

HealthWorks

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

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LET'S START A

Wellness Epidemic

22 Twenty-two people braved the snowy, icy weather to attend the second organizational meeting of the Adventist Health Network held at Columbia Union College, Takoma Park, Maryland. After introductions, Dr. DeWitt Williams passed out a form which discussed the reasons for calling the group together.

There are approximately 90 Adventist churches within 25 miles of the General Conference headquarters building. But instead of working together on health issues the churches are separated by three conferences: Allegheny East, Potomac, and Chesapeake. They are further separated by three geographic and administrative areas: Virginia, Maryland and the District of Columbia.

Then there are the separations of racial and cultural differences. "The Adventist Health Network will be an attempt to tear down the walls of place, taste, face, race and grace and impact the cities of Baltimore, Washington and surrounding areas with better health," Williams said. "Church leaders retire, are switched to other positions, and often have little interest and finances in this area of ministry. We need a group of volunteer, lay health professionals that will impact these cities through marketing, training, and resource services on a constant basis," he explained.



After much discussion and input, several committees were set up. The steering committee would draw up a constitution, define qualifications for officers and outline short-term and long-range goals and projects. It was to also investigate how to set up

a 501(C)3 organization that can receive grants; a media and communication committee, to explore the establishment of a website and a newsletter; update the roster of the 90 churches in the area, and develop a calendar of events.

A final committee was to explore ways Adventists could become involved in political action and advocacy and faith-based initiatives.

Dr. Al Bacchus closed the session by discussing a program he had developed on starting a wellness epidemic. Just as germs touch each other and infect healthy cells, Christians should be able to touch others, their homes, churches and communities with our healthy lifestyles and inspire them to become healthier. "More powerful than SARS and AIDS would be the epidemic caused by this group," he said.

Now, seven months later, the Adventist Health Network has a constitution, a board, a president and an executive director, and is moving towards the goals that it has formulated. More than 45 members regularly attend the meetings.

[Continued on page 2](#)

Wellness Epidemic Continued

Attorney Ron Wylie has been selected as the executive director for the new organization. Wylie also heads up the Adventist Community Services of Washington, DC, and sees the partnership as a wonderful joint venture to do big things in the community.

Dr. Jim Sharps, a member of the Atholton church, was selected as the president of AHN and proposed several introductory goals and priorities which the board had delineated:

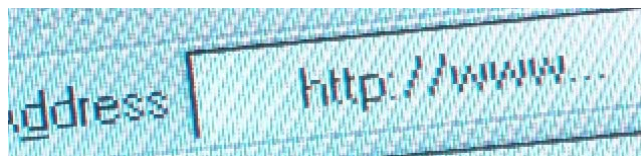
- 1 Coordinate with Hospice to establish a niche and value added linkage with the community;
- 2 Link with Food and Friends, a six-million-dollar, 1,100-client, free food and meal community-based program;
- 3 Secure the services of two interns from Columbia Union College to focus on AHN programs and initiatives;
- 4 Develop a liaison with Adventist Health Services and Washington Adventist Hospital;
- 5 Pilot the Christ-centered wellness program developed by Dr. Al Bacchus among the constituent AHN churches;
- 6 Organize a city-wide Health Fair;
- 7 Work with the constituent churches to increase participation in Adventist Health Study 2, being promoted by Loma Linda University; and
- 8 Continue to set up the calendar of health activities of the 90 churches.

“Churches are doing outstanding things and nobody else knows what they are doing. If somebody is conducting a vegetarian cooking school, all 90 churches should know about and promote it in their community,” says Dr. Sharps.

“The Network meets every six weeks,” says Pastor Ray Nelson, Vice President of the group, “and the board even more frequently. It requires a lot of extra work and commitment of our time, but we are excited as we see God leading us in a united fashion here in the nation’s capital.”



Online Executive Master of Public Health degree



Loma Linda University School of Public Health is pleased to announce a new blended distance learning program which will start August 2004, pending approval from the Western Association of Schools and Colleges.

The Online Executive Master of Public Health degree program with a major in Public Health Practice will take three years to complete. There will be on-campus intensive courses and meetings with your advisor for two weeks each August and there will be online courses in the fall, winter and spring quarters each year which you will complete in the convenience of your home. Orientation for accepted students will begin on-campus with a reception, Sunday evening August 8, 2004.

