Gone but Not Forgotten

Ex-gang member, pastor, evangelist and prayer warrior Ron Halvorsen Sr. died Friday, May 15, at age 76, following a battle he fought against multiple myeloma since November, 2014.

"It was about twenty years ago that I came across a book titled Prayer Warriors, and it moved me," says NAD Prayer Coordinator Ruthie Jacobsen. "I knew this book was written by a man who knows what it means to pray... I love to think of the gifts that he left behind... the countless pastors he inspired, the thousands of students he motivated, uncounted members he encouraged, and more than 10,000 he baptized. We've temporarily lost a friend and a trend-setter. I've heard that he said he wanted to be buried with his Bible because he wanted to come out of the grave preaching! Wouldn't surprise me at all," she exclaimed.

The Hope Channel (HC) will be showing a recording of “Really Living” featuring an interview by former NAD President Don Schneider with Pastor Halvorsen three times this weekend: Friday 10:00 p.m. EST, and Sabbath at 2:00 and 7:00 p.m. EST. You can watch HC via: DirectTV 368, GloryStar 104, Roku, Hope Channel Mobile Apps, Free to Air in some areas (please see: http://www.hopetv.org/watch/local-channels/), and by computer streaming at hopetv.org.

MORE: Famous Evangelist Ron Halvorsen Dies at Age 76
Adventist Evangelist Ron Halvorsen Sr. Dies
[Photo courtesy of Lee Bennett, Florida Conference]
Thousands of Adventist World/NAD Edition subscribers will experience a delay in receiving the May issue, specifically those in California, Arizona, Nevada, and Hawaii. Blame it on the tornado that tore through Kansas, which derailed and tipped over 34 cars of the train carrying the magazines. It has not yet been determined if all the copies were spoiled in the disaster, or how many might be salvageable. Meanwhile, you can read it online at the link in the NewsPoints sidebar. MORE

Six North Aurora Adventist Elementary school students, grades five to eight, raised $2,860.00 for mission projects after learning about the plight of children in Chad. Their initial goal was to feed 100 children through Restore A Child for four months, which costs $15/child. When they realized they had more than enough, they decided to help some other projects as well. MORE

Sean Robinson, ACS Disaster Response director, has been elected to Vice-Chair of the Donations Management Committee of National Volunteer Organizations Active in Disasters (NVOAD). This two year position reflects the preeminent respect for ACS through several decades of running multi-agency warehouses and collection and distribution centers. ACS was one of seven charter members of NVOAD which brings together faith-based nonprofits during disaster response. MORE

Andrews University has been ranked second in diversity among all national universities by US News and World Report. To identify colleges where students are most likely to encounter undergraduates from racial or ethnic groups different from their own, U.S. News factors in the total proportion of minority students – leaving out international students – and the overall mix of

(Dates in RED indicate registration deadline)

June 4-5, All-night Prayer Call
June 7-11, Faith Community Nursing Training (May 31)
June 20-21, Adventist Recovery Ministries Training, Woodside, N.Y. (May 31)
June 28 - July 1, CALLED NAD Ministerial Convention
July 1-11, 2015 Impact San Antonio; Register
July 6-9, Children's Summer Day Camp for GC2015
July 2-11, 2015 GC Session, San Antonio, Texas
July 5, San Antonio InStep4Life 5K Fun Run/Walk (May 31)
Aug. 5-8, Adventist-laymen’s Services & Industries (ASI)
Oakwood University is listed in the Top 10 Historically Black Colleges and Universities (HBCU) with the Highest Graduation and Retention Rates Report. According to HBCU Lifestyle, the report, compiled by EDsmart.org community college ranking, makes it easier for students, parents, and schools to evaluate colleges based on important outcome-related measures which reduces chances of a student changing colleges. MORE

Castle Rock hospital restaurant attracts diners from all over

Acts of Kindness grows in Aldergrove

With kitchen remodeled, Jersey City church continues to feed community

After years of work, East Raleigh church restoration meets neighborhood objection

OUR GOOD DEEDS: Volunteers build Hermosa church

Cartoon – Vegetarians and Colorectal Cancer

Overland Park Gluten-Free Food Pantry Opens Doors, But Not To Fad Dieters

Nonprofit works to stock medical closet

Delmont establishes donations center for tornado victims

As health care transforms, St. Helena Hospital is ready

Living Off Your Quake Kit: Family And Faith-Oriented Couple Study Prep To
Help Community

500 Volunteers Sought for Free Clinic in Spokane

Announcements

The North American Division and GC Complex will be closed Monday, May 25, for the Memorial Day Holiday. Offices will open as usual on Tuesday through Thursday. Have a safe holiday weekend!

Resources

It's nearly summertime, and soon many will be traveling and looking for your church. Are you ready for that? How will they find you? Is your website up to date and inviting? Make sure visitors to your area can find your church with directional and highway signs. Place an attractive and inviting church yard sign in front of your church. Once they get there, what does it look and feel like? Watch this free Parking Lot Ministry video. Will they be warmly welcomed? Invited for dinner? Check out the Hospitality Ministry Description. Do you have an active Children's Ministry or someone appointed to provide a children's Sabbath school if children arrive? What do you tell people who ask to learn more about Seventh-day Adventists? The following resources are designed to help you: Curb Appeal in Spanish; English; Who are Seventh-day Adventists? brochure 50/$9.95; Web Ministry Quick Start Guide in Spanish and English; Adventist Notecards to write note and let people know we were glad for their visit and hope they'll return; Some churches keep small folders of information ready to share with visitors. Be sure you are using an up-to-date Seventh-day Adventist® logo, which uses the registration symbol.

Sabbath school for the twenty-first century, by Julio Muñoz; A Ministry for Children and Their Parents, p. 33

NAD News: Columbia Union Hosts Hispanic Evangelism Event; Impact San Antonio: A Global Young Adult Experience, p. 11

NAD Update: Empowering Adventist Professionals, p. 15

NAD Perspective: The Church Family, by Daniel Jackson, p. 17

Prayer Calendar

May 24-30 – This coming week, please pray for the Rocky Mountain Conference, with 100 churches and 17,465 members.
Facts with Hope are evidence based health messages that may be used in church bulletins, newsletters, or during the “Health Minute” as part of church service to motivate people to choose a full abundant life. To learn more, visit the Facts with Hope website, like and share them on Facebook, or follow them on Twitter. You can also watch Facts with Hope videos on YouTube.

A view of beautiful Bermuda Conference

Horseshoe Bay on the island of Bermuda, was voted one of the 10 Best Beaches in the World. The Seventh-day Adventist Church has been in Bermuda since 1900. Bermuda is home to 11 churches and more than 3,800 members. This image was taken by North American Division Communication Director Dan Weber while filming for the 2015 NAD Division Report video that will be shown at GC Session in San Antonio, Texas on July 4, 2015.

