URGENT! Guam-Micronesia Mission has 54 teaching positions to fill in their eight Micronesia and Marshall Islands schools as they begin their school year. The islands of Ebeye, Yap, Chuuk, and Kosrae currently have the greatest needs, and may be unable to begin their school year unless teachers arrive soon. The NAD Office of Volunteer Ministries is seeking volunteers between age 18 and 70, baptized members of the Adventist church and committed followers of Jesus, and who are able to fund their own airline ticket. The mission school will provide volunteers with accommodations, a modest living allowance, and accident/illness travel insurance. Available positions include elementary and high school classes, and volunteer teachers are expected to commit to a full school-year of teaching (approximately 10 months). Learn more (or call 301-680-6493). Applications.

Florida churches and members are on fire with evangelistic outreach programs.

The Florida Institute of Evangelism for Laypeople (FIEL) has grown from 275 students in 2014, to 616 so far this year. It completed the first half of its 2015 session with almost 70% of the students passing the requirements. FIEL’s purpose is to prepare laity in the serious work of evangelization. Some students travel more than two hours to attend. Students are preparing to preach and serve as Bible teachers at the October 2015 Caravan of Victory Campaign. MORE

Florida Conference is partnering with the Chinese Union Mission in Project Panda which supports 40 indigenous two-person church-planting teams. These teams share the love of Jesus in unreached areas of China. As a result, 1,822 people were baptized this past year. MORE

The Beth-El Shalom of New Port Richey congregation celebrated Shavout, the Biblical Holy Day of the Feast of Weeks (also known as Pentecost) by reading the Ten Commandments in Hebrew. A special part of the day occurred when three individuals joined the congregation by baptism and one by profession of faith. MORE

Two free health clinic/expos have been held in Florida so far this year. In April, a Total Health Expo by Palm Beach County churches under the Mission to the Cities theme, brought together thousands of people, aided by hundreds of volunteers in a 5K Race/Walk, free health screenings/services, and more. As a follow up, 20 churches in Palm Beach and Broward Counties held evangelistic meetings. Many people were baptized as a result of these
meetings, and more individuals are studying and preparing for future baptism as reaping efforts continue. MORE

A five-day FreeD.O.M. (Dental, Optical, Medical) Clinic in Ocala in July, operated by United Hands, Inc., was assisted by 800 volunteers from many churches and members from the Florida and Southeastern Conferences, helping 2,470 patients. In addition, haircuts, massages, and registration for future stop smoking and cooking classes were available, and 10 chaplains offered prayers and gave a free Bible to anyone interested. MORE

Andrews University’s longest-serving president, Niels-Erik Andreasen, has announced his intention to retire at the end of June, 2016. During his two decades of tenure, Andrews grew to a global institution of more than 7,000 students around the world, with more than 3,400 studying on its Berrien Springs campus. The search committee for a new president will meet for the first time in September. MORE

The Blue Mountain Elementary School in Pennsylvania started classes today, in spite of the total destruction of their school by a tornado just last month. MORE

Roanoke Seventh-day Adventist to hold concert supporting Kidney Walk

Just Jacob

The History of Fake Meat Starts with the Seventh-Day Adventist Church

Columbus Adventist School growing

Midland Seventh-Day Adventist Church celebrates centennial Saturday

Hospital arts show emphasizes nature

PA Adventists thank community for support after tornado struck BME

the blending of traditional and digital practices in the communication field. Reignite your passion and calling as a communicator while enjoying networking, learning and spiritual renewal. Learn about submitting your entry for the SAC Communicators Awards. Find convention details online and register. Like the SAC Facebook page.

enditnow - End violence against women and children. This year’s enditnow Emphasis Day (Aug. 22) program was written by Dr. Julian Melgosa and is entitled "Love at Home." Download the sermon and free supporting materials. Learn how to implement an enditnow campaign.

There’s a Thief in your Church: Securing Church Finances with Good Stewardship is a webinar to be offered on Monday, Aug. 24, at 3 p.m. EDT, by Adventist Risk Management. Learn how to protect your organization or local church from loss with practical tips that encourage good stewardship. Plus, what do you do when the numbers don’t add up and you suspect fraud? Space is limited. Register here.

The next nine-month Media Missionary Training Program offered by Better Living Ministry, Sept. 28 - June 20. They have room available for two more young people on location in Saint-Georges, Quebec, Canada. Learn video and audio editing, live and studio production, website development, green screen and MORE.

The 2015 Annual Statistical Report, which is the 151st Report of the General Conference of Seventh-day Adventists® for 2013 and 2014, is now available. You can get the latest church stats on membership, tithes and offerings, schools, churches, pastors, missionaries, hospitals, literature evangelists, and much more, HERE.

Porn Doesn't Have To Be the Norm, by Omar Miranda – Whether you are struggling with an addiction to pornography, seeking to help a loved one, or you want to create a change in your church and community, this book can help you get started. The author shows a clear path for empowering people to begin the process of overcoming this
addiction. MORE

“I See God in My Students”

Yap, Micronesia first grade teacher Hazel Alvarenga from Walla Walla University, presents her view of her students while serving as first grade teacher in Yap.

How does God see us? When someone becomes a "thorn" in our flesh, it can be healing to think of the potential and many hidden characteristics God sees in that person (and in ourselves) through His eyes of unimaginable love.

