

## Huge crowd views transit of Venus

*Taking advantage of a once-in-a-lifetime opportunity*

An estimated 500–600 people stopped by the roof of Price Hall in the Science Complex on Tuesday, June 5, to view the transit of Venus as it moved across the sun. The event was coordinated by Kelly Youngberg, staff for the Seminary's DMin program and a dedicated attendee to the Andrews Observatory's night-sky observing sessions.

Two high-powered telescopes with solar filters were set up to accommodate the long lines of people anxious to take advantage of this rare opportunity when Venus passed directly between Earth and the Sun. The entire transit lasted about six hours.

A few knowledgeable faculty were also on hand to answer questions.



## First-ever Health & Fitness Symposium

*Practical workshops, demonstrations and lectures*

Andrews University hosted its first Health and Fitness Symposium: Connect & Inspire to Share, from May 10–13, 2012. The symposium featured a variety of presentations and seminars as well as practical workshops and poster presentations. Fittingly, the theme for the symposium was “Connect & Inspire to Share.”

“Many people in our society and community are facing difficult situations because of their health and lifestyle,” said Dominique Wakefield, assistant professor and director of Fitness & Exercise Studies in the Department of Nutrition & Wellness. “Many of the answers to the problems we face today can be found within health, fitness and wellness.” The goal of the symposium was to educate people on key topics in health and fitness so they could spread those same concepts to those around them.

The symposium featured an impressive lineup of keynote presenters, including Monica Reed, a co-author of CREATION Health Discover; God's Guide to Health and Harmony. She spoke about each letter of the acronym CREATION, which stands for Choices, Rest, Environment, Activity, Trust in Divine Power, Interpersonal Relationships, Outlook and Nutrition.

“I found a little take-away tip in just about



Maggie Hernandez, assistant professor of nutrition, presented “Refueling the Vegan Way”

every session I attended,” said Tari Popp, one of the Symposium participants. “I made the right choice when I decided to sign up and I hope to see this become an annual event.”

In addition to the lectures, attendees participated in practical workshops dealing with topics such as circuit training, eating vegan, the use of kettlebells, and running at your best. Maggie Hernandez, assistant professor of nutrition, presented “Refueling the Vegan Way.” She focused on a few ways to get protein back into your body following a workout. She prepared a few varieties of vegan smoothies and dips. Peter Pribis, associate professor of nutrition & wellness, and Ryan Atkins, an Andrews student, teamed up to lead a break-out session on using kettlebells.

## International Food Fair

*National pride was obvious throughout the event*