Did you know the Holy Spirit restores, comforts, guides, protects, and sustains God’s children in the way of salvation?

Also, pray for the Pacific Union, following the suggestions of the 10 Weeks for Bold Prayers initiatives.
Watch the 90-second video

Each topic on the My Way to Jesus website links to a video, an invitation to study the Bible, the Find-a-Church Directory, a link for kids to My Place with Jesus, a place to send prayer requests, and more.

You can easily post the videos and information on your church website. Share the updates from the My Way to Jesus Facebook page. Learn more.
Tornado Rips Through Train Carrying Adventist World

The Kansas storm delays shipment of 50,000 copies to four U.S. states.

Posted May 20, 2015

By Andrew McChesney, news editor, Adventist Review

Thousands of Adventist World subscribers will have to wait a few weeks longer to receive their next issue after a tornado tore through a freight train carrying the magazines to the U.S. West.

The tornado struck the train loaded with 50,000 copies of the Adventist World’s North American Division edition as it passed through the U.S. state of Kansas last weekend, associate publisher Claude Richli said.

No injuries were reported, but the tornado derailed about 100 train cars on the Burlington Northern Santa Fe Railway, tipping over 34 of them, local police said.

The copies of Adventist World were in the tipped over train cars.

“At the moment they can’t tell me if anything is salvageable,” said Richli, who learned about the incident on Wednesday from the U.S. mailing company that handles the magazine’s shipments.

The copies of Adventist World were in the tipped over train cars.

The tornado with winds of up to 94 miles per hours (151 kilometers per hour) touched down for about two minutes in Lyon County, Kansas, on the night of Saturday, May 16, police said to Twitter.

The incident affects subscribers in the Adventist Church’s Pacific Union, which includes California, Arizona, Nevada, and Hawaii. The train was carrying the May issue of Adventist World, whose shipment had already been delayed because of technical problems, Richli said.

If the copies on the train are spoiled and a new print run is required, subscribers will only receive the magazine in late June, Richli said.

He said it was unclear whether insurance would cover any losses. The cost to print and mail new copies is about $20,000.

Read the online version of the May 2015 NAD issue here

This is the first time in memory that a tornado has interrupted the distribution of Adventist World or its sister magazine, Adventist Review. But challenges outside the control of the editorial team have beset distribution in the past. The shipment of all 355,000 copies of the March issue of Adventist World’s North American Division edition was delayed when a cargo truck broke down in Nebraska in February and a second truck subsequently failed to arrive to the pickup point on time, Richli said.

Adventist World has a worldwide circulation of 1.5 million.

Adventist World is printed by Pacific Press in Nampa, Idaho, and shipped to a national distribution center run by the mailing company near Chicago, Illinois. The shipment headed for the Pacific Union was loaded onto the train in Chicago and was making its way West when the tornado hit in Kansas.
The train was also carrying thousands of bundles of other magazines from the mailing company. None of those publications were apparently Adventist.

“It’s remarkable and an interesting way to start the tornado season,” Richli said. “You’ve got to hope that nothing else happens.”

**We reserve the right to approve and disapprove comments accordingly and will not be able to respond to inquiries regarding that. Please keep all comments respectful and courteous to authors and fellow readers.**
5-20-15 North Aurora, Ill. elementary students raise funds for missions

by Teresa Smith, principal and teacher, North Aurora Elementary

Six students at North Aurora Adventist Elementary school raised $2,860 for the Restore a Child mission project.

Illinois — At the Association of Seventh-day Adventist Administrators (ASDASA) meetings in Dallas, Texas, Feb. 15–18, Larry Blackmer, vice president for education for the Seventh-day Adventist Church in North America, took a step of faith and gave everyone at the convention a Restore a Child* cap. Blackmer shared with administrators that for just $15, they could feed one child in Chad, Africa, for four months. It's hard to imagine that when one easily can spend $15 for a meal at a restaurant in America, the same amount will keep a child from feeling the agonizing pains of hunger for four whole months in Chad.

This challenge was the spark that ignited a fire in North Aurora Adventist Elementary. During the last couple of months, students in grades 5–8 had been learning about Africa. Through study of its history, following current events like the Ebola outbreak, studying Matthew 25:34–40, and reading two mission stories set in Africa, the students expressed their desire to take on a mission project for people in Africa.

After learning about the plight of children in Chad, the students decided to raise enough money to feed 100 children for four months. This project seemed almost too challenging for six students. With prayer, the students formulated a plan — they would walk for hunger. For the next month, the students kept track of the distance they walked every day, and asked people to help them alleviate hunger by sponsoring each mile they walked.
God always has a master plan. The North Aurora Seventh-day Adventist Church had designated the month of March as a time for world mission emphasis. This seemed like the perfect time for this special project.

At the end of the project, the students were ecstatic to learn that through the work of the Holy Spirit and their generous church family, they had raised $2,860 for the Restore a Child mission project. Having more than enough to feed 100 children in Chad, they then had to decide the best way to use the surplus. There was a party-like atmosphere as the students looked through the Restore a Child catalog and started brainstorming about which projects they wanted to sponsor.

After prayer and with much enjoyment, the students chose to use the remaining $1,360 for the following projects: 1) build a greenhouse for agriculture in Bolivia: $390; 2) buy six chickens for eggs in Indonesia: $120; 3) buy two fruit trees in Indonesia: $120; 4) treat five sick children in Chad: $100; 5) perform two major surgeries in Chad: $160; 6) pay for a year of tuition for six children, grades 1–6, in Chad: $90; 7) pay for a year of tuition for six children, grades 7-10, in Chad: $240; 8) purchase school supplies for six children in Chad: $60; and 9) buy two goats for milk in Chad: $80.

The righteous will ask, *Lord, when did we see You hungry and feed You, or thirsty and give You drink? ... The King will answer and say, "Assuredly, I say to you, inasmuch as you did it to one of the least of these My brethren, you did it to Me"* (Matthew 25:37, 40 NKJV).

*Restore a Child aims to "provide the basic needs for protection, nutrition, education and healthcare of orphans and under-privileged children so they may become fulfilled and productive adults." See http://www.restoreachild.org.
5-20-15 ACS DR director elected to vice chair of VOAD Donations Management

Sean Robinson, director of Disaster Response for Adventist Community Services (ACS), has been elected to Vice Chair on the Donations Management Committee of National Volunteer Organizations Active in Disasters (NVOAD). This two year position reflects the many hours ACS volunteers across the U.S. serve their neighbors when disasters tear communities apart, destroying homes and lives. Through several decades of responding during disasters, ACS volunteers have gained a preeminent reputation in Donations Management, running multi-agency Warehouses and Collection and Distribution Centers. In many instances they support the NVOAD community while during others they are working directly with the families of survivors.