"But the Lord said to Samuel, 'Do not look at his appearance or at his physical stature, because I have refused him. For the Lord does not see as man sees; for man looks at the outward appearance, but the Lord looks at the heart." 1 Samuel 16:7

Did you know God's people strive consistently to keep His commandments?
The universal church is composed of all who truly believe in Christ, but in the last days, a time of widespread apostasy, a remnant has been called out to keep the commandments of God and the faith of Jesus (Revelation 14:12). MORE

Watch the 90: second video on Vimeo.

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 and/or share the updates from the My Way to Jesus Facebook page. Learn how.
Florida Members Support Project Panda

communication

by Audrey Folkenberg

Florida Conference is partnering with the Chinese Union Mission in Project Panda which supports 40 indigenous two-person church-planting teams. These teams share the love of Jesus in unreached areas of China. As a result, 1,822 people were baptized this past year.

Recently, one church-planting team shared an experience from their ministry efforts:

“People finally seemed to be listening. They were not turning us away, and a few had chosen to study the Bible with us. We had joy in our hearts, but suddenly, we faced another challenge! We had been reported to the local government as members of a cult. Leaders from the religious bureau came to our home and banned us from sharing Jesus and worshipping there on Sabbaths.

“Desperately, we notified members from our far-away hometown of our plight. They fasted and prayed for us for several days as we prepared, with sadness, to leave this unreached city. Then, a miracle happened. An official from the bureau showed up at our door and gave us a permit. He told us that we were free to invite others to our home to share about Jesus. Our hearts now leapt for joy.”

For updates of the Chinese church-planting teams, contact Project Panda staff at kingdomgrowth@chumadventist.org
Congregation Celebrates Pentecost with Baptism

by Jeff Zaremsky

The Beth-El Shalom of New Port Richey congregation celebrated Shavout, the Biblical Holy Day of the Feast of Weeks (also known as Pentecost) by reading the ten commandments in Hebrew. A special part of the day occurred when three individuals joined the congregation by baptism and one by profession of faith.

Brenda Bowman, who is Jewish through her father, and her husband, Arnold Loomis, were baptized by Rabbi Pastor Jeff Zaremsky in the Anclote River. Several years ago, Brenda started attending services with the Beth-El Shalom of St. Petersburg congregation and even attended a series of meetings held there with the help of Adventist-laymen’s Services & Industries (ASI) youth before moving away. Recently, Brenda, Arnold, and Brenda’s mother, who is preparing for baptism, moved back into the area closer to New Port Richey.

Nelson and Irene Janice started attending the congregation a year ago after Nelson met Jeff at a Passover service. He was intrigued by how we viewed the Jewishness and the Messiah as one. He was baptized and his wife was accepted into membership by profession of faith.
Palm Beach County Churches Come Together in Mission to the Cities’ Total Health Expo 2015

By communication

Rolando de los Ríos speaks to attendees at the Mission to the Cities Spanish-language program. (Photo: Fernandez Media)

by Abel Paulin

At the beginning of 2015, Palm Beach County churches and pastors came together to make a difference under the General Conference theme of Mission to the Cities. The strategy evolved into inviting county residents to a major impact event, preceded by a Season of Service and followed by public evangelism in area churches.

Season of Service

Many members, including youth, began using the Season of Service devotional book by Southern Union Conference Ministerial and Evangelism Director Roger Hernandez. This book contains 40 devotional readings and many ideas for service. Churches and individuals implemented these ideas, such as: painting houses, feeding people, thanking police and public servants, cleaning public areas, and collecting clothes for thrift stores.

From the pulpit, pastors encouraged members and guests to get involved by distributing invitations to the upcoming Total Health Expo 2015 and praying for the Holy Spirit to impact the city. Several media outlets attended a press conference. Des Cummings Jr. was the main speaker for Total Health Expo 2015. His messages highlighted principles from Florida Hospital’s CREATION Health lifestyle program. (Photo: Fernandez Media)
José Rojas, president of MOVEmentum, presented the Sabbath morning sermon at the Spanish service. (Photo: Fernandez Media)

Early Sunday morning, 202 runners competed in a 5K Race/Walk certified by a local organization, South Florida Runs. All runners received a medal, and awards were given by age category. (Photo: Fernandez Media)

Impact Event
More than 3,000 people gathered February 28 for the Sabbath emphasis on spiritual health and family, presented by speakers Des Cummings Jr., José Rojas, Roger Hernandez, Ivan Omana, and singing artist Steve Green.

Early Sunday morning, more than 300 volunteers were on hand to assist with Total Health Expo 2015. After the early morning 5K Race/Walk, Des Cummings Jr. presented a devotional on CREATION Health principles which was followed by seminars, exercise demonstrations, and other activities on the main stage. Palm Beach County Mayor and Commissioner Shelly Vana and Wellington Mayor Bob Margolis welcomed the attendees.

National and local organizations including Walmart, Walgreens, Florida Atlantic University, Mission Medical Center, Health Care District of Palm Beach County, Florida Department of Health in Palm Beach County, FoundCare, OneBlood, and Diabetes Coalition of Palm Beach County partnered with the Expo to offer free health screenings and services. The various healthcare providers performed more than 1,000 tests, and approximately 2,500 people visited the 100 exhibits.

