

HealthWorks

A bi-monthly newsletter published by the Health Ministries Department of the North American Division

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BIG WINNERS



The Gobles Junior Academy winners (left to right): Brandon Redmon, Laurie Neal, Michelle Boothby, Emily Whitcomb, Caitlin Elder, Allison Dorich, Carrie Rossenberg, Laura Eastman, Darrell Mahrle, Rob Boothby, Ben Crooks and Paul Wright.

How is it that Gobles Jr. Academy, a little country school in southwestern Michigan became the big winner in last year's Student Healthy Lifestyle Contest? The 10-grade school with only 54 students walked away with \$2,000 in total prize money after placing first in the skit contest and taking two seconds and a third in the poster contest.

English teacher Renee Coffee gives all the credit to her very talented students. But she also admits that she enjoys the competition as much as they do.

"In Michigan we have a great program called LIFT (Lifestyle Improvement for Teens). Students in grades 7 through 10 attend a 3-day workshop where they have a chance to learn not only about topics such as drug prevention, nutrition and exercise, but they also can try their hand at drama or leading out in song services. The grand finale is Talent Air Lift where each school presents a skit that focuses in on one area of better living. I've been writing skits for my students for nearly 10 years. When I was in academy, I always entered temperance contests. And now as an adult, I like to get my students involved."

But Renee's interest in better living started years before that, when she was in elementary school. "Each year our teachers would pass out temperance pledge cards. Those little cards made a big impression on me and helped me stay away from alcohol and cigarettes.

I'm hoping that my students will also be inspired to avoid anything that would detract from the quality of their lives."

Renee believes that getting students involved in teaching others is the best way for them to internalize good principles.

"A few years ago I wrote a skit that illustrates different ways kids can say no when they are in situations they aren't comfortable with. I took my class "on the road" and in two years we performed before more than 2,000 elementary and junior high students. It was an experience that my class will never forget. And hopefully they'll practice what they 'preached'."

A few days ago Renee got some news about Gobles' graduates who are now attending a senior academy. "Their boarding school just held its own healthy living contest. Their winners will be sent on to compete in the Student Healthy Lifestyle Contest. The good news is that my former students won 1st and 2nd in skits, 1st and 2nd in speeches, 3rd in essays and 1st in posters. The bad news is that my present students will have to work a little harder because we exported some stiff competition!"

A Precious Gift from God

The PRIDE Survey is the nation's largest independent study of adolescent drug use. Over 75,000 students in grades 6 through 12 were surveyed. One of the key findings of this year's survey showed that the number of students who drink alcohol (52.1 percent) and smoke cigarettes (34.9 percent) is at the lowest point in 13 years. While this may be cause for rejoicing in some circles, it certainly does not make me happy. These numbers show that over half of young children are drinking alcohol in some form and over a third are smoking cigarettes. Our goal is to challenge students to be drug free for life.

Another interesting finding showed that students were less likely to use drugs if their parents talked to them about drugs (18.8 percent) vs. those whose parents do not (34.5 percent) and students whose parents set clear rules about family standards were less likely to use (15.7 percent users) than those who never got clear rules from parents (44.4 percent users).

Many times teachers stand in the place of parents. They are the ones who talk to the students about tobacco alcohol and other drugs. They are the ones that explain the rules of health. The North American Division Health Ministries Department is once again sponsoring the Student Healthy Lifestyle Contest. We feel that the contest gives the students an opportunity to think about tobacco, alcohol and other drugs. Many times they will consult with their parents about their project and about the reasons for not using. As mentioned above when they get clear guidelines and clear rules their chances for being an abstainer are higher.

This year we are offering the same four categories: posters, essays, skits and orations, and computer-generated graphics. We have looked at the prizes given in other contests and the prizes we offer are larger than most contests.

I recently sat on a plane next to a lady who was holding a baby. For a while the baby was asleep but shortly she awoke. It was then I noticed that she was a fetal alcohol baby. Her face bore the unmistakable marks of a mother who drank alcohol while she was pregnant. A mother had condemned her baby to a life of misery and low achievement—for life. She probably reasoned that one or two drinks would not hurt her. But her child would forever suffer from her decision.

