Weekly News From Around the Columbia Union Conference

August 28, 2013

Dupont Park Adventist School students participate in the march.
Photo courtesy of NBC.

50th Anniversary of March on Washington Draws Columbia Union Members

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Their participation started on Saturday at a joint rally for jobs and freedom and commemoration of the original march. Before Sabbath School and after church, several members of Allegheny East Conference’s Dupont Park church in D.C.,
distributed some 5,000 pieces of literature, including copies of The Great Hope. Dupont member Marjorie Taylor, who heard portions of King’s speech while she was a student at Oakwood University (Ala.), said while Saturday’s occasion was significant, she saw it as an opportunity for the Seventh-day Adventist Church. “We greeted people as they got off buses and welcomed them to Washington, D.C., in the name of the Seventh-day Adventist Church. People were so receptive,” she said. "For me it wasn’t so much about what the march represented, it was about being down there with people doing whatever we could for them. I believe that any time there is a huge crowd, the Adventist Church should be there showing people how much we care about them and distributing truth-filled literature."—Story by Taashi Rowe

READ MORE

100-Plus Workshop Attendees Learn the Importance of Being “Real Men”

“I was motivated by the need to be a better man,” was Oliver Mahoro’s response when asked why he was spending his Sabbath some 40 miles away from his home congregation, Chesapeake Conference’s Pikesville (Md.) church. At 19, he was probably one of the youngest men to attend a one-day “Real Men” workshop held last Sabbath at Takoma Academy in Takoma Park, Md. “I want to be a better man, not just for me, but for my family, for my younger brothers and sisters. I have a lot of influence, and I don’t want to influence them in the wrong way.”

The workshop, which drew 112, was the inaugural event for the United Men’s Ministries Movement (UM3), an organization whose leaders are focused on providing resources to the men of the Columbia Union Conference for spiritual leadership in their homes and churches.—Story by Taashi Rowe

READ MORE
Michael Kulakov, a WAU professor, and Dale Galusha, Pacific Press Publishing Association president, hold up copies of the Bible translated into modern Russian.

WAU Celebrates First NAD Print Edition of Russian Bible

Washington Adventist University’s (WAU) Russian Bible Translation Institute (RBTI), based in Takoma Park, Md., with offices at the Zaoksky Theological Seminary in Russia, recently celebrated the printing of the first North American Division (NAD) edition of the Russian New Testament and Psalms.

A dedication service was held August 26 at the Pacific Press Publishing Association’s headquarters in Idaho where the books were published. "By God’s grace, we have completed work on the poetic books of the Bible and are currently working on the books of Joshua and Judges. The books of the major and minor prophets have also been completed," said Michael Kulakov, professor of theology, history and philosophy at WAU, chief editor for the translation project and director of the RBTI. "We praise God that He gives us strength to stay on target with the editorial process."—Story by Grace Virtue
Talking About Freedom Goes Digital

Columbia Union members can now access a familiar radio program with an updated twist. The Talking About Freedom broadcast, which aired on WGTS 91.9 FM between 1994 and 2009, is being relaunched as a podcast at columbiaunion.org/talkingaboutfreedom. Once hosted by Adrian Westney, former union religious liberty leader, Walter Carson, the union's current vice president for Public Affairs and Religious Liberty, will take over the program, along with his associate Gary Ross, who will act as producer.

"The program gives us an opportunity to address some interesting and timely church/state issues," Carson says. "We'll interview academics, lawyers, authors, newsmakers and other headliners so people in our union can stay current on religious liberty."