Public Evangelism
As a follow up to Total Health Expo 2015, 20 churches in Palm Beach and Broward Counties held evangelistic meetings. Many people were baptized as a result of these meetings, and more individuals are studying and preparing for future baptism as reaping efforts continue.

Daylis Barrios was one of eight people baptized by Bible worker José Telleria at West Palm Beach Spanish Church during one of 20 follow-up evangelistic series held in Broward and Palm Beach Counties. (Photo: Angel Del Toro)

During Season of Service, prior to Total Health Expo 2015, church members and friends performed service-related activities such as beach clean up. (Photo: Angel Del Toro)

Christian musician Steve Green shared the gospel through song in both English and Spanish. (Photo: Fernandez Media)
The 100 exhibits were visited by more than 2,500 people. More than 1,000 tests were provided by various health care providers, including Walmart which performed vision screenings. (Photo: Fernandez Media)
Free Clinic Provides Needed Health Care in Ocala

by Herb Pritchard

The FreeD.O.M. Clinic operated by United Hands, Inc., opened in Ocala, Fla., for five days, July 20-24. The Clinic's mission is to provide free medical, optical, and dental, care for the indigent, homeless, and uninsured.

Pastor Monte Robison of Florida Conference's Ocala Church and Pastor Curtis Crider of Southeastern Conference's Shiloh Church realized the FreeD.O.M. Clinic would be an opportunity to do as Christ did in His outreach.

These churches were among other Adventist congregations that volunteered:

Florida Conference Churches
Bellevue
Dunnellon
Marion Oaks
Ocala
Silver Springs Shores

Southeastern Conference Churches
Citra
Hernando
Shiloh

These churches formed a nucleus of support that included community volunteers from various faith groups. By the grace of God, a miracle opened the doors of a former 30,000-square-foot entertainment complex. A 12,000-square-foot canopy was also made available without cost.

Dental professionals cleaned and extracted teeth, performed root canals, and installed crowns. Audiologists tested hearing. Eye specialists tested vision and wrote prescriptions which each patient used to choose frames and order glasses which were available for pick up a few weeks later at

Free dental services included cleaning, extractions, crowns, and root canals. (Photo: Kolby Golden)
one of the area Adventist churches.

Healthcare professionals provided general medical care, school physicals, vaccinations, and dietary/nutrition counseling. Haircuts, massages, and registration for future stop smoking and cooking classes were available.

At the last stop, 10 chaplains offered prayers and gave a free Bible to anyone interested. “I was a chaplain this week and loved it. I was so blessed,” testifies Dot Carey from Belleview Church. “The people were so grateful for provided services.”

“The Lord blessed mightily with many miracles and provisions,” says Ocala Church member Lori Doperalski. “The Holy Spirit moved on the hearts of volunteers and patients alike.” Lori was schedule coordinator for the 800 volunteers.

“My expectations were overwhelmingly exceeded in clients served, community support, and volunteer dedication.” said John Doperalski who provided logistics for paths to each service.

Ann Burnett, Director of the FreeD.O.M. Clinic, thanked volunteers for helping 2,470 patients.
Niels-Erik Andreasen, president of Andrews University, announced his retirement, effective June 2016, during his annual State of the University address on Thursday, August 13, 2015.

Andreasen, who will leave office when his contract ends June 30, 2016, has led the flagship educational institution of the Seventh-day Adventist Church since 1994, the longest-serving president in the history of Andrews University. The university, which was established in 1874 as Battle Creek College in Battle Creek, Michigan, moved to Berrien Springs, Michigan in 1901 as Emmanuel Missionary College, and became Andrews University in 1960.

Following Andreasen’s presentation, Benjamin Schoun, chair of the Andrews University Board of Trustees, described the search process to replace Andreasen, which will begin immediately.

That process, overseen by the Andrews University Board of Trustees, will be guided by University bylaws, working and board policies, and directed by a search committee made up of board members, university faculty, staff, alumni and students. Schoun will serve as the search committee chair.

The search committee will meet for the first time in September, and will seek to identify and interview candidates by early 2016, with two final candidates recommended to the Board of Trustees by its March 2016 meeting. During that board meeting, the new president of Andrews University will be selected. The same afternoon, a quinquennial constituency membership meeting of Andrews University will elect a new Board of Trustees for its next five-year term and that new board will meet for the first time in June.

At the June 2016 board meeting, the new president will be elected and the new board chair, Artur Stele, a general vice president of the Seventh-day Adventist world church, will assume chairmanship of the Andrews University Board of Trustees.

During Andreasen’s tenure, Andrews University grew to a global institution of more than 7,000 students studying around the world, with more than 3,400 studying on its Berrien Springs campus.
Major construction projects during those two decades included the Howard Performing Arts Center, a significant expansion of the Seventh-day Adventist Theological Seminary, a major new Undergraduate Learning Center and significant infrastructure improvements to the Dining Center, Dairy and a new University entrance. Fundraising is nearly complete for a major Health & Wellness Center, which is scheduled for completion within the next three years.