ACS teams across the country are respected for for their leadership, transparency and efficiency serving disaster survivors through support to all VOAD member organizations equally. ACS was one of seven charter members of NVOAD. NVOAD is the prestigious organization which brings together faith-based nonprofits which are active during disasters for communication, cooperation, collaboration and coordination. This includes American Red Cross, Salvation Army and other faith based nonprofit organizations.
Campus Ethnic Diversity

National Universities

College-bound students who believe that studying with people of different racial and ethnic backgrounds is important will want to consider student-body diversity when choosing a school. To identify colleges where students are most likely to encounter undergraduates from racial or ethnic groups different from their own, U.S. News factors in the total proportion of minority students, leaving out international students, and the overall mix of groups. The data are drawn from each institution's student body for the 2013-2014 school year.

The categories we use in our calculations are black or African-American, Hispanic, American Indian, Asian, Pacific Islander, white (non-Hispanic) and multiracial. Students who did not identify themselves as members of any of those demographic groups were classified as whites who are non-Hispanic for the purpose of these calculations. Our formula produces a diversity index that ranges from 0 to 1. The closer a school's number is to 1, the more diverse the student population.

See the Campus Ethnic Diversity Methodology »

<table>
<thead>
<tr>
<th>School</th>
<th>Diversity index</th>
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The new report has been issued by EDsmart, which reveals the top ten historically black colleges with the highest retention and graduation rates. The report allows students, parents, and schools to evaluate colleges based on important outcome-related measures. Also shown are the degrees awarded, which can be a factor of consideration for schools and counselors.

Each year, students decide to transfer from one college to another for various reasons. Although this is a choice for the student, it also means it could increase their overall cost of attendance and decrease their probability of graduation. Students who decide to transfer to a new college lower their chance of graduating in six years by 87%.

Choosing the right college is very important. Student's choosing a college that has high retention and graduation rates
reduces a student’s likelihood of transferring to a new college. It also shows the college is offering their students quality courses and facilities. EDsmart states, “Although graduation and retention rates are factors that should weigh heavily in a student’s decision of which university to attend, those that are evaluating potential candidates should use these figures only as a way to narrow down their schools of choice. We advise parents and potential students to look at other factors that are specific to each individual’s needs.”

**The Top Ten Historically Black Colleges with the Highest Retention and Graduation Rates are as follows:**

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<tr>
<th>RANK</th>
<th>UNIVERSITY</th>
<th>LOCATION</th>
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<td>Wilberforce University</td>
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<td>Winston-Salem State University</td>
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<td>Tougaloo College</td>
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<td>5</td>
<td>Florida A&amp;M University</td>
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<td>4</td>
<td>Howard University</td>
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<td>3</td>
<td>Morehouse College</td>
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<td>2</td>
<td>Fisk University</td>
<td>Nashville, TN</td>
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<tr>
<td>1</td>
<td>Spelman College</td>
<td>Atlanta, GA</td>
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Graduation and retention rates are not only a good way for students and parents to find the best colleges; they also offer a metric for the colleges themselves to gauge how well they are serving their student’s needs. When a college loses a student, it also becomes a financial loss to both parties.

Colleges that struggle with graduation and retention rates can look at the Top 10 Historically Black Colleges with the Highest Graduation and Retention Rates Report that has been put together by the team at EDsmart.”

“The 10 colleges listed by EDsmart can be used as benchmarks for similar colleges in regards to graduation and retention rates.

For additional information please visit [www.edsmart.org](http://www.edsmart.org)

**About The EDsmart.org Community College Ranking**
The ranking allows students and parents to see which education establishments are performing well, to give them an informed choice of where to attend.

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10Share
0Pin
Castle Rock hospital restaurant attracts diners from all over

By Rob Low

Manna Restaurant at Castle Rock Adventist Hospital

CASTLE ROCK, Colo. — Jello, greasy gravy and stale bread is what you might expect to eat at a hospital. But institutional cafeteria food is the last thing you’ll find at Castle Rock Adventist Hospital thanks to executive chef Daniel Skay.

He laughs when he talks about the response he gets when he tells people what he does for a living. “A chef, where do you work? and then I give the response ‘well I work in a hospital’ and they go ‘oh’?”

But Skay is no ordinary cook. He’s a gold medal winner after winning a national competition in 2009 for hospital chefs. “I wanted to build a restaurant that was open to the public, to take care of their health needs and to be a destination restaurant that serves healthy food,” said Skay.

Manna is the name of the restaurant and it is sit down, fine dining with a wait staff, no cafeteria trays or drinks from a cooler.

The dining room has a view hard to beat, directly west facing the mountains and its prices are incredibly affordable because the restaurant is subsidized by the hospital.

“I ordered the Quattro Formaggi pizza and it was really cheap, it was only $6 for a good size pizza,” said customer Abbie Spreir.

Customer Tyler Clement is still pleasantly surprised by the prices, “Two meals, with two appetizers, we’re probably sitting at about $17 dollars where a normal lunch is probably $30-40. Very cheap plus there’s no tipping either so that doesn’t suck.

The restaurant has a donation jar that benefits local charities but it’s true, there is no tipping the wait staff.

Seventy-five percent of the customers come strictly to eat at Manna, not because they’re visiting a patient or seeing a doctor at the hospital. The kitchen is divided in half, one side works for patients who order room service, the other side serves the restaurant crowd.

The restaurant grows its own vegetables in a garden behind the hospital and offers specials that are calorie friendly.

Chef Skay says it was always his goal for his restaurant to be a destination for diners, not just a place to serve hospital patients and their families. “We’ve had quite a few birthday parties, anniversary parties. We quite haven’t had the prom dates yet, but next year.”
Acts of Kindness grows in Aldergrove

by Kurt Langmann - Aldergrove Star posted May 18, 2015 at 8:00 PM — updated May 19, 2015 at 10:32 AM

A community service project that started with the Aldergrove Seventh-day Adventist Church has grown into a community-wide tradition.

Acts of Kindness has been renovating residential homes in the Aldergrove area for 12 years now. These have been major renovations, worth up to $100,000 each in labour and materials, which have made a significant difference in the lives of the families selected each year.

Billed as "Extreme Home Repairs" they have been performed over the course of two weeks prior to the Victoria Day holiday Monday, on which date the homeowners were brought home for the "Big Reveal."

This year the homes selected were for the Laura Canessa family and the Mike and Misty Shufflebotham family. While they were smaller than the usual single residence chosen each year they were still major renovations for both families.