The duo plans to release a new, 15-minute podcast each week. They've already lined up guests to discuss workplace accommodation, recent Supreme Court decisions and how God is working on behalf of His church. The program is also available on iTunes.—Story by Taashi Rowe

CLICK HERE TO HEAR THE FIRST PODCAST
Allegheny West Church Co-Hosts Faith and Justice Summit

Last month the Allegheny West Conference (AWC) Community Services Department collaborated with the Office of Advocacy of Lutheran Metropolitan Ministries to co-sponsor a two-day Faith and Justice Summit at AWC’s Southeast church in Cleveland. Jerome M. Hurst, Southeast’s senior pastor and the conference’s community services director, worked with others to make the summit available to clergy, faith leaders and community activists in Northeast Ohio. The event provided an atmosphere for training and discussion on advocacy and social and environmental justice. Workshop topics for the 75 attendees included “Establishing Smart Goals,” “Understanding Environmental Justice,” “Place Matters: Developing Healthy and Whole Communities” and “Public Policy: From the Pulpit to the Pew to the Polls.”

Pastor Hurst (pictured left) said, “For the most part, we as a church have focused primarily on one type of social ministry—relief. The purpose of this summit was to bring awareness and give some basic training about the others. I look forward to expanding the impact Allegheny West Community Services will have in these areas.”
Kettering Receives First Comprehensive Stroke Center Designation in U.S.

The Healthcare Facilities Accreditation Program (HFAP) recently designated Kettering Medical Center (KMC) in Dayton, Ohio, as the first HFAP Comprehensive Stroke Center in the United States. A comprehensive stroke center must meet very stringent requirements for advanced diagnostic, interventional processes, prehospital provider qualifications and must provide community education for prevention.

Because they met each of these requirements, KMC is now the only hospital in the Dayton area that can provide advanced stroke treatment for complex stroke patients who may arrive in the emergency department. Soon after KMC was designated by HFAP, several other Kettering Adventist HealthCare providers, including Sycamore Medical Center, Grandview Medical Center and Southview Medical Center, also became HFAP compliant centers.

“We are proud to receive this prestigious distinction,” says Mike Brendel, vice president of clinical and outpatient services for Kettering Medical Center. “This achievement demonstrates the continued commitment of Kettering Adventist Healthcare and the Wallace-Kettering Neuroscience Institute to serve the community at the highest level.”—Story by Christina Keresoma
Spotted: Washington Adventist Hospital President Singing in the Major Leagues

Nearly 200 family and friends of Adventist HealthCare recently attended “[Washington Adventist Hospital] Night at Nationals Park” where they heard Joyce Newmyer, the hospital’s president, sing the national anthem. Attendees watched the Washington, D.C., Nationals major league baseball team face off and defeat the San Francisco Giants with a score of 4-2.

In addition, the Nationals donated $8 to the WAH foundation for every ticket they purchased for the special event and helped raise more than $1,500 for the foundation.—*Story by Laura Cook; Photo courtesy of Susan Glover*

Back to School News

*Judy Dent, Allegheny East Conference superintendent of schools, greets a little boy at Trinity Temple Academy in Hillside, N.J. Photo by Shayal-Rene*
Allegheny East Leaders Welcome Students Back to School

Allegheny East Conference administrators and pastors recently joined teachers and board members in welcoming students back to school at all 11 of its institutions. From greeting students at Ephesus Junior Academy in Richmond, Va., to those at Pine Forge Academy in Pine Forge, Pa., this welcome was a first for the conference’s leadership team.

At the Jessie R. Wagner Seventh-day Adventist Elementary School in Pine Forge, Lawrance Martin, the conference’s vice president for finance, was a popular person on that first day, greeting parents and students and distributing special pencils to all students.

Robert L. Booker, the conference’s communication director, who was also at the Wagner school said, what he noticed that day was, “Love in action … I observed the interaction between teachers and students; teachers who were ready to teach and to love each child and children who were ready to learn from teachers they knew loved them and wanted to share knowledge with them.”

Mount Vernon Academy Begins a Bullying Prevention Program

The staff at Mount Vernon Academy in Mount Vernon, Ohio, is taking proactive steps to stop and prevent bullying by adopting the Olweus Bullying Prevention Program. This research-based school-wide “system-change” program has been used successfully in schools all over the country and around the world with positive results.