This time on campus will allow you to:

- Plan a program of study with your advisor that will fit your needs as closely as possible.
- Complete 6 units of course work.
- Become familiar with the computer technology used in the online courses.
- Get to know your fellow students and faculty.

The Distance Learning MPH can be of great benefit to you as you develop skills and understanding to enhance your contribution to Public Health.

If you would like an application package mailed to you please email **Venice Brown** (vbrown@sph.llu.edu) with your mailing address and a package will be sent to you.

For more information on this program please check **LLU’s Distance Learning website**: <http://www.llu.edu/llu/sph/dl/mphphp.html>. If you have any questions please e-mail **Dianne Butler** (dbutler@sph.llu.edu) or **Dr. Christian Neish** (cneish@sph.llu.edu), the Associate Dean for Academic Affairs.

Promoting Temperance

We want to salute the winners, and the schools who participated in this year's Student Healthy Lifestyle contest. We just finished judging hundreds of entries from schools all across the United States and Canada. The four categories were essays, speeches, computer graphics, and posters.

The Health Ministries Department spends a lot of money on this contest each year—\$11,000 on prizes alone, and a similar amount on advertising and promotion. We promote it in our schools and education system but the Health Ministries Department foots the entire bill. We've dropped the name "Temperance" from our department name, but we are still committed to temperance. Temperance saves hundreds of young people from throwing away their lives. It saved me.

Through this contest our church passes on a heritage of life and health to our young people. One of the best gifts my parents gave me was a lifestyle of self control and abstinence. It's a terrible thing for me to see a young person throw his/her life away on alcohol, tobacco, or other drugs.

One part of the contest is signing the temperance pledge. We know when people sign a health contract, they're more likely to follow through. Someone who wants to lose weight and signs a contract with the details, loses more weight. A person who begins an exercise program and signs a contract puts in more miles. Signing the pledge works. Also, when people have to promote an idea, through an essay or a poster they come to believe in it, or more so if they didn't before.

Last year this contest was opened to all schools who wanted to participate—even those not in the Seventh-day Adventist school system. And we had some winners for the second year from the Baltimore Public School system! We encourage everyone to participate.

The list of this year's winners is on page 4. We hope to see your entries next year! For more information, check our web site.



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



As seen on 3ABN!

As 3ABN viewers know, there's a lot of fun in the kitchen when Linda, Cinda, and Brenda get together to cook! Long a television favorite, this trio of sisters has produced a vegan cookbook that is just as much fun to use as they are to watch.

The Micheff sisters bring new life to vegan menus in this enticing collection of animal-product-free foods. Vegans will appreciate their creative and inventive approach, and even non-vegans will get loads of new ideas for rich-tasting and delicious meals. Whether you're looking for a way to tempt the palate of a loved one on a restricted diet or you're making a picnic for a crowd, this collection of more than 200 recipes delivers luscious food every time, without the saturated fat and extras calories of animal products.

About The Authors

The Micheff sisters were raised vegetarians. Their mother had them in the kitchen preparing meals as soon as they could walk. Today, Linda cooks for large groups and youth camps, and Brenda and Cinda are both registered nurses with their own catering businesses. The Micheff sisters have conducted numerous vegetarian cooking schools, and they started taping cooking programs seven years ago at Three Angels Broadcasting Network. The sisters are also involved in hosting and producing *Tiny Tots for Jesus* and *Kids Time*, children's television programs on 3ABN. Both programs encourage kids to cook and have fun in the kitchen.

You may order this cookbook online at www.AdventistBookCenter.com.

