual predators, human traffickers, school bullies and gangs.

A third and final goal is that given the worldwide connectedness through cell phones, families who are not Adventist or even Christian whose children attend our schools and come to a saving relationship with Christ will share their experiences with relatives back in their home country or those who have immigrated to other parts of the world. These families have access to folks we might never be able to reach. We can start an evangelistic explosion one student at a time.

Currently we have 24 students in three schools—Cedar Rapids, Columbia and Des Moines—benefitting from this pilot program. Other schools hope to join the program and are working to overcome obstacles such as lack of transportation.

The success or failure of this program is yet to be determined. Right now, however, for the 24 refugee students and their families, the opportunity to attend a Seventh-day Adventist school is truly a blessing.

Joseph R. Allison, EdD, is superintendent of education for the Iowa-Missouri Conference.