And both families were overwhelmed with the quality of the work performed.

For the Canessa family, single mother Laura and her sons Dillon, Nick and Lucas, the biggest issue was water leaks through the stucco and mortar exterior which had caused mold problems inside. This work was completed but it also included new paint work inside and out, electrical upgrades, and a new gas fireplace.

For the Shufflebothams it had started out as a request from Mike's mother to provide wheelchair access for Mike to his ensuite washroom, but it escalated into another fairly major upgrade. Mike, who is severely handicapped due to a workplace accident, now has wheelchair access to all of the home, including his front door, and a sunken living room was raised to the same level as the rest of the house. Again, there was significant paint work inside and out and remodeling of the bedrooms, electrical upgrades and a new gas fireplace.

Aldergrove Seventh-day Adventist Church pastor Mike Dauncey's wife, Marcy, said it all came down to the reward of seeing the joy it brings to people's lives.

"It's very moving to see what the acts of kindness can do… it's our way of paying it forward."

However, it has now grown far beyond the church and its membership, said one of the project co-leaders, Lorne Brownmiller.

"The community is taking ownership of the Extreme Home Repairs, as half of the 130 volunteers who worked on the two projects this year were not from our church," said Brownmiller.

"We are getting calls from the community and businesses who want to help because they also see the value of the work performed."

This year Brownmiller said Jason Speer of Power Pros was invaluable in performing the electrical work at both homes, Isaac Mangone has stepped up to devote construction expertise and Sherry Webb of Nufloors has undertaken the role of leading the decorating team.

They are just three of the many valued volunteers, including one man who took two week's holiday from his job to devote every single day to this year's Extreme Home Repairs.
"We couldn't have done it without this community support," said Brownmiller.

Pastor Mike Dauncey (right) greets the Shufflebotham family (Zack, Mike, Misty and Zoey) at the "Big Reveal" Monday after the Acts of Kindness volunteer team had completed the Extreme Home Repair of their home. -Kurt Langmann photo
With kitchen remodeled, Jersey City church continues to feed community

JERSEY CITY – Members of the Jersey City Heights Seventh-Day Adventist Church are hoping to be dishing out meals as well as smiles now that the church's kitchen has been renovated.

Community leaders, church-goers and a few Home Depot employees attended a ribbon-cutting ceremony at the church yesterday, marking the end of the nearly three-month remodeling effort.

"The kitchen was getting to a point where it was less and less useful," explained Ron Tayam, head elder at the church. "We would have to cook from home."

With its new kitchen ready for action, the church is restarting several of its long-standing programs, including cooking classes, a senior citizen breakfast program, a meals for the homeless program, and a healthy snacks initiative for children in the church's tutoring program, said the church's pastor, Bruce Banner.

The renovations to the kitchen -- which includes a new oven, refrigerator, double sink, counter-tops, tiles, and cabinets -- come courtesy of a $15,000 grant from Home Depot.

The church secured the grant with the help of Lora Isolano, manager of the Home Depot on Route 440 in Jersey City. Isolano's store contributed $4,000 worth of appliances and materials to the effort, plus volunteer labor.

"At Home Depot, one of our values is giving back," Isolano said yesterday at the Congress Street church. "It's a privilege for us, my team and Home Depots all over. They (Home Depot workers) gave their time, they don't get paid for this. It's all volunteer work when we come and do projects like this. We just like giving back to the community."

Now that the kitchen is up to code, the church will be able to receive free food from the City of Jersey City, according to building leader Carolyn Manfredi.

The church will be serving up free meals to the public on June 7. And every Saturday after service, around 1 p.m., church members serve up free vegetarian meals to members of the public.

Jersey City Deputy Mayor Marcos Vigil presented the church with a proclamation yesterday, recognizing the efforts made by its members to serve the community.

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After years of work, East Raleigh church restoration meets neighborhood objection

By Andrew Kenney akenney@newsobserver.com

Phuc Tran was far from home, traveling in Brazil, when the phone call came.

“You ready for this?” asked Will Jeffers, a friend back in Raleigh.

Old downtown church gets revival

Tran had been searching for years for land near downtown Raleigh, with Jeffers as his guide. Now they had a place in sight – a tenth of an acre on the city’s eastern flank – and it was time to decide whether Tran would buy.

But the novice developer couldn’t have been ready, not completely, for what was to come. This wasn’t just land. This was the old heart of the historically African-American Prince Hall district. The historic Gethsemane Seventh-day Adventist Church was on the market, and there was barely a week to act.

The place was due for demolition, and hundreds of people were asking for some angel to intervene.

“And that lucky – or unlucky – person was me,” Tran said this week. That was a joke, he quickly added, but it rang awfully true.

Three years after that call, the 40-year-old finds himself the owner and savior of a 93-year-old building. He’s also hundreds of thousands of dollars in the hole and has become the focus of debate in a fast-gentrifying area.

Early next month, the Raleigh City Council will consider whether to rezone the historically black church, allowing Tran to bring a restaurant with alcohol to the once-holy space.

Tran and his supporters say the new property owner has saved a historic structure. To his critics, he’s making an unwanted business out of a neighborhood institution.

He has the blessing of congregation elders, but he faces objections from several in the community, including Citizens Advisory Council leader Lonnette Williams. She sees an intrusion of business into a residential area, and an inversion of its culture.

Tran’s project, in short, has fallen square in the middle of Raleigh’s struggles with culture, class and displacement caused by inner-city redevelopment.

“It’s interesting,” he said, “how life leads you in different directions you never imagine.”

Decades of use

The modest peak-roofed building at 501 S. Person St. dates to the early 1920s. From a distance, it seems to be built from uniform rows of concrete blocks.

Up close, the church reveals its peculiar style. Each of its pieces was shaped by hand on site, then pressed with chunks of quartz, likely by members of the congregation.

In Raleigh, the Seventh-day Adventist denomination found its first believers in black communities. Its teachings, which forbid alcohol and tobacco, reached Raleigh with traveling booksellers near the end of World War I, according
to a history prepared for the Raleigh Historic Development Commission.

The early congregation met for months in a tent, but the church soon rose on its tiny lot two blocks south of Moore Square. By 1981, the group had outgrown its home, moving to a new building on Sanderford Road.

The property would go first to another church, then on to one of the largest private property owners in downtown: Greg Hatem’s Empire Properties, which bought the place in 2005.

Hatem kept the place largely as it was, but he saw potential. He had a model: Just a few years prior, and a few blocks north, he had converted All Saints Chapel into a lofty white-walled hall for events.

Meanwhile, various congregations continued to meet in the Gethsemane church.

And that all changed when a tornado came.