The restructuring of academic entities, including the School of Health Professions and School of Architecture, Art & Design during Andreasen’s presidency, reflects his ongoing interest in adding professional training opportunities to the core liberal arts education offered by Andrews University. The addition of the School of Distance Education four years ago has helped continue to transform Andrews University as it seeks to be an increasingly responsive and global presence that delivers quality Christian higher education to campuses and students — wherever they are in the world.

Andreasen's tireless involvement in bolstering international education systems and institutions reflects his individual contributions to helping expand and strengthen higher education beyond Andrews University. He has helped establish Andrews University as a significant global force for higher education—now ranked as one of the top 200 national universities in the U.S. News & World Report's Best Colleges listings and consistently ranked in the top ten for both international and ethnic diversity.

Born in Fredensborg, Denmark, Andreasen lived in Denmark for his first 19 years. Andreasen graduated in 1963 with a bachelor’s degree in religion and history from Newbold College. He holds two degrees from Andrews University: a Master of Arts in biblical studies, which he received in 1965; and a Bachelor of Divinity in 1966. In 1971, he received a doctorate degree in Hebrew Bible from Vanderbilt University in Nashville, Tennessee. His dissertation was titled “The Old Testament Sabbath.”

In 1970, Andreasen began what is nearing half a century of teaching and leadership posts for Seventh-day Adventist colleges and universities. In 1990, Andreasen was named president of Walla Walla College, College Place, Wash. He served in that capacity until July 1994, when he became the fifth president of Andrews University. He also serves as professor of Old Testament studies at the Seventh-day Adventist Theological Seminary.

As an author, professor, Old Testament scholar, and leader, Andreasen has brought a wealth of experience and wisdom to many venues during his distinguished career. He has served on a number of hospital and institutional boards, as well as many committees at the highest level of the Seventh-day Adventist world church. He has also helped many affiliated institutions to acquire accreditation during his tenure as president of Andrews University.

Andreasen is married to Demetra Lougani of Athens, Greece, a retired medical social worker, who served as community relations coordinator at Andrews for many years and is known for her gracious, inclusive hospitality and support of scholarships for women students. Their family includes one son, Michael, who is vice president for advancement at the University of Oregon, his wife Marie, and two grandchildren, Caleb and Jordan.

Founded in 1874, Andrews University is the flagship institution of higher education for the Seventh-day Adventist Church and offers more than 200 areas of study including advanced degrees. Its main campus is in Berrien Springs, Michigan, but the University also provides instruction at colleges and universities in 19 countries around the world.
On Thursday, July 9, 2015 at approximately 6:45 pm, a powerful storm struck Blue Mountain Seventh-day Adventist Elementary School (BME), a Christian school in Hamburg, Pa., taking off the roof, destroying the gym, and knocking down several walls of the 46 year old brick structure. Principal Rachel Wardecke was alone in the building at the time. Shaken, but not seriously injured, Rachel immediately told reporters, “Our school will open again.”

The BME school board and the Pennsylvania Conference of Seventh-day Adventist leadership are grateful for God’s protection and that no injuries were reported involving any students or staff. No damage was reported at Blue Mountain Academy, located across the road from BME.

Members of the local community, area churches immediately joined the school family, offering prayers and support in any way they could. Area businesses donated and delivered supplies. Walmart contributed cases of water. Lowes, the first on the scene with donations, brought tarps, water and various supplies. Pizza Hut and Dunkin Donuts brought pizzas and donuts for the volunteers. Local contractors offered their services for free—including tree services to remove the damaged trees near the structure. Volunteers worked both Friday and Sunday after the tornado to remove debris and clean the site as much as was safely possible. Even media personnel there to cover a story pitched in and helped with cleanup. Insurance adjusters were quickly on site to assess the damage and are working closely with the Pennsylvania Conference to provide the funds needed for a temporary facility and for the future plans of BME. A demolition company will professionally remove the rest of the building.

The tornado may have destroyed the building, but it did not destroy the future of Adventist education in Hamburg. BME has been serving families in the Hamburg and surrounding areas since 1954 and is committed to providing...
students an Adventist Christian education that includes academic excellence, social development and spiritual growth. The school will open as scheduled on August 18, 2015. Blue Mountain Academy and Blue Mountain Academy church have both graciously offered the temporary use of their facilities for the coming school year.

The Seventh-day Adventist Church is a mainstream Protestant church with more than 18 million members in more than 200 countries worldwide. Christian education is an important ministry of the Seventh-day Adventist Church, teaching more than 1.8 million students in more than 7.5 thousand schools around the world.
Roanoke Seventh-day Adventist to hold concert supporting Kidney Walk on Aug. 29 - Roanoke Times: Botetourt View

On Saturday, Aug. 29, the Roanoke Seventh-day Adventist Church is hosting a free night of gospel music to benefit the National Kidney Foundation and the local Kidney Walk.

The concert will begin at 6:30 p.m., and will include several gospel singers and groups, including Buddy Durrett and Courtney Blevins.

Two members of the Roanoke Seventh-day Adventist Church have benefited from the services of the National Kidney Foundation in the last three years, and one of the recipients, Kimberly Price of Vinton, established a team known as Kimmy’s Klimbers to walk for the organization in the local Kidney Walk that began in 2011.

Price’s testimony regarding how God helped identify a donor through a chance phone call with an insurance representative in North Carolina has inspired many people who struggle with kidney disease across our community. She received her new kidney on Valentine’s Day in 2013.