The program is not a curriculum that students participate in for only a few weeks. Rather, it is a coordinated effort by all the adults in the school to supervise and intervene when any bullying happens. As part of the program, students participate in weekly class meetings to learn about the effects of bullying, what they can do about it and how they can work with adults at school to put a stop to it even as
bystanders.

Daniel Kittle (pictured center) principal said, “This type program is about changing the whole school climate to make it a safer, more positive place to learn.”

New Spring Valley Principal Demonstrates Servant Leadership

Darren Wilkins, the new principal at Spring Valley Academy in Centerville, Ohio, recently welcomed an opportunity to demonstrate servant leadership and joined the cafeteria food service line. Students were pleasantly surprised when they realized their principal was serving them their food with a smile.

“After a summer of walking lonely halls it's great to hear the sounds of life come from a school full of young people,” Wilkins said. “I'm so impressed with the quality of kids and families we are blessed with here!”
Potomac Church Members Bless Public School Students

Students at the Gaywood Elementary school were recently surprised by a visit from members of Potomac’s Seabrook church in Lanham, Md. The members visited the 575 students and delivered more than 100 reams of copy paper, crayons, pencils, winter coats, erasers, glue-sticks, etc.

Damein Goins, the school’s principal was happy to see Seabrook members again and encouraged them to address students and staff. “We told them again that we are here to support them,” said Jimmy Muñoz, Seabrook’s associate pastor. “We don’t yet have any of its teachers or families attending our church, but it is still our school and it is our goal to see them succeed.”

Columbia Union Members in the News

Joao Cardoso, 76, teacher at Chestnut Hill Academy

Honoring Chaplain Black

'Total transformation' possible at Adventist wellness camp

Fair on the Square to benefit local elementary school

CARSON: MLK would be alarmed by black-on-black violence, lack of family values

The next issue of the Visitor News Bulletin will be released Wednesday, September 11, 2013.

UPCOMING EVENTS

MARYLAND

September 4-8: The Hope Channel will be taping a David Asscherick program in their Silver Spring, Md., studio. Be part of a live studio audience while experiencing Asscherick’s logical, creative and candid presentations. Attend one night or all five. Admission is free, but reservations are necessary. For more information and to save your seat, go to www.hopetv/answers

September 7: The Hopeside Church, a plant of the Fourth Street-Friendship church, welcomes singer Anil Kant and his daughter Shreya Kant at their 11 a.m. service. Kant is a renowned Indian Gospel artist whose music touched millions for Christ. There will also be a free concert at 6 p.m. They meet at High Point High School, which is located at 3601 Powder Mill Rd. in Beltsville, Md. All are invited. For more information, visit hopeside.org/letitshine.pdf.
September 20-21: Walter Brueggemann, an acclaimed author and theologian, will be speaking at the 33rd G. Arthur Keough Lectures at Washington Adventist University in Takoma Park, Md. The topic will be “Reperforming our Best Narrative.” His lectures will be in the Morrison Hall chapel. On September 20, which begins at 6:30 p.m., he will address Choosing an Alternative Life: “Follow me.” On September 21, the lecture begins at 10 a.m. and he will address Imagining Neighborliness: “Love thy neighbor.” For more information, contact the Religion Department at (301) 891-4033.

VIRGINIA

September 6-21: Lonnie Melashenko will be the evangelist for a series of Bible prophecy meetings that will be held at Sandusky Middle School in Lynchburg, Va. The meetings begin at 7 p.m. each night. There will be no Thursday meetings. The final meeting will be held at the Lynchburg church. The school is located at 805 Chinook Place. For more information, contact Pastor Mike Hewitt pastormikeh@mac.com.

September 14-15: Potomac Conference’s Women’s Retreat, will focus on God’s grace to us, how we show grace to others and how to move gracefully as women of God. Come for a weekend of spiritual, mental and physical refreshment in a wooded setting, amid tranquil paths with accommodations at the Westfield Marriott in Chantilly, Va. Click here to register.

Deadline: September 4

VIRTUAL

September 11-14: The North American Division’s Adult Ministries is hosting a virtual Festival of the Laity to equip church members for ministries for Sabbath School, Personal Ministries and Prison Ministries. Registration is free. To find out more information about this event, visit the Festival of Laity website and then register online.

