Potomac School Celebrates 100th Anniversary

Potomac Conference’s Richmond Academy of Seventh-day Adventists (RA) in Richmond, Va., celebrated 100 years of excellence in Christian education October 14-16. The weekend festivities started with Dwight C. Jones, Richmond mayor, and Nancy Melashenko, Potomac Conference associate director for education, dedicating RA’s new brick commemorative walkway.

Centennial attendees enjoyed special programs on Friday evening. Sabbath was filled with music, memories and inspirational speeches from RA alumni, students and staff. There was a banquet at the Lewis Ginter Botanical Garden on Saturday evening. Sunday morning, many participants attended a walk/run/bike-a-thon and picnic to raise additional funds for school improvements.

Throughout the weekend, it was evident that many students who attended RA have gone on to lead lives of Christian service in many different careers.—Story by Eryn Montgomery Savoy, photo by Keith Walden

READ MORE AND VIEW SLIDESHOW
Chesapeake Conference Elects New Executive Secretary

Yesterday the Chesapeake Conference Executive Committee elected Kleyton Feitosa to serve as their new executive secretary. Feitosa has requested a few days to make a final decision. The position opened when Rick Remmers became conference president in August.

“After a time of prayer, the committee considered several candidates who could serve as executive secretary,” said Remmers. However, “the committee expressed strong support for [Feitosa’s] candidacy.”

Feitosa served for five years as pastor of the Waldorf (Md.) church before coming to the conference office in 2009 as director of Ministries Development and evangelism coordinator. His 15-plus years in ministry includes working as a senior, associate and youth pastor, as well as a teacher and school chaplain in Brazil and the United States. He holds a bachelor’s degree in theology, a master’s degree in religion from Andrews University (Mich.) and is finishing requirements for a Doctor of Ministry.—Story by Samantha Young

Ohio Conference Church Opens Community Service Building

Ohio Conference’s Newark church recently celebrated the grand opening of their newly renovated Community Services Center. Newark city officials showed their support by attending the grand opening, and Bob Diebold, mayor, assisted Raj Attiken, conference president, and Tom Hughes, Newark’s pastor, at the ribbon-cutting ceremony. “We are meeting [our neighbor’s] needs by giving them the tools they need to succeed. Our success depends on their success!” noted Hughes.

The center also houses the church’s New Horizons Learning Center, which will
provide basic computer, math and reading classes. The facility will also be used for marriage and parenting seminars, assorted counseling programs, as well as a variety of other classes that Pastor Hughes and friends of the church will teach. “We started our renovation project with $30,000 donated by two church members,” said Donna Goodell, the center’s coordinator. “Our project is completed; it is debt free” (thanks in part to John and Sylvia Carter).—Story by Heidi Shoemaker

READ MORE AND SEE PHOTOS

Allegheny East Women Honor 92 D.C.-Area Men

At the second annual Men of Honor program, women recognized 92 Washington, D.C.-area Seventh-day Adventist men and community members for making a difference in their churches and communities. Allegheny East Conference’s (AEC) Washington Area Metro Women’s Ministries (WMAWM) team, organized and sponsored the program, which was held at AEC’s Breath of Life church in Fort Washington, Md.

The men were recognized in categories such as Helping Hand, Spirit of Community or Unsung Hero. Denise Crarey, WMAWM area leader, said the idea for this program came to her after noticing the many men in her own Emmanuel-Brinklow congregation in Ashton, Md., who gave so much without looking for or receiving recognition. “These men made us proud, and thankfully what they have done to serve fellow men, their churches and the community has not gone unnoticed,” Crarey said.—Story by Iris Kitching, photo by Richard J. Gordon

READ MORE AND SEE MORE PHOTOS

Parkersburg TV Ads Teach Viewers About Adventists

For the past few months, residents of Parkersburg, W.Va., surfing through their cable TV channels, have been seeing ads from the Mountain View Conference. One ad, “Take the Gift,” highlights God’s grace, while the other invites viewers to attend one of the church’s popular Coronary Health Improvement Project (CHIP) programs. Part of a yearlong campaign to increase awareness of the church in the area, the ads are a result of a partnership between the General Conference, North American Division, Columbia Union and Mountain View Conference.
“In the day in which we live, we want to share an accurate picture of the mission of the Seventh-day Adventist Church,” shares Larry Boggess, conference president.