The concert location is 4120 Challenger Ave., in Roanoke, which is on U.S. 460 East between the Bonsack Walmart and Kroger. Admission to the event is free; however, concert attendees can make donations to the Kidney Foundation and Kimmy’s Climbers at the event.

For more information, call the church at 977-0346, ext. 100.

Submitted by Susan Timmons
When asked to write a feature about him, Jacob Carvalho couldn’t understand why someone would want to write about him.

“I don’t think I’m that interesting,” Carvalho said.

Carvalho, 23, will be a senior at Southwestern Adventist University this fall.

When he was 3 days old, he stopped breathing. Carvalho’s mom said she remembers that day vividly.

“I had him in our bed and got a feeling that he was unnervingly still so I checked and found that he was limp when I lifted him,” Laurie Wood said. “They never figured out why he stopped breathing, and he spent the next year of his life wearing an apnea monitor designed to alarm if he waited too long to take a breath.”

When Carvalho was 1 year old, Wood took him to a developmental pediatrician because he wasn’t able to walk. He instead rolled around from place to place.

The doctors said he had symptoms of cerebral palsy, but was too young to diagnose. The best the family could do was wait for him to get older.

According to the Centers for Disease Control and Prevention, cerebral palsy is a group of disorders that affect a person’s ability to move and maintain balance and posture. CP is the most common motor disability in childhood. The CDC estimates an average of 1 in 323 children in the U.S. have CP.

“Eventually, it was said that his type of CP was ‘ataxic’ which means that his brain gives conflicting messages to his body, making him sometimes appear shaky or unsteady,” Wood said.
Breathing exercises, an example of the healthy living espoused by John Harvey Kellogg at the Battle Creek Sanitarium, Michigan. (Photo: Cbl62/ Wiki Commons)

Veggie burgers and imitation meat are downright common these days, but it took a long time for meat analogues to earn respect at the table.

But eventually, it happened. These days, fast food chains like Burger King and Subway sell veggie patties. The veggie dog is common in most baseball parks—both minor and major league—and if you're on one of the coasts, it's not too hard to find a restaurant that's willing to sprinkle a little Gardein onto your nachos in lieu of the ground beef. Research by Mintel in 2012 showed that the meat alternatives industry was worth a whopping $553 million in the U.S. alone.

But this whole business of fake meat becoming really popular didn't come out of nowhere. For that, we have 19th-and-20th-century adherents of the Seventh-Day Adventist Church to thank.

The church, a Protestant sect that encourages members to practice vegetarianism, had a prominent adherent in the form of John Harvey Kellogg.
John Harvey Kellogg, one of the forefathers of making cereal part of a complete and healthy breakfast. (Photo: Library of Congress/Wiki Commons)

Kellogg, now of supermarket aisle fame, was a well-known health advocate in his hometown of Battle Creek, Michigan. He initially started experimenting with meat analogues as a way to assist local residents in sticking to their vegetarian diets. Kellogg soon opened the Battle Creek Sanitarium, a health resort which emphasized the value of healthy living based on Adventist principles. While experimenting with different kinds of food, he managed to invent the modern form of cereal basically by accident.

John Harvey and his younger brother, Will Keith, discovered that some boiled wheat they left lying around flaked up really well. The older sibling was on the hunt for foods good for chewing, which he considered a way to help indigestion and tooth decay, and decided to offer it to Sanitarium residents. It didn't even strike the duo, however,
that the toasted wheat flakes might be a fitting breakfast food—until, that is, the Sanitarium residents got a hold of it and added milk.

In the process of Toasted Wheat Flakes’ sudden success, John Harvey got into a bitter feud with his more traditional brother—who eventually turned those cereal products into a hugely successful company, minus the heavy focus on health care.

But while the older Kellogg was feeling spurned, he found an opportunity to create a company of his own, the Battle Creek Food Company. This company focused almost entirely on fake meats, with perhaps the best known of the time being something called Protose.

That product—a combination of wheat gluten, peanuts, and soy—was one of the first efforts to create a meat analogue in the modern era. While pure wheat gluten (now known as seitan) and soy bean curd (better known as tofu) have been around for generations, Kellogg’s effort proved fairly inspirational in the conception of fake meats as we think of them now.

A Seventh-Day Adventist Church in Indiana. (Photo: Nyttend/Wiki Commons)

While John Harvey Kellogg created the seed, it was the work of another group of Seventh-Day Adventists that turned his creation into something resembling burgers and hot dogs. A few fans of Protose in Worthington, Ohio came up with the idea of making the veggie foods more realistic-looking, and using seasonings similar to meat. (One of those innovators, Dr. George Harding, was a relative of Warren G. Harding. It remains unknown whether the former president—or his secret family—ever tasted a fake steak.)

These early efforts led to the creation of Worthington Foods, which released two canned imitation meat products in 1949: Soyloin Steaks and Meatless Wieners. If you want to check out what midcentury veggie meat tasted like, you...
can **still buy a variation of Meatless Wieners** today, sold in packs of 20-ounce cans.

After a few decades of Worthington’s early work on this front, they ended up selling the company to a firm called Miles Laboratories. That firm launched a sister company whose name you might recognize: Morningstar Farms. Morningstar took the groundwork from Worthington’s patents and created a line of products, like the famous Chik Patty, that finally took off in the mass market.