October 1: The alumni association for Takoma Academy in Takoma Park, Md., is collecting stories of how the school has impacted your life. Send your stories to Susan Laurence Cooksey, alumni association president at to susan.cooksey@ta.edu, or Ronnie Mills, director of institutional advancement at rmills@ta.edu by October 1. The goal is to publish and present this book to alumni during the 2014 Alumni weekend. All proceeds from the book will benefit the Worthy Student Fund.
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Columbia Union Conference of Seventh-day Adventists

50th Anniversary March on Washington Draws Columbia Union Members

Story by Taashi Rowe Published 8/28/2013

Stefan Burton Schnüll, a New Jersey Conference pastor, captured this panoramic photo of the crowds on the National Mall.

Members from all across the Columbia Union Conference are among the thousands of people converging on the National Mall in Washington, D.C., today to celebrate the 50th anniversary of the Rev. Martin Luther King Jr.’s “I Have a Dream” speech. Their participation started on Saturday at a joint rally for jobs and freedom and commemoration of the original march.

Before Sabbath School and after church, several members of Allegheny East Conference’s Dupont Park church in D.C., distributed some 5,000 pieces of literature, including copies of The Great Hope. Dupont member Marjorie Taylor, who heard portions of King’s speech while she was a student at Oakwood University (Ala.), said while Saturday’s occasion was significant, she saw it as an opportunity for the Seventh-day Adventist Church. “We greeted people as they got off buses and welcomed them to Washington, D.C., in the name of the Seventh-day Adventist Church. People were so receptive,” she said. “For me it wasn’t so much about what the march represented, it was about being down there with people doing whatever we could for them. I believe that any time there is a huge crowd, the Adventist Church should be there showing people how much we care about them and distributing truth-filled literature.”

Today Anissa Peréz-Perla, a member of Potomac Conference’s Arise church in Temple Hill, Md., was present on the National Mall simply to be a part of history. The program was not even halfway through before she was moved by Christian singer Natalie Grant’s rendition of “I Love the Lord.”

Peréz-Perla said, “I felt tears welling up in my eyes. It was moving to be hearing this beautifully sung testimony shared with the throngs of people here in the most powerful city in the world. I instantly prayed for everyone whose ears could hear this song, so that they may know about Christ’s love and His all-inclusive nature.”

Kathleen Flower, a member of Chesapeake Conference’s New Hope church in Fulton, Md., also attended the Wednesday march and said of her involvement, “I felt privileged to be standing so close to the same individuals who marched 50 years ago for freedom. The vibe in the air was unmistakably filled with excitement and respect. I could almost feel how powerful it was 50 years ago, and I was only standing on the sidewalk. It was one of those cherished memories.”

Stefan Burton Schnüll, a pastor in the New Jersey Conference, said even the rain couldn’t dampen his experience, which he said was “electrifying.”

David Franklin, assistant pastor at Allegheny East’s Berea Temple in Baltimore, said he felt compelled to go down to the National Mall today because “too many have done too much for me to ignore this moment in our nation's history. ... I want to be reminded of my responsibility to pay it forward to the next generation and this celebration was a great way to do that.”

Has King’s Dream Been Realized?
While 50 years ago the mostly African-American crowd of some 200,000 people marched for equal treatment and rights in all segments of society, this year many reflected on how much has changed.

Ben Carson, MD, the famed neurosurgeon and member of Chesapeake’s Spencerville church in Silver Spring, Md., wrote a piece in the Washington Times in which he lamented an increase in black-on-black violence and a decline in family values. Carson, who was 11 years old when King delivered his famous speech, wrote, “If King could be resurrected and see what was going on in America today, I suspect he would be extraordinarily pleased by many of the things he observed and disappointed by others.”