The ad campaign will continue through mid-2012 and will eventually include ads with invitations for residents to receive Bible studies and attend an evangelism series and Vacation Bible School.

### VIEW THE CHIP AD

#### Bladensburg Church Fills Gas Tanks

This is the second year, members of AEC’s Bladensburg (Md.) church lined up at a nearby gas station to help pump gas for 100 of their neighbors. The gas, up to $20 worth, was free courtesy of the church.

“We did this simply to bless our community!” said an excited Noah Washington (pictured pumping gas), who pastors the Bladensburg church. “We wanted to do something so that people in the town of Bladensburg felt that we love and care about and for them. There were people who were waiting for the gas and while waiting [some] were so grateful that they were overcome with tears!”—Story by Taashi Rowe

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#### WAU Stages Successful Metro Area Service Day

Washington Adventist University’s (WAU) “Gateway to Service” recently opened to the Washington, D.C., metropolitan community, when hundreds of its students participated in special Service Day projects. Led by alumnus Aaron Wilson, 14 students worked with Food and Friends, an organization in northeast Washington, D.C., that supplies some 1 million meals to terminally ill people each year. Many of their clients sometimes sacrifice food to pay for medication or vice versa.

Another group of approximately 30 students worked to clean up nearby Long Branch Parkway. Dressed in bright red shirts (pictured), students were each given an orange trash bag and working gloves. Working in
groups of 10, they took different trails and picked up trash from the playground and along the creek. Additional Service Day projects were carried out at multiple places throughout the community.—Story by Terrance-James Marshall, photo by Vanessa Castillo

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**Washington Heights Women’s Retreat Includes the Community**

A recent one-day retreat held at Pennsylvania Conference’s Washington Heights church in Apollo, also attracted women from the Allegheny West Conference and other denominations. Catherine Sosigian, coordinator, who has attended many of the women’s retreats offered within Pennsylvania, said the experience was a blessing. “Last year I kept thinking of [the] women in our churches [who] have not attended any retreats,” she said. That thought inspired her to host a one-day retreat for them.

Speakers came from both conferences and other local Christian ministries to expound on the theme “God’s Extreme Makeover Inside/Out.” Fifty-four women attended the retreat and at least seven were not members of the Adventist Church. Sosigian (pictured, right) said, “If this retreat reminds someone of how precious they are to God, it is worth it.”—Story by Ashley Richards

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**Adventist HealthCare Blogs on Patch.com**

Adventist HealthCare, a Rockville, Md.-based entity of the Columbia Union Conference, recently started a new health blog on local Patch.com websites in Montgomery County, Maryland, which features Judy Lichty (pictured), their director of Health and Wellness. She is also a member of Chesapeake Conference’s Spencerville church in Silver Spring, Md. Read posts and watch videos on topics like heading off concussions and back-to-school vaccinations. Visit [Rockville.Patch.com](http://Rockville.Patch.com) and search for “Litchy.”
**Message Obtains Publisher Distribution Agreement**

You could soon be seeing copies of *Message magazine* in your local Barnes & Noble, Gander Mountain sport outfitters and Jo-Ann’s stores. The magazine has obtained a publisher distribution agreement from Ingram Periodicals, Inc. (Tenn.). One of the nation’s largest periodical distribution organizations, Ingram Periodicals provides publications of choice by point-of-sale, or bulk within household name venues.

Since late 2007, the marketing department of *Message* in conjunction with the editor, Washington Johnson, DMin, has pursued a single focus of reaching metropolitan centers more effectively.