Making a deal

The storm ripped through eastern Raleigh on April 16, 2011, killing three in a mobile-home park and damaging scores of buildings in the historically black areas east of downtown. That day brought the church building near to its end, twisting the roof from its anchoring.

Within a year, there was a death sentence: Raleigh condemned the building, leaving Empire Properties either to fix it or destroy it.

The neighborhood cried out, some 200 people signing onto a petition to save the place.

“If we continue to destroy buildings in this neighborhood, we aren’t going to have any history to point to but historic signs,” J.E. Williams, who lives within sight of the church, told a News & Observer reporter then.

“We’re becoming a neighborhood of vacant lots,” he said.

Other projects were taking up Empire’s capacity, and the building was a hazard, so the company took out a demolition permit. But Hatem was open to a sale, and that’s where Phuc Tran came in.

They had a deal hashed out even before Tran returned from Brazil. He and Empire completed the purchase just before demolition began. There’s a photo of Tran standing out front of the building just after the sale, a warning notice still posted on its door.

“He looked at it for about five minutes, and said, ‘Alright, I want to do it,’” Jeffers recalled. “I don’t think he had any idea what he was getting into.”

Tran looks happy in the picture – and nervous. No bank would back the sale, so he paid $125,000 in cash. He makes good money as a strategist for Verizon, and he’s single without kids – but the sale took nearly everything he had. On a week’s notice, he had erased the foothold he had built since his family arrived in North Carolina from Vietnam some 20 years ago.

The deal gave Tran two years to complete repairs. He signed a covenant that protects the place from demolition, by him or any future owner, he said. He agreed to participate in historic preservation programs.

For a guy who had never taken on a development project, the physical challenge was daunting. But that would only be the half of it.

“I thought – I always, always thought that I’m with the people,” he said.
‘To save it’

Each step of the repairs seemed to reveal another unexpected task. Tran hired specialty crews to do what he couldn’t and did the rest himself, cramming construction materials in his SUV.

Tran’s team installed new steel crossbeams to shore up the storm-wrecked roof. They gently sprayed decades of white paint from those block walls, restoring them to the stone gray of the church’s first years.

As he worked, he assembled a huge team, including Jenny Harper, a neighbor and advocate for the church; Jeffers as contractor; the architect Kurt Eichenberger; and the groups Preservation N.C. and the Raleigh Historic Development Commission.

Tran took the wooden pews into storage, and a master craftsman remade the stained glass window missing from one of the gabled windows at the front of the hall.

Then there was the question of the walls, made from nothing but stacked, irregular blocks. The group reconstructed the process, pouring new bricks into hand-made molds.

“To save it, we had to repeat the process,” Tran said.

The building today is nearly restored, except for its doors. Now Tran is trying to use the place – and that’s where things get complicated.

When he bought it, Tran thought he might use it as an office or a home. Others suggested a bakery and a flower shop, or a microbrewery. Word of that last option reached the community, souring Tran’s relationship with some of his neighborhood.

The landowner’s proposing now to put a high-end restaurant in the place, with alcohol service. He has had some talks with a potential restaurant owner, but nothing’s sure yet.

He’ll need a rezoning to allow the business. He wants the city to change the lot from residential-business to downtown mixed-use. This lines up with the city’s long-term proposed plans for the area, which could become effective with a vote later this year, but Tran wants the change now.

‘People are concerned’

About 15 people showed up to a recent community meeting, confronting him with a series of questions and criticism. They asked whether the menu would meet the needs of the community, and how extensive its outdoor seating might be. They asked too about where the business could fit its trash and recycling.

The site is at the corner of a pre-war residential neighborhood, hemmed closely by houses on two sides. Person Pointe condominiums, built in 2002, stands across South Person, and The Ten at South Person condo complex will open on the same block.

“That’s a residential area,” said Lonnette Williams, the citizen council chair. “People are concerned. They don’t want it to become a hospitality district. They’re concerned about little bars, things like that, noise interfering with their quality of life.”

Hatem is among the project’s doubters, too. He believed at the time of the sale that Tran would keep the place as a residence or place of worship, he said.

“I think he’s done a fine job stabilizing it,” he said of the project. “I think the issue is finding the most appropriate use.”
Local opposition steepens Tran’s challenge: The project will have to win a super-majority of Raleigh City Council votes, or six out of eight, because the joint owners of several nearby properties have filed a protest petition.

The signers said there wasn’t enough space between the buildings to allow for restaurant uses and worried about “undesirable pedestrian noise,” among other statements.

Tran has tried to address some of those concerns. His proposal would forbid him and future owners from bringing a bar, tavern or nightclub to the property, among other conditions. He has promised to use small garbage and recycling bins instead of a Dumpster-sized receptacle.

He has tried to answer religious objections, too. He toured the building and explained his project with elders of the present Gethsemane church.

A letter from First Elder Peggy Bryant, dated May 2, says the congregation has left the property and the new owner “has all rights and privileges to do as he pleases in this space.”

But Williams, who attended the Adventist church with her grandmother, said that the building remains a part of African-American history in the area.

“Certainly, it would desecrate the idea of the establishment that used to be there,” she said. “… That is something that we are sensitive about. It’s a culture thing.”

Tran acknowledges that gentrification is changing the area.

As wealthy investors pour more money into buildings, existing homeowners have incentive to leave their longtime homes. In some cases, rising land values increase tax bills. Over time, a place can lose its people.

Many of the Raleigh City Council’s conversations lately have turned to housing affordability and neighborhood preservation. A forthcoming city plan may set long-awaited policies.

Tran hopes there’s a middle ground. And the preserved building, he said, can at least be “an anchor for that historic neighborhood.”

The council may take up the matter at its first meeting in June, Tran said.

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OUR GOOD DEEDS: Volunteers build Hermosa church

Claudia Laws Journal staff

The Hermosa Seventh Day Adventist Church will soon have a new home thanks to the efforts of 32 volunteers from around the country.

Volunteers with Maranatha Volunteers International traveled to Hermosa last month to construct the outer shell of the new building. The congregation will put in electricity, water, and other amenities in upcoming months.

Maranatha is a volunteer-run, California-based nonprofit Christian organization that helps build schools and churches internationally and throughout the U.S.

Project construction superintendent David Schwinn, of Shattuck, Okla., said the project had volunteers from California, Texas, Montana and Tennessee. Volunteers pay their own way to travel to the projects and the host team pays for lodging and food.

Schwinn, 80, retired in 1999 and has been volunteering with Maranatha ever since. He typically participates in four or five builds a year. He said he will keep volunteering "as long as the Lord gives me health and strength and the funds to go from one project to the next. I feel that the Lord has groomed me for a position like that and I can help advance his work."

