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Andrews University Passion Play organizers Announce Schedule Change

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Hinsdale CHIP celebrates fifth graduation

Illinois—Nov. 4, 2012, marked Hinsdale's fifth CHIP (Complete Health Improvement Program) graduation. In the Fall 2012 program, there were 11 new participants and four alumni repeaters. To date, there are 47 graduates, with 40 percent of the participants being new contacts from the community.

According to Debbie Ward, CHIP director, "During our most recent program, everyone lost weight, an average of six pounds lost per person. Everyone walked and increased physical activity. Collectively, the group of 15 participants expended the equivalent of 1,753 miles of physical activity during the program."

Dan Maletin, a former CHIP graduate and class repeater, cycles often and reported riding 328 miles during the five-week program. He also lost the most weight. Three participants dropped their cholesterol level by 10 to 24 percent. Three people dropped their LDL cholesterol by 11.8 to 32.7 percent. (High levels of LDL in the blood can put a person at greater risk for heart disease or a heart attack.)



From left: Graduates of Hinsdale's Fall 2012 CHIP program are (front row): Louise Thompson, Linda Gabriel, Luivina McCash, Shelley Maletin; (middle row): Dympna Regan, Maria Goldstein, Debbie Ward (CHIP director), Alyce Barnicle; (back row): Jon Goldstein, Cecelia Littlefield, MaryAnn Lespinasse, Pamela Bosterud and Dan Maletin. Not pictured: Jim Porter, Dorothy Kozimor and Theresa Barnicle.

Triglycerides is another fat found in the bloodstream, and can contribute to hardening and narrowing of the arteries. One individual dropped her level of triglycerides by 60 percent. Blood pressure also dropped for most individuals.

The new, updated CHIP+ program was unveiled at the CHIP Summit in December 2012. The program will be 12 sessions plus four alumni sessions to help support participants in their newly-learned lifestyle changes. Globally, CHIP's goal is to expand by more than 500 new programs and 11,000

new participants annually. Another CHIP goal is to highlight the Adventist Church as a Center for Health and Hope in the communities served.

The next Hinsdale CHIP program will start in March. If interested in helping or learning more about this program, contact Debbie Ward at 630-403-8095 or email hinsdalechip@gmail.com.

Dorothy Deer, communications leader, Hinsdale Church, as shared by Debbie Ward, RD, LDN, Hinsdale CHIP director

[UNION NEWS]

Andrews University Passion Play organizers announce schedule change

Michigan—Now in its tenth year, the 2013 Andrews University Passion Play will be offered two days — Saturday, April 6, and Sunday, April 7. This marks a significant scheduling change, moving the Passion Play from Easter Sunday, March 31, to the first weekend in April.

"There have been years when Easter weekend fell immediately before or after Spring Break, finals and even graduation, making it very challenging schedule-wise for the hundreds of students, staff and



faculty volunteers for Passion Play," says Japhet De Oliveira, University chaplain and Passion Play producer. "Likewise, Easter weekend can be a very busy time for families. We'd like to see this scheduling change provide new opportunities for members of the community to experience the Andrews University Passion Play."

Also new to the 2013 Passion Play are smaller group rotations. "The Passion Play tells an incredibly powerful story, but if you are lost in a sea of people, you

can feel disconnected and even miss key parts of the story," says De Oliveira. "We will be limiting each group rotation to 300 in order to create a more personal experience for each person who attends. To add to the ambiance of the Passion Play, while also helping with crowd control, we'll have Roman guard checkpoints where wristbands will be checked to ensure guests are traveling with their assigned 'tribe.'"

Passion Play wristband reservations open March 1. Wristbands will be available for pick-up at the first scene and can be reserved online for free at <http://www.andrews.edu/passionplay>. Reservations are required.

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