What began as a casual contact to the marketing office of *Message* from Ingram Publishing, promises to break open the urban market for non-Christian and other Christian receivers to engage the publication.— *Story by Samuel Thomas, Jr./Message News*

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**North American Division Welcomes Guam-Micronesia Mission**

At the recent General Conference Annual Council, held at the Seventh-day Adventist Church’s world headquarters in Silver Spring, Md., delegates voted to include the Guam-Micronesia Mission in the **North American Division (NAD)**. This will add approximately 4,500 new members to the NAD. The shift moves oversight of the region from the Southern Asia-Pacific Division, based in the Philippines.

The mission includes the U.S. territories of Guam, the Federated States of Micronesia, Marshall Islands, Northern Mariana Islands and Palau. Dan Jackson, NAD president, welcomed the move. “We are always happy to cooperate with the world church, and we will embrace the peoples and the ministry of the Guam-Micronesia Mission,” he said.— *Ansel Oliver/ANN*

READ MORE at Adventist News Network

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**Pine Forge Academy Choir Needs Your Votes**

The Pine Forge Academy Choir, based in Pine Forge, Pa., has entered the iSing Challenge, part of an upcoming national
worship conference at Reid Temple African-Methodist Episcopal Church in Glenn Dale, Md. With your votes, Pine Forge could get a chance to perform at the national worship conference and be in the running to win a $5,000 scholarship.

Visit [http://www.reidamemusic.org/iSing/vote.htm](http://www.reidamemusic.org/iSing/vote.htm) and select Pine Forge Academy Choir in the voting box. Voting closes on October 21.

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**ETC.**

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**You Could Win an iPod!!**

Are you a college graduate? If you have an associate’s or bachelor’s degree, the North American Division is interested in hearing about your college experience. Take a few minutes to complete their simple survey, and you will be entered to win one of 10 iPods. They are especially interested in hearing from those of you who graduated from non-Adventist colleges and universities. Access the survey here: [http://www.surveymonkey.com/s/NDQHTGF](http://www.surveymonkey.com/s/NDQHTGF)

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**COLUMBIA UNION MEMBERS IN THE NEWS**

- **Pine Forge Academy Alumni:** Black boarding school’s alumni remember MLK’s influence
- **Hagerstown Church:** Seventh-Day Adventist Church opens eyes about healthful living
- **Waynesboro Church:** Local Church Gives Free Oil Changes

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**UPCOMING EVENTS**

- **October 21 - 23:** The Community Prayer Journey at Fourth Street church in Washington, D.C., is coming this weekend. [Click here to register for free](info@friendsat4thandq.org). Questions? Contact info@friendsat4thandq.org.

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**October 21-22:** William Shea, PhD, who holds a doctoral degree in Archaeology and Ancient Near Eastern Studies, will present the first part of “Christ in the Heart of Prophecy” at 7:30 p.m. at the Southern Asian church in Silver Spring, Md., on October 21. He will present part two on October 22 at Sligo church in Takoma Park, Md., at 2:30 p.m. For more information on the seminars, contact the Southern Asian church at (301) 879-7222, or the Sligo church at (301) 270-6777.
October 22: ACTS 2011 Adventists in Ohio will come together to honor our past, celebrate the present and learn how to shape the future for the glory of God. This daylong convocation, held at the Roberts Center at the Holiday Inn, Wilmington, will bring together Adventists from across Ohio and neighboring states for a day of worship, study and fellowship. Speakers include Rebekah Liu, a pastor from Southwest China; Ted Wilson (pictured), president of the General Conference; and Ganoune Diop, the Adventist Church’s newly-appointed liaison to the United Nations.

October 28: Join Metro Area Adventist Young Adults (MAAYA) in conjunction with Miracle Temple Drama Ministry at 7:30 p.m., for “Beware of Angels,” a dramatic presentation in which God’s children wrestle with doing the unimaginable for Jesus. Spiritual viewer discretion is advised. The play will be held at Miracle Temple, which is located at 100 South Rock Glen Road in Baltimore. For more information, contact Pastor Moses Eli at (856) 362-1227 (mosese@hotmail.com) or Trevor Fraser at (909) 648-4955 (trevorfraserrds@gmail.com).