Although she didn’t attend the march today, Anna Buchannan, a Dupont Park member, attended the first march when she was 27 years old and shared her thoughts in an NAD NewsPoints profile: “We have made some inroads but we are not at the point where we can say that racial inequality is over.” She still hopes to see increased opportunities for minorities in the church and in the world.

V. Michelle Bernard contributed to this article.

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Please limit your comments to 500 words or less. Only one comment per person will be published.
100-Plus Workshop Attendees Learn the Importance of Being “Real Men”

Story by Taashi Rowe Published 8/28/13

The men start the day off with prayer in groups of three.

“I was motivated by the need to be a better man,” was Oliver Mahoro’s response when asked why he was spending his Sabbath some 40 miles away from his home congregation, Chesapeake Conference’s Pikesville (Md.) church. At 19, he was probably one of the youngest men to attend a one-day “Real Men” workshop held last Sabbath at Takoma Academy in Takoma Park, Md. “I want to be a better man, not just for me, but for my family, for my younger brothers and sisters. I have a lot of influence, and I don’t want to influence them in the wrong way.”

The workshop, which drew 112, was the inaugural event for the United Men’s Ministries Movement (UM3), an organization whose leaders are focused on providing resources to the men of the Columbia Union Conference for spiritual leadership in their homes and churches. The day began with a brief devotional presented by C.D. Brooks, former speaker/director of the Breath of Life ministries, who spoke about the importance of manhood and of having a good name.

“We can do better than we do now—we can be men!” Brooks said enthusiastically. He also pointed to the most important man of all time: “Jesus was not a namby pamby, flash in the pan, soft-bodied man. Jesus was a man. He chose 12 unlettered men, turned them loose and they turned the Earth upside down. If this group gets going, you have no idea what can be done.”

And turning the Earth upside down is exactly what Clifton Fitzgerald, UM3 chairman and a member of Potomac Conference’s Restoration Praise Center in Lanham, Md., yearns to do. He and several others saw the importance of a ministry like this after realizing, “There are too many of us slipping through the cracks,” he said. “We have so many issues that we are not dealing with and so few programs to address them.”

John Trusty, director of Allegheny East Conference’s Relationship Ministries Department, agreed. “In my opinion, a lot of men are not realistic about their needs and the tools required to help address what is going on in their lives,” he said. “The purpose of Men’s Ministries is to help men help each other. Some men have a lot of shame, and we think that we don’t have issues, but we all do! Also, a lot of men don’t realize the impact they could have on the church … just by being men of God.”

After hearing about the founder’s vision for this program, Trusty eagerly stepped in to serve as the group’s advisor. “Some of our conferences have weak Men’s Ministries programs, while some have very strong ones. We need to come together so that every ministry is strong and not let conferences be the defining boundary for ministry,” he said. While UM3 is not the first Men’s Ministries-oriented organization in the Columbia Union, organizers hope it will serve as a clearinghouse for all such ministries in the
union and raise more awareness about available programs to all the men in the territory. By starting with this one-day workshop, UM3 leaders wanted to lay the groundwork and share with attendees some very basic but necessary tools for becoming “real men.” Some of the workshops touched on topics about communication, conflict resolution, spiritual leadership and effective fatherhood. Fitzgerald likens the organization’s purpose to that of Nehemiah, in that they are focused on “rebuilding the broken walls of commitment, of priesthood, of service, and we’re tearing down the old walls of separation, selfishness and control. We’re trying to rebuild men and pass on the true torch to this generation and the next.” He continued, “We need to start examining ourselves as husbands, fathers and leaders. We are dropping the ball. If we are supposed to be the priests in our homes, but instead we’ve let life take over, then we are dropping the ball. It is our responsibility to take care of our families, churches and community.” And, for men like Tony Mathison, a member of the Pikesville church, the program was an important reminder that men do have a responsibility to help shore each other up. He said it had been a long time since he attended a Men’s Ministries event. “I’m learning the importance of being an example in the home and in our churches,” he said. “We have a responsibility to protect our families and make sure they make it into the kingdom. I also think it is really important that we help younger men learn how to be gentlemen.” Darryl Dixon, a member of Potomac’s Pennsylvania Avenue church in Capitol Heights, Md., said, while he doesn’t need a lot of programs for men, he agrees with Mathison about the need to be an example. “There are not a lot of men in our churches and that reflects the trend in our society ... Because of this it is important for others in the community [to see] good father figures in our churches.” Thomas Marufu, a member of Potomac’s Takoma Park, (Md.) church, said he originally attended the event because he wanted to learn more about being a priest in his home and a leader at his church. “I found the day to be very informative and uplifting, from the devotion by CD Brooks and the information I got from the communication and money classes.” Antaeus Logan, a member of Restoration Praise Center, said of his experience, “This was great. I got a lot of knowledge and wisdom. … I think we should have more of these types of events.” Looking back at the event, Fitzgerald said, “It has absolutely inspired us to continue to press towards galvanizing men’s ministry. However, this work is not mine alone, it’s ours; and we’re just the messengers. We are attempting to accomplish something very big, but our God is bigger!”