Over the years, Worthington changed hands again multiple times—eventually, coming full circle by falling into the hands of its former blood rival, the Kellogg company. Earlier this year, Kellogg palmed Worthington off on a natural foods company, but held onto the successful Morningstar Farms brand.

While veggie burgers have become a relatively simple way for restaurants to cater to the 3.2 percent of Americans that are vegetarians, it took nearly three-quarters of a century to get them on board.

A modern veggie burger. Delicious. (Photo: divinemisscopa/Wiki Commons)

The groundwork for was laid in 1895, with the founding of “Vegetarian Restaurant No. 1” by New York City’s Vegetarian Society. On its first night, the restaurant served fruit soup and Graham bread—the latter being a good fit, due to the fact that Graham crackers were originally invented as a form of vegetarian fare.

But while these efforts grew in earnest, with eateries such as the Schildkraut chain of 15 NYC-based vegetarian restaurants (run by husband and wife team Herman and Sadie Schildkraut) and Chicago’s Mortimer Pure Food Café gaining momentum, they ultimately struggled to sell to Middle America.

Reputations were even ruined in the pursuit of making vegetarian food appeal to a crowd that wasn’t ready for it. In the late 1920s, William Childs, a vegetarian who had built one of the country’s first national restaurant chains, tried to move his company to an all-vegetarian menu. His aim? To encourage better health for his customers and not burden their wallets in the years leading up to the Great Depression. **That plan didn’t work out so well for him, and...**
after some disastrous sales, he lost control of the corporation.

Simply put, the broader culture hadn't caught up, not even in New York City, where many adherents of vegetarianism were Jews doing it for religious reasons. During World War II, even *The New York Times* took jabs at vegetarians, especially around the turkey-stuffed holidays.

"Even the vegetarians are preparing to be bold trenchermen this Thanksgiving, although without the benefit of turkey, stuffed or otherwise," *the newspaper wrote in 1941* about a dinner held by the Vegetarian Society of New York.

Perhaps William Childs and Sadie Schildkraut were simply early to the game. The big turning point came in the early 1960s, when in London, an all-vegetarian restaurant called Cranks launched in 1961.

It proved hugely popular with the public at large and was seen as a major influence in the rise of vegetarianism in the U.K., soon attracting big-name celebrities like Linda McCartney and Princess Diana.

Japanese style tofu, a mainstay of the modern vegetarian diet. (Photo: Drypot/ Wiki Commons)

While the restaurant got things moving, it didn't stick around long enough to see the trend all the way through: The chain, which had struggled to shake off its hippie-ish image, mostly closed up shop in 2001 and lives on as a line of boxed sandwiches with colorful names such as Eggstacy and Hey! Pesto.

The problem with veggie food these days is not the abundance of it, but whether those mass-marketed imitation burgers and dogs meet the high levels of health-food consciousness that consumers expect.
Kellogg's is actually seen as sort of the bad guy in this case—now owning Morningstar Farms, the company has taken to using genetically modified organisms in its food a little more aggressively than many of the products you might find at Whole Foods. In 2001, Greenpeace called out the company after it found that some of its soy-based meats had a large percentage of GMOs.

The company said it was an accident, but Greenpeace didn't buy the defense.

"It's very hard to explain 50% of the soy [in a product] being genetically engineered as just a slip up," Greenpeace's Charles Margulis told the Los Angeles Times. "This seems to be a company that just doesn't care."

More recently, a 2014 study from Consumer Reports found that two varieties of Morningstar Farms fake meats tested positive for GMOs, along with a variation of Boca Burgers. If you don't like your foods with GMOs baked inside, your options might be a little more limited.

It's safe to say we've come a long way from John Harvey Kellogg and Protose. Kellogg's itself stopped making Protose back in 2000, around the time that Kellogg purchased Worthington.
Early Kellogg's Corn Flakes advertisement (Photo: Wiki Commons)

But that hasn't kept some enterprising folks from making their own versions of the seitan, peanut, and soy mash-up. One person who has gone out of their way to create it says it's tasty, but mushy; another was non-plussed about the result the first time around but loved it after trying again.

If you don't want to go to the trouble of mixing your own soy, peanut butter, and gluten together, there is one other option: Another company that traffics in imitation meat, Cedar Lake, produces a food called Proteinut, which is about as close as you're likely to get without traveling in time to stay at the Battle Creek Sanitarium.

It's hard to get the real deal when you're eating fake meat.

A version of this post originally appeared on Tedium, a twice-weekly newsletter that hunts for the end of the long tail.

Share
Columbus Adventist School growing

By LARRY GIERER lgierer@ledger-enquirer.com

During his first year at Columbus Adventist School, Cody Clifford was the lone teacher.

Laughing, he compared the experience to the "Little House on the Prairie."

The school, which teaches those in grades 1-8, only had 13 students.

While that number seems low, it was a sign of progress and accomplishment for Clifford, who is also principal. He said only six students attended the previous school year before his arrival.

On Wednesday, classes began at the institution that has been in business since 1915. Enrollment is up to 20.

"We are headed in the right direction," Clifford said. "I give credit to God."