October 29: WGTS 91.9 FM will celebrate the ministry of radio host Gerry Fuller, DDS, who served the station for 45 years. The program, which starts at 6 p.m., will include performances by the National Christian Choir and tributes to Fuller, will be held at Sligo church located at 7700 Carroll Avenue in Takoma Park, Md. The event is free and open to the public.

October 30: The Adventist Choice College Fair and Financial Workshop will be held at the Jerusalem French church in Philadelphia from 1-3:30 p.m. All 14 accredited Adventist colleges and universities in the United States will be represented. Students can attend a college financial planning workshop to learn how a Christian education is affordable, apply for free to the colleges (at the event only) and meet with admissions counselors. More details are available at www.AdventistColleges.org. Questions? Contact Rachelle Martinez, fair coordinator, at (215) 510-3361, or email rmrachellemartinez@gmail.com.

November 4-6: Allegheny East Conference’s Hispanic Women’s Ministries retreat will be held in Lancaster, Pa. For more information, contact Dolores Orellana at (717) 343-2968.
Noviembre 4-6: El Ministerio de Mujeres de la Conferencia de Allegheny tendrá su retiro de damas en Lancaster, Pa. Para mayor información, llame a Dolores Orellana.

November 6: The New Jersey Conference will host the grand opening of Revive, its book and health food store, at 10 a.m. The new store is located in the conference building at 2303 Brunswick Avenue in Lawrenceville, N.J.

November 12: The Capitol Hill church’s Second Annual Deacon’s Ball will be held at the Camelot Pavilion in Largo, Md. This formal attire event will include thank-you recognitions, lively entertainment, a delicious meal and great fellowship. Tickets are $60 per person. Pay online, by cash or check. Please make checks payable to the “Capitol Hill Church” with “Deacon’s Ball” in the memo. Payment is due by October 29.

For more news and up-to-date information from the Columbia Union Conference, visit columbiaunion.org

Forward to a Friend or Subscribe

To share the Visitor News Bulletin with friends and church members across the Columbia Union, click the “Forward to a Friend” link below so all the photos and copy will appear correctly. Also, encourage them to sign up for the email at www.columbiaunion.org/emailnews. Thank you!

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Potomac Conference School Celebrates 100 Years of Excellence
Story by Eryn Montgomery Savoy; Photos by Keith Walden
Published 10/19/11

Potomac Conference's Richmond Academy of Seventh-day Adventists (RA) in Richmond, Va., celebrated 100 years of excellence in Christian education on October 14-16. The weekend festivities started with Dwight C. Jones, Richmond mayor, and Nancy Melashenko, Potomac Conference associate director for education, dedicating RA’s new brick commemorative walkway. Centennial attendees enjoyed special programs on Friday evening. Sabbath was filled with music, memories and inspirational speeches from RA alumni, students and staff. There was a banquet at Lewis Ginter Botanical Garden on Saturday evening. Sunday morning, many participants attended a Walk/Run/Bike-a-thon and picnic to raise additional funds for school improvements.

Throughout the weekend, it was evident that many students who attended RA have gone on to lead lives of Christian service in many different careers. The school's mission statement, “Loving, Learning, Living in Christ” could be seen in action in the lives of so many of its alumni, students and staff.

One such alumna is Katherine (Taylor) Thompson ('82) who was one of five siblings who attended the school. “My parents sacrificed greatly to send all five of us to RA as they had Christian education as their number one priority,” Thompson shares. “Going to this school gave me the opportunity to do anything I wanted to do—I gained a strong background in art, music and academics.”

Thompson continues to support the school as a substitute teacher, a board member and parent of a RA sixth-grader.
In the Beginning

In 1911, W.J. Stone, an elder at the Morris Street church in Richmond, proposed that the church start a school. This met with approval and the church school opened its doors with E.F. Dresser as the first teacher.

RA moved into the basement of the newly built church at 3901 Patterson Avenue in 1940. By 1943, RA had achieved senior academy status and tuition was $5 a month. Alumnus David Hegamyer ('49-'58) recalled how his family sacrificed to send him and his brothers to the Academy. Families would carpool to and from school. The children were dropped off at the school at 6:30 a.m. and would wait in the cold until someone arrived to let them in.