Getting Maranatha on board to help build the church was a pretty simple process, according to Hermosa Seventh Day Adventist Church head elder Willard Werth.

Maranatha just needed proof that the church had the funds to complete the project after the Maranatha volunteers built the building shell. Getting volunteers took longer than anticipated, though. The project was scheduled to be done last fall, but was delayed until April due to volunteer schedules.

Werth plans to have the church will be up and running later this year. Which is a godsend for him and the other church members who are looking to expand their 40-person congregation.

Make a pledge to help Meals on Wheels

Helping out local home-bound seniors just got a little easier.

By pledging to eat Sunday dinner with senior loved ones, the Home Instead Senior Care Foundation will donate $1 to the local Meals on Wheels program.

Laura Dyer, the owner of Home Instead Senior Care — the local affiliate of the national organization which provides non-medical services to seniors living at home — says the pledge helps not only the Meals program, but also helps improve the health of your loved ones.

"We've found in our own clients — and research shows — that when seniors are alone they don't eat," she said. "They don't feel like cooking and oftentimes they don't have anything in their home because they can't make it to the corner store or they're not making good decisions when they buy food. But when they're with friends, family or a neighbor it becomes a social event and becomes much more enjoyable."

The Home Instead Foundation will donate up to $20,000 nationally for every person who takes the pledge. Pledges from area residents will benefit the local Meals on Wheels program.
"At the end of the day there are so many simple things we can do (to improve the lives of seniors)," Dyer said.

To take the pledge, visit SundayDinnerPledge.com.

**Of note from readers**

The Altrusa Club of Rapid City donated $6,020 to the following nonprofits: Youth & Family Services, Feeding South Dakota, Hospice of the Black Hills, the Black Hills Literacy Council, Child Advocacy Center of the Black Hills, the Career Learning Center, Wellfully and the Human Traffic Program.

— Sharon Wilson, Altrusa
Cartoon – Vegetarians and Colorectal Cancer

By Shaheen E Lakhan, MD, PhD, MEd, MS

"I read that vegetarian diets are associated with lower risk for colorectal cancer, so I made you a large salad to make up for lost time."
Vegetarian diets may be associated with an overall lower incidence of colorectal cancers. Researchers from Loma Linda University analyzed data from the "The Adventist Health Study 2" of 96,354 Seventh-Day Adventist men and women between 2002-2007. The incidence of colorectal cancer in order of least to greatest was as follows: pescovegetarians (diet that includes fish or other seafood, but not meat or poultry), lacto-ovo vegetarians (no meat, fish, or poultry), vegans (no animal products), semivegetarians (those who ate meat, poultry, or fish less than once per week), and nonvegetarians.

Reference


Image created by Jerry King for Brain Blogger.

Shaheen E Lakhan, MD, PhD, MEd, MS

Shaheen E Lakhan, MD, PhD, MEd, MS, is executive director of the Global Neuroscience Initiative Foundation (GNIF). He is a published scholar in protein biomarkers, bioethics, biotechnology, education technology, and neurology. He serves on the editorial board of several scholarly publications and has been honored by the U.S. President and Congress.
Overland Park Gluten-Free Food Pantry Opens Doors, But Not To Fad Dieters

By Alex Smith

Whatever someone’s route to gluten-free living might be, they soon find out it’s a bigger change than just giving up baked goods.

“It’s expensive,” says Karen Miller, a retired dietitian who helped out at the Wednesday open house of the ReNewed Health Allergy Friendly and Gluten Free Food Pantry in Overland Park, Kansas.

The boxes and bags of gluten-free flour, pasta, pancake mix and other food that line the pantry’s shelves cost two to four times as much as their gluten-rich counterparts.

“That’s why people seek help, because they can’t afford these products,” Miller says.

The ReNewed pantry provides gluten-free and allergy-sensitive foods free of charge, but not to just anybody.

Pantry co-founder Amy Goode says the pantry won’t be offering its donated goods to the masses of fad dieters who have chosen to avoid gluten for weight loss or general wellness reasons that are not scientifically proven.

“We really want people to understand, this isn’t about being trendy. This isn’t about your child being a picky eater,” says Amy Goode, a pantry co-founder whose son has celiac disease, which results from an immune reaction to gluten.

Pantry-goers will have to provide a doctor’s note or test results showing they have celiac disease or other medically-recognized gluten sensitivity as well as proof of financial need.

For those with celiac disease, gluten triggers an autoimmune attack on the small intestine. In the 1 percent of the population with the disease, ingesting gluten can cause short-term digestive problems. In the long run, it may contribute to more serious health issues, including anemia, type 1 diabetes, and multiple sclerosis, among other issues.

Many doctors believe that a larger percentage of people may have a less severe sensitivity to gluten, which can also lead to digestive and other health problems.

The gluten-free diet trend, which has been promoted in recent years by celebrities and diet-book authors, has, to some extent, trivialized serious health issues. But it hasn’t been all bad for those with genuine gluten-related health issues, according to Miller, who recalls milling her own rice flour for her late husband, a celiac disease sufferer.

“I’m just amazed at the proliferation of product that has hit the market,” Miller says. “You walk into any grocery store and find a shelf’s probably dedicated to gluten-free products.”

The ReNewed Health Allergy Friendly and Gluten Free Food Pantry is a project of Food Equality Initiative Inc., a Kansas City-based nonprofit organized started last year by Goode and fellow “allergy mom” Emily Brown.

Also catering to those with peanut, tree nut, soy and other food allergies, the pantry makes its home inside the New Haven Seventh Day Adventist Church at 8714 Antioch Road in Overland Park, where Miller is a congregant.

The Seventh-day Adventist Church, which originated in Battle Creek, Michigan, in the 1860s, promotes healthful foods, exercise and avoidance of alcohol, tobacco and drugs.
“Your body is God’s temple, and anything you can do to keep it operating, functioning well is a high priority,” says Miller about the church’s philosophy.

Alex Smith is a reporter for KCUR, a partner in the Heartland Health Monitor team.
Nonprofit works to stock medical closet

Closet is one of several ACTION Serve Day projects

By Melissa Simon

Closet is one of several ACTION Serve Day projects

FIXER-UPPERS—A group of volunteers clean up a yard to bring it up to city code during last year’s ACTION Serve Day. This year’s volunteer community service event will take place tomorrow at Apollo High School. Courtesy of ACTION With the number of senior citizens growing across the city and the nation, one local church is taking steps to help those in need by providing a place to get essential medical equipment.

The Simi Valley Seventh-day Adventist Church, 1636 Sinaloa Road, is creating a medical closet that will provide items such as wheelchairs, walkers, shower chairs, grab bars, adult diapers and unexpired Ensure, said Jill Upson, executive director of Area Christians Taking Initiative On Needs, aka ACTION.