There is even a second teacher now, his wife, Rachel. She teaches grades 1-4 while Clifford handles 5-8. He said there are no first- or eighth-graders currently enrolled and only two classrooms are used.

Coming to Columbus from New Mexico, Clifford has worked hard to increase the school's enrollment numbers. He said increased marketing has helped, but there is still more work needed.

The brick building that is home to the school sits next to Columbus First Seventh-day Adventist Church on 7880 Schomburg Road. The church owns 12 acres of land. Clifford said maybe three are being used.

He hopes to expand the school someday to include high schoolers and kindergartners. Perhaps a gymnasium could be in the future.

Garry Proctor and his wife, Carna, taught at the school several years ago when it was located on Macon Road. He said the school has always been good, but he never knew it to have a huge number of students, usually 18-24. He said he has seen the school's students go on to be successful in public high schools.

Carna said she was concerned when the enrollment got so low that the school might close.

"I always prayed it wouldn't," she said.

Both said Clifford and his wife seem to be making the school better.

Clifford hopes word of mouth about its quality program will help.

The school is open to anyone, not just those of the Seventh-day Adventist faith. There are children of different races and denominations.

Clifford said while there are Bible classes, there is "no forcing of beliefs."

The school's mission is to "educate children for future service to God and to build character for eternity."

"I think public schools can offer strong academics but at Columbus Adventist School we can provide an individualized academic education coupled with building character and teaching students how to share their faith," he said.

Clifford said with so many children these days being "raised by media," parents are looking for a place that will make
a difference in their children's character and produce a well-balanced child. He said Columbus Adventist can provide that strong foundation.

Clifford said a plus is that the school's curriculum is not directed by standardized tests.

As for the low number of students, that is not always a curse.

"Parents like a low student-to-teacher ratio," he said.

Rachel Clifford said each child is taught at their level, but the younger students benefit from what is being taught to the older students.

"The younger child is hearing what is being taught to the older child in the room," she said. "The younger child may not understand it all, but some of it sinks in."

She explained that older students help the younger ones, and they all gain from that.

Children are required to do a lot of reading. The school does make use of modern technology, and students work on iPads.

"It is just one tool we use," she said. "What the students see fosters discussion. We do the teaching."

The principal said he once dreamed of being a pediatric dentist but he got the calling to teach his senior year in college. As a child, he attended a Seventh-day Adventist school and he and his wife taught at one in Taiwan. It is where they met.

The Oregon native said he had job offers in other southern cities but chose Columbus.

"I just felt it was the right fit," he said. "I saw the potential for real growth."
A celebration of the Midland Seventh-Day Adventist Church’s centennial on Saturday is meant to be not only a look at the past, but also an inspiration for the future, the church’s head elder said.

“When we look at how God has led this congregation in the past, it should lead us to trust him more in the future,” David Moll said in a recent interview.

The theme of the celebration is “Lest We Forget.” Activities at the church, at 2420 E. Ashman St., begin with a traditional Sabbath School service at 9:20 a.m., followed by an 11 a.m. worship service, an outdoor potluck lunch and a history and music program at 3 p.m.

The church was established on Feb. 28, 1915. A history of the church written by Moll’s father, Harold Moll, states that less than a year later, the congregation decided to construct their own church building, a 24-foot by 40-foot structure that stood at the corner of Eastman Avenue and Hines Street. It had eight rows of pews and seated about 60 people.

That building, dedicated in 1917, was eventually demolished to make room for the extension of Indian Street to Eastman.

The current church building, designed by Alden B. Dow, was dedicated in 1966. Unlike many Alden B. Dow structures, it makes extensive use of wood, such as the sanctuary’s knotty pine ceiling and redwood walls.

Among the distinctive practices of Seventh-Day Adventists is meeting for worship on Saturday instead of Sunday and emphasizing healthy living.

“We feel God wants us to live healthy lives,” Moll said.

The Sabbath School program this Saturday will use the Bible study lesson from March 3, 1915. A former pastor of the church will preside in period costume, and give a mission report from that day’s services.

The main speaker for the 11 a.m. service will be Elder Don Livesay, president of the denomination’s Lake Union Conference. Former pastors also are to participate throughout the service and the Strong Tower Radio Quartet, from the Cadillac-based Strong Tower Radio will be featured.

Moll will preside at the history program at 3 p.m.

He noted that the church is perhaps best known in the wider community for the Adventist Community Services Center at 1113 E. Carpenter St., which distributes clothing to those in need.

“People in Midland have been very generous,” he said. “We get very high quality clothing and we’re glad to be able to share that with people.”

He said the church partners with other groups in Midland to make sure the clothing gets to the people who need it.

The church also has sought to serve the community by offering vegetarian cooking classes, which once seemed a
bit exotic to many people but now have become mainstream.

“We have a long tradition of offering healthful living things … A vegetarian diet is one of the ways to have a more healthful lifestyle,” Moll said.

The Adventist church has been advocating a vegetarian diet since the late 1800s.

Seventh-Day Adventists’ concern with health worldwide has led to the establishment of hospitals in many locations.

The church also supports an Adventist school in Saginaw.