Following Christmas vacation in 1950, the school moved into its new building at 3809 Patterson Avenue. The facility was expanded in the early 1970s. Church members, friends and parents of RA students provided much of the labor. Significant funding came from the school’s Florida Citrus Fruit sales, initiated by RA parent, Milton Reynolds.

The school and its constituents praise God for making the last 100 years of RA’s history possible and pray that He will continue to help Richmond Academy be a light of Christian love in its community.
Newark Church Celebrates Opening of Community Service Center

Story by Heidi Shoemaker
Published 10/18/11

Ohio Conference’s Newark church recently celebrated the grand opening of their newly renovated Community Services Center. Newark city officials showed their support by attending the grand opening, and Mayor Bob Diebold assisted Tom Hughes, Newark’s pastor, and conference president Raj Attiken at the ribbon-cutting ceremony. “We are meeting [our neighbor’s] needs by giving them the tools they need to succeed. Our success depends on their success!” noted Hughes.

The center also houses their New Horizons Learning Center, which will provide basic computer, math and reading classes. The facility will also be used for marriage and parenting seminars, assorted counseling programs, as well as a variety of other classes that Pastor Hughes and friends of the church will teach.

“We started our renovation project with $30,000 donated by two church members,” said Donna Goodell, the center’s coordinator. “Our project is completed, it is debt free (thanks in part to the Carter Estate).”

As they had no children, John and Sylvia Carter Estate wanted their assets to benefit their local congregation. When deciding how to best utilize the funds, church leaders surveyed the needs of members as well as the people who came into their Community Services Center for food or clothing. The survey results easily dovetailed with Pastor Tom Hughes’ ideas he adopted from The Ministry of Healing (page 143). “I determined in my heart that I would follow Jesus’ true method of evangelism, and the Newark church embraced this vision,” said Hughes.

“The Carter Estate has given us the opportunity to significantly improve the lives of our church members and our school students. The Carter Pavilion and new playground will greatly add to the
unity of our church. The endowment, set up from a portion of the Carter Estate, will continue to bless the [Newark Seventh-day Adventist] school for years to come,” said Hughes.

Located at 21 Easy Street in downtown Newark, the renovations were completed through volunteers such as a non-church member who served as the building superintendent; an electrician from the congregation; other Newark member volunteers, the Pathfinders and with support from the Ohio Conference.
Patrick Crarey, MD, recipient of A Chosen Vessel Award, stands with Barbara Lee, Denise Crarey, Minnie McNeil and India Medley.

The second annual Men of Honor program recently recognized 92 Seventh-day Adventist men and community members for making a difference in their churches and communities. The Chosen Vessels, also known as the Washington Area Metro Women's Ministries (WMAWM) team, organized and sponsored the program, which was held at the Allegheny East Conference's Breath of Life church in Fort Washington, Md.

The men were recognized in categories such as Helping Hand, Spirit of Community or Unsung Hero, with more than 34 receiving the awards. The Helping Hand Award was for men who performed selfless acts of kindness in service to those in need, demonstrated a positive image in providing service and demonstrated personal integrity and compassion in delivery of service. The Spirit of Community Award was for men who had shown continuing commitment to community or public service, earned the recognition, respect and trust of the community and demonstrated personal integrity and Christian service in all phases of life. And, the Unsung Hero Award was for ordinary people who have done extraordinary things and rendered significant service without public recognition, quietly provided his resources and proficiencies to those in need and demonstrated personal integrity and Christian service in all phases of life.

Denise Crarey, WMAWM area leader, said the idea for this program came to her after noticing the many men in her own Emmanuel-Brinklow congregation who gave so much without looking for or receiving recognition. "One was a gentleman at our church, who every Sabbath, stood by the door to welcome visitors, help older people and open the door for every person who came into the church," she said. "I thought, 'There are probably men all across our church who do this and we probably have no idea!'"