The media spend millions of dollars each day to promote a false idea of glamour. Our budget can never match theirs. But with the power of the Holy Spirit and the wisdom of leaders and parents like you we can show our students that their bodies are the temple of the Holy Spirit. We hope that you promote this contest with great seriousness.

A mind is a terrible thing to waste. Our health is a terrible thing to waste. Our health is a precious gift from God. Thank you for all you have done in the past and we look for your help again this year.

DeWitt S. Williams, EdD, MPH, CHES
Health Ministries Director, North American Division



Michigan Conference

Students from three Michigan Conference Schools recently secured prizes that totaled \$4,600 in the *Student Healthy Lifestyle Contest*.

"Michigan Conference won more prizes than any of the conferences in the North American Division," states Dr. DeWitt Williams, Health Ministries Director of the NAD. "I salute the Education Department leaders for promoting the *Student Healthy Lifestyle Contest*."

The Michigan Conference leadership has placed an importance on the temperance message with its youth. The LIFT (Lifestyle Improvement for Teens) Retreat is held annually at Camp Au Sable in Grayling, Michigan. Nearly all of the contest winners have attended this retreat.

We can be proud of our young people—not for just winning a contest, but for making lifelong choices to treat their bodies as God's temple.

Submitted by Bill Reinke
Associate Superintendent of Schools
Michigan Conference of SDA

Oklahoma Conference

Parents, teachers, and students alike beamed with pride as name after name was read from the list of winning applicants for the *2001 Healthy Lifestyle Contest*. Oklahoma students were represented in three out of four categories, and every grade level was covered.

Of the seven schools in the Oklahoma Conference, four of them produced winners (See page 4.)

Praise the Lord for our youth, the leaders of tomorrow, taking such heed to our health message and sharing it with others. Oklahoma is on a roll, and extending many prayers of blessings to all those entering the contest in 2002!

Incentives for Healthy Lifestyles

For the past three years, the North American Division Health Ministries Department has been sponsoring the Student Healthy Lifestyle Contest to encourage young people in grades 1 through 12 to live healthy, drug-free lives. The contest presents a variety of options for those who enter. Submissions can be in the following areas: posters, essays, video products and computer presentations. Each contest area can have winners in the grade groups: 1-4; 5-8; 9-12.

The contest is currently in progress for the 2001/2002 school year. The final date for entry submission will be April 15, 2002. The contest materials have been mailed to every school, Conference Education office, Health Ministry and Pathfinder Departments. All winners from last year received their prize checks during June, 2001. The prize money of \$13,200 was shared equally between the schools and the winning students.

The prize money helped to provide incentives for all those who decided to submit an entry. However, the greater benefit comes from the study and research and decisions to enjoy the Adventist lifestyle. It is the responsibility of the Seventh-day Adventist church to do everything possible to pass on our beliefs on the use of alcohol, tobacco and other drugs. It is the purpose of the contest sponsors to help the church maintain its ideals.

The national contest awarded prize money to 31 contestants on the Division level and, of course, there were many more winners when the entries were judged on the school and conference levels. Hundreds have been involved this year since many of the video and computers were submitted by groups. For more information, contact the contest coordinator or visit www.nadadventist.org/hm.

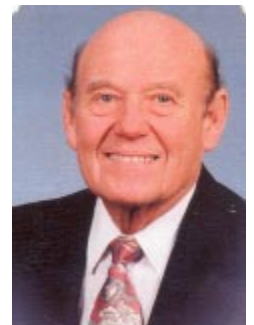
All schools and churches should plan a special promotional program when the contest can be explained and young people encouraged to sign the special pledge card. Pledge cards may be obtained from AdventSource (1-800-328-0525) or Health Connection (1-800-548-8700).

“From the light God has given me, every member among us should sign the pledge and be connected with the temperance association.”

Temperance, p. 220

“From the light God has given me, every member among us should sign the pledge and be connected with the temperance association.” *Temperance*, p. 220. Many today still remember signing the temperance pledge, although it was years ago. They state that the pledge-signing help them to steer a safe course.

