Dear Center For,

Webcast - College & HEALTH Graduation

This Friday night the Weimar College & HEALTH graduation will be held in the chapel at 6:30 pm. Our commencement speaker will be Don Mackintosh. Please join us in person or at weimartv.com for live streaming.

Also, Sabbath afternoon at 1:00 pm, there will be a College Graduation Reception at the Weimar Cafeteria.

Academy News

Choir and Orchestra

This weekend our choir and orchestra will have a busy weekend.

- They will be performing tomorrow at the Sacramento Korean SDA church starting at 10:30am.
- The academy will then be performing in the Sacramento Central SDA Church Christmas concert tomorrow night starting at 6:00pm. You can join them by watching this concert live on saccentral.org.
- On Sunday they will be performing at the Georgetown Music on the Divide from
3:00-5:00pm.

Our Choir and Orchestra Christmas tour will begin on December 12th with a local concert at the Nevada City Victorian Christmas starting at 6:30pm. We will be leaving the next day for our Bay Area tour.

Please join the academy if you are in the area of those concerts as well as joining them in prayer that lives will be touched by the music and people will be brought closer to Jesus.

**Other Academy News**

The end of the semester is today. Please pray that our students will finish strong and that they will do well in their finals and projects this next week on the 11th & 12th.

Please continue to pray for the upcoming mission trips as they plan to take the gospel message to the world.

Please visit the academy online at [weimar.edu](http://weimar.edu) for more updates. The school calendar is on our website, just click on the calendar link.

Picture from last week's concert at the state capital museum.
The NEWSTART Program is based on the Adventist lifestyle, proven by science to produce significant reduction in weight and health risks while prolonging life for ten years longer than the average American. Find out how just a couple of weeks in the beautiful Sierra Nevada foothills can help you reverse disease and teach you the most sustainable approach to a healthy lifestyle.

For a limited time we are offering a Free Companion Package (a $2,850 value) for January-March sessions only. Purchase a NEWSTART Classic experience for yourself and bring along a non-medical companion for FREE whether it be your spouse, parent, or sibling! Simply book a standard or premium package for any qualifying NEWSTART Classic 18-day program and you can bring along a non-medical companion for free!

What a gift!
Offer valid for NEWSTART Classic sessions (Standard & Premium packages only) beginning in January-March of 2013 only while supplies last, advance purchase required, not valid for existing reservations. Limit one companion per booking. Not valid with any other discounts, promotions, or existing reservations. Companion package does not include medical services, therapies, counseling which are available for an additional charge. Please mention promotion code SG12.

Pasta Primavera with Tomato or “Cheese” Sauce

Noodles, macaroni, or spaghetti team well with bottled spaghetti sauce and steamed frozen vegetables for a tasty pasta dish.

1. Heat sauce and toss with noodles and cooked vegetables.
2. Use Melted Cheese Sauce for variation.
3. Add a tossed salad with garbanzo or kidney beans for extra protein.

Quote of the Week

"Many have been seeking some rare gift to bestow upon their friends. Will you not, children, bring to Jesus the gift which he prizes above all others—the gift of your heart? While others at the holiday season adorn themselves to please the eye of their friends, will you not seek the adorning which Heaven values—the ornament of a meek and quiet spirit? If we bring to God the first gift, the value of every other is enhanced; for love makes it not merely a passing compliment, but a precious offering. From the softened heart in which the peace of Christ abides, will flow forth sincere wishes, kindly words and
We love hearing from you! We hope you enjoy reading about what God is doing at Weimar. If you have a comment, story, or question, please email us at content@weimar.org.

Have a blessed Sabbath and a happy new week.

Weimar Media Department
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Pasta Primavera with Tomato or “Cheese” Sauce

Ingredients

- 1 c. cooked brown rice noodles
- 1/2 c. non-fat spaghetti sauce
- 1/2 c. fresh or frozen vegetables
- Canned garbanzo or kidney beans (opt.)

Noodles, macaroni, or spaghetti team well with bottled spaghetti sauce and steamed frozen vegetables for a tasty pasta dish.

1. Heat sauce and toss with noodles and cooked vegetables.
2. Use Melted Cheese Sauce for variation.
3. Add a tossed salad with garbanzo or kidney beans for extra protein.

Related Entries

Melted “Cheese” Sauce
Melted “Cheese” Sauce

It's hard to believe, but this is a sauce that will remind you of cheese – and without the cholesterol and animal fat to boot! A delicious sauce to be used anywhere you need melted cheese.

1. Process all ingredients in a blender until very smooth.
2. Add remaining water and process.
3. Pour into saucepan and simmer until thickened, stirring frequently.

Yields 2 1/2 cups.

Tags: Sauces, Diabetic Friendly, Oil Free, Soy Free, Wheat Free, American

Ingredients
- 2 c. water
- 1/4 c. raw cashews or blanched almonds
- 2 oz. jar pimientos
- 3 tbsp. Yeast Flakes
- 2 tbsp. cornstarch
- 1 tbsp. lemon juice
- 1 1/2 tsp. salt
- 1/2 tsp. onion powder or 1 shallot
- 1/4 tsp. garlic powder

Related Entries
- Baked Potato with Broccoli “Cheese” Sauce
- Menu Planning Pasta Primavera with Tomato or “Cheese” Sauce
- Mexican Pizza with Black Bean Puree
- Easy Lasagna
- Butternut Squash Enchiladas
- Mexican Haystacks