So, the WMAWM team set out to ask women in the Washington, D.C.-area to nominate extraordinary men for recognition at an annual ceremony. The first year, 52 men were nominated, and Crarey muses that next year, the numbers will probably continue to increase.
This year’s program began with an introit by the Young Warriors for Christ, a mentorship program for young men at Emmanuel-Brinklow church in Ashton, Md. Holding their distinctive wooden swords, the young men set the stage for the festive evening. The men to be honored walked into the sanctuary ceremoniously and took their places on stage where all in attendance could see them and admire their accomplishments.

Crarey gave a warm and hearty welcome to the attendees. Kathleen Murrell of Emmanuel-Brinklow church, recited the poem, “The Occasion,” and offered her personal, in-depth look at why the 92 men were worthy of honor. Lynda Hodges of the Capitol Hill church in Washington, D.C., gave her own tribute by singing “A Few Good Men,” inspiring the crowd with the words and delivery of the song.

When it came time to recognize the awardees, Debra Anderson, a member of the Emmanuel-Brinklow Church and special assistant to the area leader, called the attention of the audience to the selected passage for the event: Galatians 6:10, “Therefore, whenever we have the opportunity, we should do good to everyone, especially to those in the family of faith.” This Bible text appropriately punctuated the occasion and gave a reflective look at the good the nominees had done.

All 92 men were celebrated and participated in a pinning ceremony. Tanya Holland, an Emmanuel-Brinklow church member, designed the Men of Honor logo, which was later created into a lapel pin. The Men of Honor Class of 2011 was the first to receive this memento. Presenters were Women’s Ministries leaders or committee members: Gail Ellison (New Life church in Gaithersburg, Md.) and Lystra Antoine (Metropolitan church in Hyattsville, Md.), Oralyn Weston (Bladensburg (Md.) church) and Kathleen Coleman, (Emmanuel-Brinklow church). Tracey Hermanstine and D’Andria Anderson-Jackson, youth representatives from WMAWM, also participated.

The WMAWM Executive Committee was charged with nominating one man for a Chosen Vessel Award, which recognizes the outstanding service and support of an individual or group to the mission and vision of Women’s Ministries globally and to the constituents of the WMAWM.

The 2011 Chosen Vessels awardee, Patrick Crarey, MD, was visibly surprised to hear his name called for this award. Committee members have long noticed that Dr. Crarey not only supports his wife but also her vision for Women’s Ministries. Gail Ellison, an executive council member, said of Crarey, “The spirit of a man sets the tone for his household, and Patrick Crarey personifies how that tone should be set. Under Denise Crarey’s leadership, Women’s Ministries in the D.C.-Metro area has flourished in part because of Patrick’s commitment to our success. His flexibility, patience, monetary contributions, unyielding support and wisdom have blessed our ministry and taken it to new heights. He is truly a Chosen Vessel personally hand-selected by God.”
Marcus Harris, DMin, pastor of Breath of Life church and the area leader for the Allegheny East Conference’s D.C.-Metro Ministerium, offered a prayer of consecration for the 92 honorees. With the program nearing completion, the audience enjoyed Lynda Hodge’s soul-stirring, expressive and powerful rendition of the song, “I Am Blessed.” After Minnie McNeil, Women’s Ministries director for Allegheny East Conference, offered the benediction, the Young Warriors marched into place in the church’s center aisle, tribal drums pounding to the rhythm of the praise band that provided hand-clappin’, foot-tappin’ music. The honorees walked out of the sanctuary to the smiles, cheers, applause and standing ovation of family, friends and members of their congregations.

“These men made us proud, and thankfully what they have done to serve fellow men, their churches, and the community has not gone unnoticed,” Crarey said. “As we look forward to next year’s Men of Honor program, women, keep your eyes open for men to be nominated for their life of service to others. Congratulations to each and every 2011 man of honor. May God bless you as you continue to serve mankind.”

CLICK HERE TO MEET SOME OF THIS YEAR’S MEN OF HONOR

CLICK HERE TO SEE THE NAMES OF ALL 92 Awardees
Black boarding school’s alumni remember MLK’s influence

By Avis Thomas-Lester, Published: October 15

Cynthia Poole graduated from college the same year that Martin Luther King Jr. led the March on Washington. Jaki Bethea came out of high school the same year that King pushed for passage of the Voting Rights Act.