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By Bonnie L. Cook, Inquirer Staff Writer

João M. Cardoso, 76, of Glenside, a Chestnut Hill Academy foreign-language teacher for 29 years, died Monday, Aug. 5, at home of pancreatic cancer.

Born on the tiny island of Faial, in Portugal's Azores, he was a mediocre student who struggled with stuttering. At age 14, his mother sent him to a Seventh-day Adventist boarding school on the Portuguese mainland. The experience gave him an insatiable wanderlust, his family said.

In the mid-1950s, Mr. Cardoso served in the Portuguese army artillery, where he attained the rank of corporal. Afterward, Mr. Cardoso went to college in Collonges, in the foothills of the French Alps.

In 1960, he followed his parents to the United States and studied at Atlantic Union College in South Lancaster, Mass. After graduating in 1964, he married Dianne Wagner, with whom he had two sons, John-Paul and Andre. They later divorced.

His teaching career began at Greater Boston Academy in Stoneham, Mass., where he taught French and history for 11 years. After a stint at Blue Mountain Academy in Hamburg, Pa., he accepted a job in 1980 teaching French and Spanish at Chestnut Hill Academy.

He met Jennifer Binzen during a summer language program at Middlebury College. They married in 1983 and moved to Glenside. A son, Peter, was born in 1988.

At Chestnut Hill, Mr. Cardoso was valued as much for his originality and charm as for his expertise in languages.

"His methods were sometimes unorthodox, but always engaging," his family said in a statement. He would match-make in French and assign readings of Sartre, Camus, or Pascal to spur discussions on philosophy and the meaning of life.

He loved long-distance running, which he took up in 1979, and was a fixture in Fairmount Park's Valley Green.

He retired in 2009 and was diagnosed two years later with prostate, and then pancreatic, cancer. Despite his illnesses, he jogged until three weeks before his death. He enjoyed outings with family and "asked the hard questions about existence, purpose, and fulfillment," his family said.

In May, he decided to stop cancer treatments because they were debilitating. In June, he returned to his childhood home in the Azores to share his lost past with his family. He had not returned to the island since the 1950s.

The cancer became aggressive during his last six weeks home in Glenside. He died the way he wished - among family, reading the 121st Psalm.

"I will lift up mine eyes unto the hills, from whence cometh my help," the psalm begins. "My help cometh from the Lord, which made heaven and earth."

Surviving, besides his wife and sons, is a granddaughter.

A memorial service will be at 11 a.m. Sunday, Sept. 15, at the Chestnut Hill Seventh-day Adventist Church, 8700 Germantown Ave. Interment is private.

Donations may be sent to the Friends of the Wissahickon, 8708 Germantown Ave., Philadelphia 19118, or via www.fow.org/.
Contact Bonnie L. Cook at 610-313-8102 or bcook@phillynews.com.
Aug 19, 2013

In a hooding ceremony, Gene Warr, chairman of the University of South Carolina Board of Trustees, hoods Barry Black, chaplain of the U.S. Senate, as he receives an honorary doctorate on August 10 during summer commencement exercises at Colonial Life Arena in Columbia. Black is the first Seventh-day Adventist minister and African-American to serve as the Senate’s chaplain. [photo courtesy USC]

**North America**

Membership of about 1.1 million among a population of about 345 million.