Where's the story? 5 Points Mentioned

Items will be loaned for free to eligible seniors on a monthly basis. Non-reusable items, Upson said, will also be given out at no charge to those in need.

"Sometimes things fall through the cracks, and ACTION helps organize individuals and groups to do a variety of projects like helping a senior move into a new home, build a handicap ramp or clean out a hoarder’s home," Upson said of the Camarillo-based nonprofit.

FOOD FOR THE HUNGRY—During last year’s ACTION Serve Day, volunteers helped stock the pantry at the Simi Valley Samaritan Center. Courtesy of ACTION ACTION coordinates with more than 80 Ventura County churches, agencies and organizations to serve seniors, disabled residents, underserved families, homeless people and at-risk youths.

Upson said that last fall she met with various home healthcare workers and social workers who needed medical equipment for the seniors under their care.

For example, Maureen Payne, a medical social worker in Simi Valley, said more than half the seniors she works with need wheelchairs, canes and walkers.

“With new stipulations under the Affordable Healthcare Act, it’s become increasingly difficult for seniors to get what they need," said Payne, who’s worked in the home healthcare industry for 20 years. "The act has raised the bar, if you will, on who can be covered by insurance, so many have to pay out of pocket to get these much-needed items.”

Around the same time this need was becoming apparent, the Adventist church in Simi Valley was looking for a
community services project to get involved in. Originally, the church was leaning toward starting a food pantry, said Nellie Sevilla, director of the Adventist’s community services department.

“We wanted to do some outreach and thought about doing a food pantry for a while, but then (Upson) reached out to us and suggested a medical closet,” said Sevilla, a Simi Valley resident.

“We hadn't thought of doing that initially, but from my understanding there's a huge need for people who can't afford the medical equipment they need,” she said. “Ninety-nine percent of churches have community services departments that hand out clothes or food, but we'll be the first church in Simi to provide medical equipment like this.”

Donations needed

The medical closet will be housed in a 20-by-28-foot room in a small multipurpose building on the church's property, Sevilla said. Once open, the closet will loan items, at no charge, for one month at a time.

“The plan is to have people borrow items on a monthly basis because we want to be able to provide an ongoing service to the community,” she said. “If we don't have an item someone needs, I'm hoping the (Simi Valley) Senior Center, retirement homes or other businesses might be able to donate things. But hopefully we'll have enough on hand.”

While the intent isn’t to provide items on a more permanent basis, Upson said, no one will be turned away, denied medical equipment or hounded to return it.

“The goal of the medical closet is to provide items on a short-term basis, like if someone needs crutches for a surgery or in the interim of getting health insurance to cover the cost of more costly items like a wheelchair,” the executive director said.

Currently, the Simi Medical Equipment Charity at 2139 Tapo St. offers items free to elderly people in need, said Laurie Dickinson, services manager at the city’s Senior Center.

" The charity distributes equipment where it’s needed, and that’s where we refer our seniors when they need something like a wheelchair or walker," Dickinson said.

While she hadn’t heard of the soon-to-open resource, Dickinson said having the medical closet and charity on opposite ends of the city could be a good thing.

“I'm all for anything that helps our seniors,” the manager said. “I definitely think (the closet and charity) should know about each other so they can refer to each other if one doesn’t have the equipment someone might need.”

Hundreds of volunteers are set to gather at Apollo High School at 7:30 a.m. tomorrow, May 16, to kick off ACTION's annual Serve Day. They will participate in a variety of projects that help seniors, underserved families, at-risk youths and people who are homeless. The rest of the county will participate in a second Serve Day on June 6.

This year, projects include collecting donations for the medical closet, visiting the elderly at senior homes, beautification at Apollo High and packing care packages for soldiers at nonprofit For The Troops, Upson said.

Other activities include an Olympic Day for children at Casa Pacifica in Camarillo, haircuts and manicures at Ashlee Manor Senior Living Apartments in Simi Valley and yardwork at Tradewinds Mobile Home Park, also in Simi.

“Last year, more than 2,200 volunteers completed over 450 projects to fill some of the community's unmet needs,” Upson said, adding that more than 8,600 were served countywide. “This year, we're expecting an even greater turnout.”
For more information on the medical closet or to donate items, call Sevilla at (805) 433-2384.

To participate in Serve Day, visit actionvc.org or call the nonprofit’s office at (805) 987-0300.
Jeremy Daugherty stands in what is left of his five-year-old son's room on Tuesday after a tornado demolished their home on Sunday in Delmont.  (Photo: , Jay Pickthorn - Argus Leader)

A donations management center opened Wednesday in Delmont to help residents affected by the May 10 tornado that destroyed a major portion of the town.

The donations management center is located at the Delmont American Legion Hall. Hours of operations are 8 a.m.-6 p.m. each day, the Department of Public Safety announced.

Because the town is not yet opened to the general public, those wanting to give items are asked to take them to the east side of town where the state Highway Patrol is stationed. That site is at the corner of 284th Street and 402nd Avenue, also known as the intersection of old Highway 18 and Betts Road. There will be a pickup and trailer available until 6 p.m. each day to accept donated items. The items will be transported to the American Legion Hall.

Once the town is opened to the public, the items can be taken directly to the Legion Hall site.

Items that are needed now include non-perishable food, work gloves, new cleaning products such as detergents and cleaners, paper towels, and toilet paper; new clothes, shoes, and underwear; new pillows and sheets; first aid items; personal care items such as shampoo and deodorant; sunscreen, bug spray, brooms and mops.

At the hall, volunteers from the Adventist Community Services will sort and organize the items. Tornado survivors
also will obtain donated items from the Legion Hall location.

As additional needs are identified, another list will be released.

For more information on how to donate items, call Bob Forbes, Adventist Community Services, 701-770-4012.
As health care transforms, St. Helena Hospital is ready

STAR EDITORIAL BOARD

St. Helena Hospital is getting ready to unveil a major refurbishment, including remodeled ICU, surgical rooms, patient rooms and a new family birthing unit under the name “Project Transform.”

That’s also an apt description of the more profound changes the hospital is undergoing amid a national health care system that, with the Affordable Care Act as the leading wedge, is finally embracing the same principles of preventative care and holistic wellness that the hospital’s Adventist Health network has promoted for decades.

Despite the financial challenges of providing such care in a rural, low-population setting over three counties, St. Helena Hospital is well-positioned for this new paradigm shift, according to Dr. Steven Herber, the hospital’s new president/CEO.

Herber met with our board along with Joshua Cowan, vice president of marketing and corporate development for Adventist Health’s Northern California Network and soon-to-be chair of the St. Helena Chamber of Commerce.