Rocky Twyman tried to go to jail for protesting racism as a child growing up in Atlanta. He was bitterly disappointed to learn that even the most brutal police generally didn’t lock up 12-year-old boys.

Each grew up aware of the civil rights struggle waged by men such as King. Each knew of the sacrifices of others for the privileges they enjoyed: graduating from boarding school, attending college and moving up from the blue-collar occupations that segregation had forced on their parents.

On Friday, Poole, Bethea and Twyman visited the Martin Luther King Jr. Memorial as part of their alma mater’s annual reunion. They are graduates of Pennsylvania’s Pine Forge Academy, one of the nation’s few black boarding schools, and they went to pay homage to the man who had cleared their way.

“We grew up knowing about the struggle,” said Twyman, 62, of Rockville, owner of a public relations company. “At school we learned about Dr. King and sang the songs of the struggle. We’d be in class singing the same spirituals that people were singing as they staged marches and sit-ins. That was part of our education.”

Bethea, a business owner who lives in Silver Spring, learned about the civil rights movement and King as a child growing up in Groton, Conn. She saw it played out, though, during annual trips to see relatives in North Carolina.

“I remember that I thought it was wonderful that all the black children got to go to school together,” she said. She went to integrated schools in Connecticut and could sit anywhere she wanted on the public buses. But she was also called names by white children and sometimes treated poorly.

She participated in her first sit-in as a middle-schooler in Southport, N.C., near Wilmington. “Blacks had to go upstairs in the movie theater. I remember marching with the young people in the church” to integrate the movie house, she said. “It was hard for me to learn that they had no choice, because in Connecticut we always had the choice.”
Poole, of Pottstown, Pa., lived in Washington for 40 years after moving to the city in 1967 to teach in D.C. public schools. Her biggest regret is missing the March on Washington in 1963, when blacks from all over the country answered King’s call to converge on the capital to demand equal rights.

“I felt that the crowds would be massive, so I stayed home and watched it on television,” she said. “I was glued to the TV. The thing that impressed me most was the peace. It was the largest, I’m sure, crowd that had ever assembled in Washington, and there was such a peace that day.”

Twyman recalls watching from the sidelines as Julian Bond and Andrew Young worked in Atlanta to help King fulfill his goal of integration.

“The thing that was different about Atlanta was that these were prominent citizens, members of the black middle class,” he said. “They had means, so they could take the risk. The bonds they set after people were arrested were sometimes thousands of dollars. These people could put up their houses as collateral. They didn’t stand aside. They were on the forefront.”

The three remembered where they were when they learned that King had been assassinated. And each remembered the despair and desperation that spread.

“My classroom was on the back of the building, but I remember looking out the front and seeing smoke coming from 14th Street,” said Poole, who began her career at Garrison Elementary School at 13th and S NW in Washington. “They closed school early. I was living in Takoma Park. As I headed up 16th Street, the National Guard was standing at the D.C. line on Aspen Street. They were not letting anybody back into the District. It took most people hours to get home that night.”

Bethea was a student at Oakwood College in Huntsville, Ala., a historically black Seventh Day Adventist college.

“The blacks were so angry,” she said. “They wanted to go into town, but the president did not allow it. He put the school on lockdown, and we had to stay inside. I remember that we had a white teacher. Someone threw a rock at his classroom window.”

The Pine Forge alumni have had a reunion each year since 1975 as a way to reconnect. Several toured the offices of U.S. Senate chaplain Barry Black, a Pine Forge alumnus. Saturday, they attended church together and then gathered in Clarksville for a reunion dinner.

The visit to the memorial had been special, they said. They sang, and they prayed that Congress would unify to pass legislation that would help improve the nation’s economic picture.

