Dear Center For,

**HEALTH Summit Registration Ends Tomorrow!!!**

**Friday, the 21st**, is the last day to register! Don't miss this opportunity! [Register Here!](#)

![Health Summit & Alumni Week](http://example.com)

**GYC West is here!**

[GYC West](#) begins today, the 19th followed by ‘HEALTH Summit and Alumni Week’ Sunday, the 23rd. After June, things will be pretty quiet for most of the summer!

**HEALTH update from San Francisco**

This is an update from last week.
Nicky Duncan, one of our Winter 2012 HEALTH graduates who is currently volunteering in San Francisco, writes, "It is so exciting to be a part of the hybrid Operation Blueprint and San Francisco City Missions project! We are in training this week learning more of how important this mission is, how important medical missionary work is, what the game plan is, and meeting with our churches and getting settled in. I had the privilege of visiting my church this week and meeting the pastor and many members. Kristen Pool, a 2013 Massage Therapy graduate from Weimar College, and I work in one of the three Spanish churches. The members are so friendly and welcoming and willing to help us with whatever they could. I look forward to the work here especially since work organized such as ours has never been done before. Please pray that God will bless the work and keep us focused on Christ."

**Road Improvement Project at Weimar**

For the next few weeks there, a group of construction workers will be paving roads for some of the areas on campus and re-paving areas that are really bad. Roads will be paved all the way up to the farm and water tower as well as down the hill past the chapel through the staff homes. It will be so nice to have the roads looking so much nicer around here!

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**Blast from the Past**

Here is an article from June 1984 sharing some student perspectives. Click on the article below for an easier to read copy. If you would like to read more, click on the Bulletin logo to be directed to the Bulletin Archives.
Baked French Fries with Paprika

Here's an oxymoron: baked, not fried. Baking them makes a typically real revolution of the people in the class, and the things they value. One was even looking forward to "my study,"

When the seniors now leaving, it was fit-

Bakery that I knew Weimar had a

I was interested in the health aspect, be-

I have frequently invited our principal and

It's a very acceptable and loving atmos-

Weimar Weekly June 20, 2013

Another health-science major described stu-

In the area of national resilience, much, but people are getting too

I think the environment is healthy.

There are few places where you have

Weimar College is the place.

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unhealthy snack much healthier without losing its familiar, delicious, french fry taste.

1. Wash potatoes and slice lengthwise into 1/2-inch slices.
2. Cut the slices into french fry strips (skin may be left on).
3. Place in a Pyrex baking dish or bowl and sprinkle with salt and paprika to taste. Toss until evenly coated.
4. Place in microwave and cook for approximately 5 minutes, or until tender but not shriveled or dry.
5. Place precooked potatoes on a lightly oiled or lined cookie sheet and bake at 450°F for approximately 15 minutes, or until crispy brown and puffy—watch carefully so they don’t burn.

Nonmicrowave Option: Steam 10 minutes on the stove.

Hint: Potatoes may be baked without precooking in the microwave, thus eliminating step 3. But precooking speeds the baking and results in a nicer texture and appearance.

Option: Lightly brush the potatoes with olive oil before baking, you can also try sprinkling them with spices such as rosemary.

Ready in: about 30 minutes

Serves: 1

Quote of the Week

"The powers of darkness gather about the soul and shut Jesus from our sight, and at times we can only wait in sorrow and amazement until the cloud passes over. These seasons are sometimes terrible. Hope seems to fail, and despair seizes upon us. In these dreadful hours we must learn to trust, to depend solely upon the merits of the atonement, and in all our helpless unworthiness cast ourselves upon the merits of the crucified and risen Saviour.

We shall never perish while we do this, never! When light shines on our pathway, it is no great thing to be strong in the strength of grace. But to wait patiently in hope when clouds envelop us and all is dark, requires faith and submission which causes our will to
be swallowed up in the will of God. We are too quickly discouraged, and earnestly cry for the trial to be removed from us, when we should plead for patience to endure and grace to overcome."

- Testimony Treasures Vol. 1 p107.2

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 Team
Jesse Norris
Q: “What is the biggest health leap I can expect if I attend NEWSTART ProActive?”

A: The leap from here...

NEWSTART ProActive, the all new activity-rich 11-day NEWSTART powered health improvement program you’ve been waiting for! This revolutionary experience is designed for the health-conscious person who wants to lose weight, reach and sustain personal fitness goals, transform his or her diet, avoid or reverse disease or simply live a long healthy life. Just like our world renowned 18-day Classic program, ProActive is physician-monitored, based on scientific research, and established on principles proven to help achieve optimum health.

To learn how you can change your life in just 11-days give us a call at (800) 525-9192 or visit newstart.com

NEWSTART for Pastors!

Limited time! Pay up to restore your pastor. Your pastor attends free when two or more members book. 2013 ProActive sessions only.

Advance purchase required, not valid for existing reservations. Limit one redemption per customer and not valid with any other discounts, promotions, or existing reservations. Discount cannot be applied towards taxes or medical fees.
Baked French Fries with Paprika

http://newstartclub.com/recipe/1246

Here's an oxymoron: baked, not fried fries. Baking makes a typically unhealthy snack much healthier without losing its familiar, delicious, french fry taste.

**Ingredients**

- 1 large russet baking potato (per serving).
- salt and paprika, to taste

**Instructions**

1. Wash potatoes and slice lengthwise into 1/2-inch slices.
2. Cut the slices into french fry strips (skin may be left on).
3. Place in a Pyrex baking dish or bowl and sprinkle with salt and paprika to taste. Toss until evenly coated.
4. Place in microwave and cook for approximately 5 minutes, or until tender but not shriveled or dry.
   
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**Tags:** Entrées  Diabetic Friendly  Gluten Free  Nut Free  Soy Free  Wheat Free  American  Michelle Irwin