**Countries**

Bermuda, Canada, Federated States of Micronesia, the French possession of Saint Pierre and Miquelon, Guam, Johnston Island, Marshall Islands, Midway Islands, Northern Mariana Islands, Palau, and the United States of America.

**Recent Photos**
Healthy eating education, daily exercise and cooking demonstrations were the focus of the fifth annual Wellness Camp at the Valley Vista Adventist Center near Huttonsville that wrapped up last week.

The 13-day camp, run by the Seventh-day Adventist Church, provided vegetarian meals, two before and after blood tests, and a smoking cessation program. The camp's goal was to help participants end diabetes, lose weight, quit smoking and reverse depression.

"You get out of the program proportionate to what you are willing to invest," said Chris Hasse, program manager. "Total transformation? Yes, if you want that."

The 308-acre mountain camp was staffed by health care professionals who volunteered their time providing health checks, giving health lectures, leading cardio exercise and cooking vegan meals.

"The philosophy of the church is maintain your health," said Daniel Morikone, camp director. "We treat the whole person by changing the lifestyle, and with exercise."

West Virginia had the country's highest obesity rate at 33.5 percent of its population in 2012, according to a Gallup-Healthways report. The state also has the highest percentage of adult diabetes in the nation, at 11.6 percent.

"West Virginia is usually number one in obesity, it goes back and forth with Mississippi," Morikone said.

A plant-based diet has been a core Adventist principle for 150 years. In fact, vegetarians live longer than meat-eaters, according to a recent study of 73,308 members of the Seventh-day Adventist Church.

Vegetarians experienced 12 percent fewer deaths over a six-year period. However, cancer still struck vegetarians and meat-eaters at similar rates, according to the study published in JAMA Internal Medicine, a journal of the American Medical Association in January.

Researchers aren't sure why a plant-based diet seems to have a protective effect, but one reason could be the typical vegetarian diet, which tends to be higher in fiber and lower in saturated fat.

"The guests began their camp experience by setting out to walk 1 mile at the fastest pace they felt comfortable in doing," Morikone said. "They did this same walk after 10 days of a plant-based diet, plenty of water and exercise. The average results for those who were able to walk the whole mile were that they did it quicker by two minutes or about 10 percent faster."

Campgoer Beckie Berlin of Parkersburg had been wanting to try a vegan diet and the camp was the perfect opportunity.

"I'm a new person now," said Berlin. "The most amazing thing to me was not the weight I lost (10 pounds), but my cholesterol dropped 55 points." In addition to eating vegan, Berlin also gave up coffee.

"Seventh-day Adventists don't think you should drink caffeine," Berlin said. "Despite what we think about caffeine giving you energy, I have more energy than ever."

The 12 camp graduates had ailments ranging from addictions, depression, diabetes, elevated cholesterol and obesity. Average weight loss for 10 days was over 6 pounds. Average blood sugar drop was 14 points or 12 percent and average cholesterol drop was over 38 percent, according to Morikone.

Berlin, who retired from a DuPont chemical plant to attend the camp, now has plenty of time to bake bread and learn new recipes.

"I think I learned enough in two weeks to maintain my vegan diet, and I have the knowledge I need to stay on track," she said.
BEST BET

What: Fair on the Square  
When: Noon to 6 p.m. Sunday  
Where: Downtown Newark  
Cost: Free  
FYI: 740-345-4421 or www.newarksdachurch.org

NEWARK — Looking for family fun this weekend? The Fair on the Square promises entertainment, games, raffles, silent auctions, a craft sale and more.

The free event is sponsored by the Newark Seventh-day Adventist Church and will run from noon to 6 p.m. Sunday in downtown Newark.