Herber said the hospital’s “destination” offerings — specialties like heart surgery, knee replacements, atrial fibrillation, smoking cessation and the TakeTEN wellness program — draw in patients from around the country and even from outside the U.S.

Those patients stay for a week or two, get their problem taken care of, and go home. The revenue from those acute cases helps offset the hospital’s less profitable activities like everyday treatment for Upvalley residents and wellness programs designed to keep people healthy before they end up in the hospital.

The hospital’s active foundation has also been instrumental in making its holistic health care model “pencil out.”

The robust support for the hospital is a sign that our tiny community realizes how lucky it is to have such a powerful health resource, not to mention the hospital’s economic presence as a major employer. The Board of Supervisors also recognizes the hospital’s importance, having authorized the issuance of tax-exempt bonds to help finance Project Transform, with no financial liability to the county.

The community’s role will become even more pivotal as the hospital doubles down on its philosophy of community care.

The emphasis on preventative care aligns with a massive shift in the American health care system from “fee for service” to “fee for value.” Instead of being rewarded for healing people’s problems, hospitals are going to be rewarded for keeping them healthy in the first place.

To that end, the hospital is stepping up its presence in the community. Classes in birthing and weight loss are being offered at the WellNow Showcase in downtown St. Helena, the hospital is pursuing partnerships with local nonprofits to better allocate resources, and Herber is serving on a panel interviewing candidates to succeed Karen Smith as the county’s next health officer.

Herber, a practicing physician for 30 years, explained that patients are too often treated for individual ailments without a good understanding of the underlying health factors (diet, lack of exercise, smoking, etc.) that contribute to those problems. Many patients would prefer to get a prescription and go on with life as usual until the next symptom appears.
With health care costs increasing at an alarming rate, that shallow “band-aid” approach is no longer viable. Now health care providers are trying to help us eat right, take care of our bodies, and live healthy lifestyles that will keep us out of the hospital for as long as possible.

Approaching health care from an integrative, quality-of-life perspective has been a tradition at St. Helena Hospital and within the Adventist Health network it belongs to. It’s good to see the rest of the industry catching on.

The St. Helena Star is a sister paper to The Weekly Calistogan.
Ed and Sara Johnson of Southeast Portland say their biggest reason for participating in the "Living Off Your Quake Kit" project is to learn more about how they need to be prepared for natural disaster and to spread that information to others.

Alan Sylvestre / OPB

Faith brought Ed and Sara Johnson together.

They went to separate Seventh-day Adventist colleges and were introduced through a mutual friend, Sara’s former roommate. They were married in 2012 and their spirituality is a pillar in their lives.

The Southeast Portland couple is one of the households participating in OPB’s “Living Off Your Quake Kit” event May 15-17. They’ll be testing their disaster preparedness and how well they can live off of their emergency supplies.

**Johnson Family Supplies**

While the Ed and Sara Johnson don’t feel like they’re fully prepared for a natural disaster, they were able to gather items around their home that could be used in the days and weeks after an earthquake.

- Propane stove with two small propane tanks
- Extra cat food for their cat, Baby K
- A flashlight in each room
- A battery-powered lantern
- Three gallons of water
- Extra toilet paper
- A first-aid kit
- Nonperishable food, including canned beans, canned soups, pasta and peanut butter

The Johnsons are active members at Your Bible Speaks Seventh-day Adventist Church in Northeast Portland, where 35-year-old Ed is the assistant treasurer and Sara, 33, is one of the counters — someone who verifies weekly offerings from congregation members.

For the past few months, Ed has been predominately going to a Russian Adventist church down the street.

“Faith transcends race and culture,” he says about being the only non-white, non-Russian speaking member of the congregation. “You’re part of a family.”

Ed is trying to understand Russian language and culture better because his job — dental operation supervisor at the East Multnomah County Dental Clinic — has many Russian clients.

“It’s a harder language than Spanish,” he says.

Sara laughs, agreeing. She is fluent in Spanish and works as a medical interpreter.

Sara and her family have been talking about preparedness for years. Her large family — uncles, aunts, brothers — all come together regularly to talk about what they could do better as a group.

One topic that has comes up among her family is how they would reunite in the event of a disaster.

“We talked about Powell Butte as a meeting place for an emergency,” says Sara. Turning to Ed, they talk about it as a potential meeting place for the whole family.

“It was never decided on,” he says.

Learn more and join in OPB’s “Living Off Your Quake Kit” weekend. On May 15-17, OPB will follow Oregon families as they try to live off their emergency supplies. You can follow along on social media with #UnpreparedNW.

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Your Best Pathway to Health is raising $100,000 to cover organization costs.

Posted May 14, 2015

By Kathy Marson, communication administrative assistant, Upper Columbia Conference

Organizers are seeking volunteers and donors for a free clinic in the U.S. state of Washington in August, just four months after a similar event provided more than $20 million in free care to more than 6,000 people in San Antonio, Texas.

The Your Best Pathway to Health clinic will be held on Aug. 3 and 4 at the Spokane Interstate Fairgrounds in the city of Spokane.

More than 500 volunteers are needed, including those with skills in dental, eye care, massage, chiropractic, hydrotherapy, chaplaincy, child-care, and organizing, said Cindy Williams, health ministries coordinator for the Upper Columbia Conference, who is helping organize the event.

Barbers and beauticians are also needed, as are volunteers for security, hospitality, and meal preparation.

Volunteers can sign up at the website pathwaytohealthvolunteer.org.

About $30,000 of the clinic's cost of $100,000 has been raised, with the funds being earmarked for medical and dental supplies, meals, office supplies and other setup costs, Williams said. "But the rest will need to be raised before August," she said.

It remains unclear how many people will be treated, but the number is expected to be lower than in San Antonio’s Alamodome stadium, where 1,700 volunteers worked for three days.

Williams volunteered in the eye care section of the San Antonio clinic.

“I have never been a part of something this jaw-dropping,” she said.

At the Alamodome, every patient received care and was then offered other services such as a haircut, hydrotherapy, and massage. Then they went through chaplaincy services and lifestyle counseling. Each patient chose a church location to pick up their lab results or their eyeglasses.

Similar follow-up for the Spokane clinic will be offered at local churches.

The free clinics are the brainchild of Lela Lewis, a medical doctor and the president of Your Best Pathway to Health, a service of Adventist Laymen’s Services and Industries. The first two free clinics treated about 3,000 people over three days in San Francisco and Oakland, California, in April 2014. Your Best Pathway to Health has received formal requests hold the clinic in six more cities after Spokane.

A version of this article appeared in the North Pacific Gleaner.
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