For more information about the Midland Seventh-Day Adventist Church, its history and beliefs, visit the church’s website, www.midlandsda.org.
Hospital arts show emphasizes nature

Sonya Ellingboe

Wednesday, August 12, 2015 5:14 pm

Photograph by Douglas County High School art student Bridget Sweeney in the “Art, Nature and Wellness” exhibit at Castle Rock Adventist Hospital. Courtesy photo

For a second year, Castle Rock Adventist Hospital has partnered with art students at Douglas County High School in an exhibit called “Art, Nature and Wellness.” Young artists are encouraged to explore the role nature plays in our lives and express their thoughts in a work of art to share with the community.

“These personal, inspirational messages can help produce a more positive perspective for the viewer and the artist,” said hospital CEO Todd Folkenberg. He said that lifetime partnerships were being created in the Castle Rock...
community through integration of art into health care. The exhibit is sponsored by the Aloha Trust.

The exhibit, part of the hospital's Healing Arts Program, is in the Healing Arts Gallery, off the main lobby conference center area. It continues until Sept. 1. An artist reception from 5 to 7 p.m. on Aug. 18 will celebrate the artworks and a Critic's Choice Award will be announced. Judging is based on overall creativity, originality and imagination, Folkenberg said.

The Castle Rock Hospital Foundation supports the Healing Arts Program through community donations. The program offers music therapy, visual arts and community outreach to revitalize the mind, body and spirit for patients, families and staff. Castle Pines artist Mary Williams coordinates the art exhibits.

If you go

“Art, Nature and Wellness” is exhibited until Sept. 1 in the Healing Arts Gallery, off the main lobby and conference center at Castle Rock Adventist Hospital, 2350 Meadows Blvd., Castle Rock. Open to the public.
PA Seventh-day Adventists thank community for support after tornado struck Blue Mountain Elementary

By Jeff Bovee, VP of Education PA Conference of Seventh-day Adventist

On Thursday, July 9, an EF1 tornado struck Blue Mountain Seventh-day Adventist Elementary School, a Christian school in Hamburg, taking off the roof, destroying the gym, and knocking down several walls of the 46-year-old brick structure. Principal Rachel Wardecke was alone in the building at the time. Shaken, but not seriously injured, Rachel immediately told reporters, “Our school will open again.”

The BME school board and the Pennsylvania Conference of Seventh-day Adventist leadership are grateful for God’s protection and that no injuries were reported involving any students or staff.

Members of the local community immediately joined the school family, offering prayers and support in any way they could. Area businesses donated and delivered supplies. Walmart contributed cases of water. Lowes, the first on the scene with donations, brought tarps, water and various supplies. Pizza Hut and Dunkin Donuts brought pizzas and donuts for the volunteers. Local contractors offered their services for free, including George Keller’s tree service who removed a damaged tree near the structure.

Volunteers worked both Friday and Sunday after the tornado to remove debris and clean the site as much as safely possible. Even media personnel there to cover a story pitched in and helped with cleanup.

Advertisement

A demolition company will professionally remove the rest of the building.

Many local people offered help and or brought food, including Team Orwigsburg from St. John’s UCC. Others, including the Muhlenber Public Library, have offered books to replenish the school library.

Our staff, school board, students and families have been overwhelmed with the generosity, support and prayers of the community and would just like to take this opportunity to say, “Thank you!”

The tornado may have destroyed the building, but it did not destroy the future of Adventist education in Hamburg. BME has been serving families in the Hamburg and surrounding area since 1954 and is committed to providing students an Adventist Christian education that includes academic excellence, social development and spiritual growth.

The school opens as scheduled on Aug. 18. Blue Mountain Academy and Blue Mountain Academy church have both graciously offered the temporary use of their facilities for the coming school year.

On behalf of the entire Pennsylvania Conference of Seventh-day Adventists, which owns and operates 14 Christian schools across the state of Pennsylvania, including Blue Mountain Seventh-day Adventist Elementary school, we wish to thank everyone for their expressions of assistance, generous gifts and the good-will that neighbors of our community extended to help up through this crisis.

Please know that we will always remember and cherish your support at our time of need.
Dyedrick: Continually shows me love. He tells me daily that he loves me. I love that no matter what discipline I give him, he loves me.

JB: JB constantly tries his best and gives me all of his attention when we work together.

Kimberly: She is my student who no matter what is happy! She is smiling and laughing.

Denzil: He is the student that tests me as a teacher and has helped me to grow so much!

Martin: Even though he knows all the answers and can rush through any worksheet, he takes his time.

Ernesto & Eddie: I have the privilege of seeing them at school, church and sometimes their homes. They accept me into their family.

Aiden: He always asks/care’s about my well being, even when just a piece of chalk or eraser falls.. he asks “Are you OK teacher?”

Tonia: She gives me the biggest smile, energetic handshake and “Good morning Ms. Alvarenga” everyday. Her energy never fades.

Junary: He is kind and always willing to help me. He readily does any task I ask of him with a smile.

Mia: If I make a mistake, she will correct me! She can repeat anything back to me but even still she loves me despite my flaws.

*Hazel Alvarenga is a student missionary from Walla Walla University (through Adventist Volunteer Service) serving as a 1st grade teacher on the island of Yap, in the Federated States of Micronesia.*
Hazel Alvarenga – Yap, Micronesia: “I See God in My Students” | http://hesaidgoblog.org/2015/04/07/hazel-alvarenga-yap-micronesia-i-se...