The church also will host a talent show, motorcycle contest, bicycle contest and cutest baby contest. There is a registration fee of $5 for the motorcycle and baby contest, a $1 fee for the bicycle contest and the talent show is free. Anyone interested in the talent show should call church member Bill Hagerman at 740-405-2522 for more information and to schedule a set.

All proceeds from the event will benefit the Newark Seventh-day Adventist Elementary School.

For more information, call the church at 740-345-4421 or visit www.newarksdachurch.org.
CARSON: MLK would be alarmed by black-on-black violence, lack of family values

By Ben S. Carson Wednesday, August 28, 2013

It is hard to believe that 50 years have elapsed since the famous “I have a dream speech” of Dr. Martin Luther King Jr. on the Mall in Washington. I was an 11-year-old child in Detroit languishing in the midst of poverty, but very interested in the strides that were being made in the civil rights movement.

I was the only black kid in my seventh-grade class and over the previous two years had risen from the bottom of the class to the top. My mother had forced us to read, which had a profound positive effect on both my brother Curtis and myself. I was quite optimistic that things were getting better for black people in America.

If King could be resurrected and see what was going on in America today, I suspect he would be extraordinarily pleased by many of the things he observed and disappointed by others. He, like almost everyone else, would be thrilled to know that there was a two-term black president of the United States of America and a black attorney general, as well as many other high government officials, business executives and university presidents.

Perhaps just as thrilling would be the sight of black doctors, lawyers, airline pilots, construction foremen, news anchors, school superintendents and almost any other position imaginable in America. The fact that seeing blacks in such positions no longer raises eyebrows is a testimony to the tremendous progress that has been made in America over the last 50 years.

There are some areas, however, where I suspect he might be less than thrilled. The epidemic of black-on-black violent crime indicates that there has been a significant deterioration of values in the black community. Not only are the lives of their fellow blacks and others being devalued by street thugs, but the lives of unborn babies are being destroyed in disproportionate numbers in the black community.

There was a time when blacks were justifiably angry that the larger community discounted their value, but now, ironically, many members of the black community themselves place little or no value on these precious lives that are snuffed out without thought. I think King would be waging a crusade against the marginalization of black lives in America.

Another area of great concern would be the fact that 73 percent of black babies are born out of wedlock. When this occurs, in most cases the educational pursuits of the mothers are terminated and the babies are condemned to a life of poverty and deprivation, which makes them more likely to end up in the penal system or the welfare system. This is a burden not only for the black community but for the nation at large.

Although I believe King would be very concerned for all parties in these tragedies, his energies would be primarily channeled into an attempt to give these young women the kind of self-esteem that would preclude their yielding to the charms of individuals who really don’t care about them and are only interested in their selfish pleasures.

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King was a huge advocate of education and would be horrified by the high dropout rates in many inner-city high schools. He, like many others, was vilified, beaten and jailed for trying to open the doors of education to everyone, regardless of their race.

If he were alive today, he would have to witness people turning their backs on those open doors and choosing to pursue lives of crime or dependency. I do not believe he would simply complain about these things, however.

Rather, he would be raising funds to create programs that would show these young people that they do have real choices that can greatly enhance the quality of their lives.

Perhaps the biggest disappointment for King would be the wholesale adoption of a victim mentality that makes people feel that they are
entitled to being cared for by others rather than working tirelessly to create wealth and opportunities for their progeny.

The amount of wealth that resides within the black community today is staggering. If the black community, like Jewish, Korean and other cultures in America, learned how to turn over dollars within their own community at least a couple of times before sending them out into the larger society, they would create wealth.

I believe King would advocate such economic policies and would encourage those who benefit from the wealth to reach back and pull others up by providing jobs and opportunities. I think he would stress the fact that this kind of philosophy will foster freedom and independence for the black community, regardless of whether anybody else helps or not.

Finally, we should all remember the aspect of his dream in which he desired that people should be judged by their character and not by the color of their skin. In part, this means no one should assume that a black person would adhere to certain political orthodoxy any more so than a white person would.