2003-2004

STUDENT HEALTHY LIFESTYLE CONTEST WINNERS

NORTH AMERICAN DIVISION HEALTH MINISTRIES

1st, 2nd and 3rd Place Winners

POSTER:

Grades 1- 4	1 st	Prentiss Sorrells, II	F.H. Jenkins Elementary School • South Central Conference • Southern Union
	2 nd	Ian Carter, II	Perrine Seventh-day Adventist School • Southeastern Conference • Southern Union
	3 rd	Tori Jean Ellis	Tulsa Adventist Academy • Oklahoma Conference • Southwestern Union
Grades 5-8	1 st	Taylor Mayer	Beavers Adventist Academy • Oklahoma Conference • Southwestern Union
	2 nd	Eric Milam	Mid-Columbia Adventist School • Oregon Conference • North Pacific Union
	3 rd	Christy Boothby	Gobles Jr. Academy • Michigan Conference • Lake Union
Grades 9-12	1 st	Nolan Shockey	Beaver Adventist Academy • Oklahoma Conference • Southwestern Union
	2 nd	Tim Sanders	Gobles Jr. Academy • Michigan Conference • Lake Union
	3 rd	Alissa Booher	Puget Sound Adventist Academy • Washington Conference • North Pacific Union

ESSAY:

Grades 1-4	1 st	Michaelia DeSilva	Perrine Seventh-day Adventist School • Southeastern Conference • Southern Union
	2 nd	Ian Carter, II	Perrine Seventh-day Adventist School • Southeastern Conference • Southern Union
	3 rd	Kelsey Henson	Ketchem Adventist Academy • Oklahoma Conference • Southwestern Union
Grades 5-8	1 st	Jeffrey Isaac	Breath of Life Adventist School • South Central Conference • Southern Union
	2 nd	Marcus Anderson	Boise Valley Adventist School • Idaho Conference • North Pacific Union
	3 rd	Jessica Axe	Gobles Jr. Academy • Michigan Conference • Lake Union
Grades 9 – 12	1 st	Staci Shepard	Gobles Jr. Academy • Michigan Conference • Lake Union
	2 nd	Jerrica A. Goodrich	Gobles Jr. Academy • Michigan Conference • Lake Union
	3 rd	Matthew Mihm	Gobles Jr. Academy • Michigan Conference • Lake Union

SPEECH, VIDEO or SKIT:

Grades 1-4	1 st	Josiah Charles	Perrine Seventh-day Adventist School • Southeastern Conference • Southern Union
	2 nd	Corrinne Queen	Cecil Elementary Public School # 7 • Baltimore City, Maryland
	3 rd	Eli Tscheech	Fox Valley Seventh-day Adventist School • Wisconsin Conference • Lake Union
Grades 5-8	1 st	Audrey Weber	Bristow Adventist School • Oklahoma Conference • Southwestern Union
	2 nd	Matthew East	Bristow Adventist School • Oklahoma Conference • Southwestern Union
	3 rd	Erin Hotchkiss	Laguna Niguel Adventist School • Southern California Conference • Pacific Union
Grades 9-12	1 st	Audrey Briseno	Great Lakes Adventist Academy • Michigan Conference • Lake Union
	2 nd	Kristen Milligan	Mid-Columbia School • Oregon Conference • North Pacific Union
	3 rd	“Sugartime”	Gobles Jr. Academy • Michigan Conference • Lake Union

COMPUTER-GENERATED PRESENTATION:

Grades 5-8	1 st	Dantonie Moye & Jordan Brooks ..	Cecil Elementary Public School #7 • Baltimore City, Maryland
	2 nd	Jenifer Parker	Laguna Niguel Adventist School • Southern California Conference • Pacific Union
	3 rd	Devon Henry Carter	Perrine Seventh-day Adventist School • Southeastern Conference • Southern Union
Grades 9-12	1 st	Aprille Sagel	Parkview Adventist Academy • Oklahoma Conference • Southwestern Union
	2 nd	Preston Litchfield'	Parkview Adventist Academy • Oklahoma Conference • Southwestern Union
	3 rd	Emily Fisher	Tulsa Adventist Academy • Oklahoma Conference • Southwestern Union

Honorable Mention (no monetary compensation)

POSTER:

Grade 3	Shomari White	F. H. Jenkins Elementary School • South Central Conference • Southern Union
Grade 4	Jessie Strohauser	Gobles Jr. Academy, Michigan Conf., Lake Union
Grade 4	Kaitlyn Rogers	Midland Adventist Academy • Kansas-Nebraska Conference • Mid-America Union
Grade 6	Shelbi Crouch	Midland Adventist Academy • Kansas Nebraska Conference • Mid-America Union
Grade 6	Amy Gil	Salisbury Adventist School • Carolina Conference • Southern Union
Grade 7	Taylor Mayer	Beavers Adventist Academy • Oklahoma Conference • Southwestern Union
Grade 9	Michelle Roderick	Great Lakes Adventist Academy • Michigan Conference • Lake Union
Grade 10	Mikki Eastman	Gobles Jr. Academy • Michigan Conference • Lake Union
Grade 10	Staci Shepard	Gobles Jr. Academy • Michigan Conference • Lake Union
Grade 11	Wes Pack	Beavers Adventist Academy • Oklahoma Conference • Southwestern Union
Grade 12	Rebekah McClair	Sandy Lake Academy • Maritime Conference • Canadian Union
Grade 12	Ania Skykanyuk	Great Lakes Adventist Academy • Michigan Conference • Lake Union
Grade 12	Amber Johnson	Great Lakes Adventist Academy • Michigan Conference • Lake Union

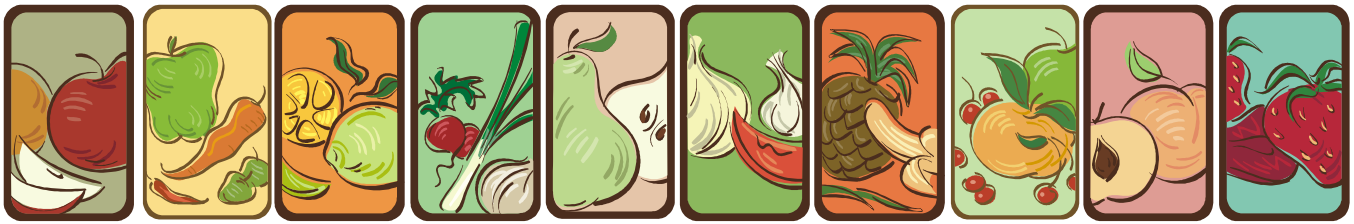
SPEECH, VIDEO or SKIT:

Grade 1- 4	Group Presentation	Gobles Jr. Academy • Michigan Conference • Lake Union
Grade 7	Eric Milam	Mid-Columbia Adventist School • Oregon Conference • North Pacific Union
Grade 9	Rico Nakashima	Hawaiian Mission Academy • Hawaii Conference • Pacific Union

COMPUTER-GENERATED PRESENTATION:

Grade 6	Mary Fisher	Bristow Adventist School • Oklahoma Conference • Southwestern Union
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Meatless Fast & Simple Cookbook



The *Meatless Fast and Simple Cookbook* is another innovative and fun approach to cooking from Debi and Jim Pedersen, authors of *The Meatless Easy-Oven Cookbook*. Dozens of the time-efficient and scrumptious recipes are grouped by appliance, so the cook who's short on time can know at a glance what to make on the stove top, in the blender, on the grill, etc.

The Pedersens have developed and chosen these recipes with ease in mind, striving to be practical yet unique at the same time. Try a "Tangy Spinach Dip" in the blender, "Herbed Steak Kabobs" on the grill, "Sweet-and-Sour Baked Beans" in the microwave, and finish with "Fruit on a Pillow" chilled to perfection in the freezer. Who knew cooking could be so much fun!

About the Authors

Debi and Jim Pedersen, residents of California's Napa Valley, work side-by-side in the kitchen with their mutual passion for the culinary arts. They particularly enjoy creating and experiencing the cuisines of California and the Mediterranean. Parents of two daughters, they also authored the *Meatless Easy-Oven Cookbook*. Order from: www.AdventistBookCenter.com

*Who knew cooking
could be so much fun!*

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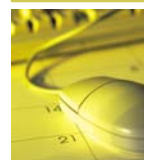
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mark your calendar

for these upcoming health ministries-related events

July 16, 2004: Regeneration Ride begins in Metairie, Louisiana and ends on August 6 at Pioneer Memorial SDA Church, Andrews University. FMI contact Reg Burgess (regburgess@earthlink.net).

September 22-26: Health Summit West. FMI visit www.plusline.org and click on Event Registration, then on Health Summit West.

November 18: The Great American Smoke-Out

December 1: World AIDS Day

January 30-February 5, 2005: Health Summit in Orlando, Florida