“I was more impressed with the symbolism than the likeness,” Poole said of the monument. “It isn’t as striking as the statue at the U.S. Capitol, but I like the idea of him coming out of a mountain of hope at the memorial. That really characterized for me what he was all about.”
Seventh-Day Adventist Church opens eyes about healthful living

By KATE S. ALEXANDER
kate.alexander@herald-mail.com
4:04 PM EDT, October 16, 2011

HAGERSTOWN

Holding a vial bigger than her hand, filled with what appeared to be sugar, Nakita Tobias, 7, could not believe her eyes Sunday.

“Holy moly!” she exclaimed. “I’m not drinking soda ever again.”

Inside the vial was the amount of sugar found in a can of regular soda.

Together with her family, Nakita perused the table Sunday at the first community health fair at Hagerstown Seventh-Day Adventist Church that was topped with vials showing how much fat, sugar and salt were in commonly consumed foods.

“My head is starting to burn up,” Nakita said. “I’m never drinking Pepsi again.”

“I was surprised,” said her sister Joy, 9, noting how much fat was in her favorite food, french fries.

“I like this,” said her mother, Katrina Tobias, as she held daughter Brianna, 16 months. “It’s important for them to see it like this, visually. It’ll stick with them.”

“I hope it helps them make better choices,” said father Michael Tobias.

The table covered with vials of fat, sugar and salt — and even globs of “fat” — was just one of many set up Sunday at the church’s health fair.

Viann Johnson of the health committee said Seventh-Day Adventists have a strong belief in the importance of physical health, as well as spiritual and mental health.

Pastor Chris Holland said the importance of physical health was emphasized by one of the church’s founders,
Ellen White.

Posters filled the room detailing what Holland called the “eight laws of health”: nutrition, exercise, water, sunshine, temperance, air, rest and trust.

Hoping to fill a need in the community for additional health resources, Johnson said the church hosted the public fair and invited numerous vendors.

Vendors provided information on topics including disease prevention and treatment, smoking cessation, exercise, nonmedicinal treatments, therapy, hospice care, healthful foods and mental health, and offered cooking demonstrations.

Children could have their faces painted, jump in an inflatable bounce, try hula hooping and take a quiz about the nutritional contents of cereal.

Johnson said she had not estimated how many people would come to the fair, which ran from 11 a.m. to 4 p.m., but from the crowded room, it appeared to be a success, a success Holland said he would like to see grow into an annual, or even semiannual, event.

Holland said the fair was the capstone of a health-centered weekend hosted at the church. On Saturday evening, the church showed a documentary titled “Forks Over Knives” that examines the claim that most degenerative diseases can be controlled or even reversed by what people eat.

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Local Church Gives Free Oil Changes to Single Parents

Waynesboro

Mechanics at Mark Martin's Auto World in Waynesboro were working hard, giving free oil changes to single moms like Rita Allen.

Posted: 5:55 PM Oct 16, 2011
Reporter: Litsa Pappas
Email Address: lpappas@whsv.com

Local Church Distributes Food to Those in Need

Mechanics at Mark Martin's Auto World in Waynesboro were working hard, giving free oil changes to single moms like Rita Allen.

"It is stressful, and being a single parent, it's not easy, you know you're trying to pay bills and raise a child and everything, it's hard," said Allen.

That's why church members like Will Johns of the Seventh Adventist Church in Waynesboro are pitching in to help. "For a single mother, it's just the long to-do list that they have each day that they can't get to, and this is just one less thing for them to worry about, one less expense for them to try and find money for," said Johns.

After the oil change, the youth group of the church volunteered to help out by washing the cars on the outside and inside.

While helping these busy parents, Pathfinder Youth Group Director Shelby Cosgrove says these kids are learning too. "We go to nursing homes and stuff and that's important too, but sometimes these things that we take for granted don't get done a lot of times and it's something that really shows them that what we're doing can make a difference in somebody's life," said Cosgrove.

"I think it's a great program in today's economy it's really tight on you know single mothers and it really helps out on your budget and every penny counts," said Allen.

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The article states it was for single 'MOMS' not single parents.

Posted by: Joyce Location: Weyers Cave on Oct 17, 2011 at 06:43 AM

What a great thing to do for single parents!

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