Although the contest has been sponsored jointly by the Education and Health Ministries Departments of the North American Division, as well as LISTEN/WINNER magazines, the contest costs have been borne totally by the Health Ministries Department. More funds are needed to greatly expand the reaches of the contest. It would be impossible to measure the full benefit of the contest on the lives of Adventist youth. In the final analysis, the contest doesn't cost. It pays in safeguarding the character and lives of our youth.



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\$10⁰⁰ plus shipping



Student Healthy Lifestyle Contest Winners, 2000-2001



North American Division Health Ministries

POSTER WINNERS

..... Grades 1-4	1st Courtney Kendrick	Dallas Adventist • Oregon Conference • North Pacific Union
	2nd Jinea Ahn	Richmond Academy • Potomac Conference • Columbia Union
	3rd Audrey Weber	Bristow Jr. Academy • Oklahoma Conference • Southwestern Union
..... Grades 5-8	1st Sierra Cobb	Grand Island Elementary • Kansas-Nebraska Conference • Mid-America Union
	2nd Alaina Elder	Gobles Jr. Academy • Michigan Conference • Lake Union
	3rd Christie Boothby	Gobles Jr. Academy • Michigan Conference • Lake Union
..... Grades 9-12	1st Renee Guthrie	Great Lakes Academy • Michigan Conference • Lake Union
	2nd Michelle B. Boothby	Gobles Jr. Academy • Michigan Conference • Lake Union
	3rd Trisha Herscher	Roseburg Jr. Academy • Oregon Conference • North Pacific Union

ESSAY WINNERS

..... Grades 1-4	1st Coley Gunderson	Madison Elementary • Kentucky-Tennessee Conference • Southern Union
	2nd Danelle Helms	Ketchum Jr. Academy • Oklahoma Conference • Southwestern Union
	3rd Charlotte Dzul-Garcia	Ketchum Jr. Academy • Oklahoma Conference • Southwestern Union
..... Grades 5-8	1st Amanda Wageman	Boise Valley Academy • Idaho Conference • North Pacific Union
	2nd Kevin Russell	Beaver Valley Academy • Oklahoma Conference • Southwestern Union
	3rd Bryndle Fleming	Livingstone Jr. Academy • Oregon Conference • North Pacific Union
..... Grades 9-12	1st Kelsey Hartford	Roseburg Jr. Academy • Oregon Conference • North Pacific Union
	2nd Janelle Peterson	Great Lakes Academy • Michigan Conference • Lake Union
	3rd Andrew Short	Tulsa Academy • Oklahoma Conference • Southwestern Union

VIDEO SKIT WINNERS

..... Grades 1-4	1st Jackie Medina	Kerrville SDA School • Texas • Southwestern Union
..... Grades 5-8	1st James Scott, Jill Scott, Nick Clough & Shaina Clough	Cookeville Christian School • Georgia-Cumberland • Southern Union
	2nd Drama Club	Grand Rapids Jr. Academy • Michigan • Lake Union
	3rd Jeremy Oliver & Sanjan Swamidass	Windsor Adventist School • Ontario Conference • Canadian Union
..... Grades 9-12	1st Brandon Redmon, Laurie Neal, Michelle Boothby, Emily Whitcomb, Caitlin Elder, Allison Dorich, Carrie Rossenberg, Laura Eastman, Darrell Mahatle, Rob Boothby, Ben Crooks & Paul Wright	Gobles Jr. Academy • Michigan Conference • Lake Union
	2nd Jeremy Hess	Great Lakes Academy • Michigan Conference • Lake Union
	3rd Phil Trent & Todd Fox	Great Lakes Academy • Michigan Conference • Lake Union

COMPUTER GENERATED PRESENTATION WINNERS

..... Grades 5-8	1st Brock Mayer	Beaver Valley Academy • Oklahoma Conference • Southwestern Union
	2nd Raj Swamidass	Windsor Adventist School • Ontario Conference • Canadian Union
	3rd Debra Gill	Beaver Valley Academy • Oklahoma Conference • Southwestern Union
..... Grades 9-12	1st Kelsey Belcourt	Silver State Academy • Nevada-Utah Conference • Pacific Union
	2nd Sarah Tyman	Silver State Academy • Nevada-Utah Conference • Pacific Union
	3rd Juliana Hayton	Roseburg Jr. Academy • Oregon Conference • North Pacific Union



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