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GET READY FOR THE WORLD

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JOE RIVERA

His Cup Runneth Over

A series of tragic accidents lead to a new home and renewed hope. A must-read if you think your life is hard.

NINA MARIE’S GREAT ADVENTURE

A portrait of an artist as a young woman. Her journey from one of the nation’s premiere art colleges took her to places she didn’t want to be, but she came to see that God had a plan for her all along.

MIRACLES STILL HAPPEN

See how God is using miracles to write new testaments in the lives of Christians today.
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Cover photo by Ben Steenson
Art direction by Victor Mills
BEHIND THE SCENES

For more Envision highlights and our latest blog, please check out envisionmagazine.com
'The Incredible Lightness of Being'

‘The Incredible Lightness of Being’ is the title of a 1988 film that I have never seen nor, for that matter, ever particularly wanted to. Yet, that title has always intrigued me as being both beautifully creative and creatively beautiful. It brings to mind words found mainly on college prep tests; words like ebullience, effulgence, coruscation and gossamer. The title is indeed beautiful, creative, and unique, and yet has always struck me as also being oddly incomplete. The incredible lightness of being what or who? And that has always been the problem; the sense that something was missing that would “solve” that phrase and give it meaning.

Ironically, I can remember all too well when, as a young person, my life was exactly like that phrase. There was this acute sense that grand vistas of incredible existence lay before this trembling young Jamaican girl that I was then. But there was something oddly missing from my phrase. There was a sense that my life was coming to that certain point that random athletes lined up at starting lines know so well; that moment when you’ve already heard, “Get ready!” and you’ve already heard “Get set!” And so you wait with a sort of confident insecurity for the voiced “Go!” to end the waiting and give permission for the active phase of your striving to begin. Many young people know that feeling very well. The waiting, the nervousness, the confidence, the not yet fully spread wings of that incomplete phrase. The incredible lightness of being...

In this fourth issue of Envision you’ll encounter several young people who, like myself, attempted to complete that phrase. Not always well. Some attempted the incredible lightness of being popular or the incredible lightness of living life with exuberance only to become engulfed in that incredible darkness the world often grants its adherents. Some tried the incredible lightness of relationship or success or even indifference only to discover an opaque, dulling film over their lives. For instance, as you read our cover story on Joe Rivera you will find that sometimes that “incredible lightness” can be, but for the grace of God, almost overcast by grief that is unexpected. Circumstances sometimes threaten to overwhelm us and eclipse the light. But for the grace of God...

I have come to know that the movie title, that incomplete phrase, and even our very lives need not remain incomplete. Pouring over the galleys for Envision I sometimes cannot help but recognize that unsure, yet wide-eyed young Jamaican girl standing amid the pages. Of course, I wish I’d known then what has made all the difference. Don’t put all your young effort into the incredible lightness of being. That is, at best, incomplete. Strive always for the incredible lightness of being...God’s child.

Debbie Michel
Associate Professor
Andrews University Dept. of Communication
Envision magazine brings two great things. It gives the public amazing stories of people across the globe, and shares enlightening information to take with us on our journey. And most importantly, it provides students with actual real world experience in the field of publishing. It’s important for students to have a portfolio to show what they are capable of when ‘selling’ their skills for internships and jobs. It’s an invaluable asset to say, ‘My writing has been published. Take a look.’ Potential employers want to know that they can perform on the job... Envision magazine gives students that asset.

—David Baldwin Barnes, Co-Founder/Managing Partner of SOLVE

When I read about Envision in the current issue of Focus, a word of congratulations seemed in order. You are on the cutting edge of the communications industry, which is speeding into the electronic age... I’ll be cheering for your success in a world of changing technology in the communication world.

—Warren L. Johns, Esq. (ret.)


—Lael O. Caesar, Ph.D, Associate Editor, Adventist Review and Adventist World magazines

I was reading a past copy, I think it was the first, with a friend of mine because one of the articles I remembered was useful to his situation, and was wondering what is happening with the past editions presently. Do you still seek to get reimbursement from them or would you be willing to distribute the old versions electronically for free to promote the present publication? If so, I could really make use of the old editions in PDF.

—Branden Stoltz, Seminary student

Editor: Thanks for the suggestion, Branden! We are in the process of putting our past issues on our new website. Watch our Facebook page for more details.
The age window where people make their life decision about Christ

14-24

2

The number of people per minute who joined the Adventist church through baptism and profession of faith in 2010

24.3

Average age of baptism in the Adventist church

9

The number of invitations people receive before they choose to come

17.2 million

The number of Adventist church members worldwide in 2011

500

The number of times the word “Love” appears in the Bible (NKJV)

3.1 million

The number of Adventist youth in 2010

31,273

The approximate number of verses in the Bible

6

The number of meaningful relationships a person must make to feel included and involved in the church

Source: Center for Youth Evangelism and the Youth Ministries Department of the General Conference of Seventh-day Adventists
Compiled by Katelyn Ruiz
n third grade Nina Marie Rambo’s report card read: “Asks too many questions.” Yet, her questions weren’t only at school. At home, she quizzed her parents too, about how God and heaven worked. She directed her questions at her father, and he told her, “I don’t know, Scoob,” as he affectionately called her. “It’s a hard thing to explain.”

So, one day on her upstate New York farm, a rabbit with a defective leg that her father had instructed her to leave outside its cage for prey to eat, comes running up to her with a limp leg. The animal’s newfound strength moved her and she says, “I just broke down crying.”

Rambo had her friend, an aspiring veterinarian inspect the rabbit. Suddenly the friend posed a question: “Hey Nina, do you think animals go to heaven?”
Her friend’s curiosity caused her to once again think about God and heaven. “I don’t know,” Rambo says she told her friend.

This incident, which at the time seemed to have little significance, started her on an incredible spiritual journey that led her from the East Coast to the Midwest, and along the way the 20-year-old found answers to many of those nagging spiritual questions that once baffled her.

A Discussion About Heaven
While driving one night in a car filled with loud friends, a call came in to Timothy Girod’s phone. He noticed it was Rambo, a classmate he met in a 10th grade art & design class and whom he hadn’t spoken with in a year. He was puzzled. ‘Why is she calling me?’

Girod hushed his friends and answered her phone call. What began as mere curiosity over whether animals went to heaven, turned into deep biblical discussion about where people go when they died.

“She stayed on the phone with me for like two hours, and that whole night we were just talking about God,” Rambo recalls.

The next several months, the two would spend time hanging out, chatting on Facebook and Skype, and discussing spiritual topics.

“Nina has always been the type of person to like people who talk about deeper subjects,” Girod says. “She loves to get into deeper conversations, so I would tell her all the things I believed in and where I found them in the Bible. She always wanted to know things about the Bible, so it took off from there.”

A Faith Challenged
But in Fall 2010 Rambo, with her burgeoning spirituality, would leave home—and Girod—to attend school at the Maryland Institute College of Art. Rambo began experiencing challenges with her newfound faith and found very little spiritual support during her freshman year in college.

“I hated MICA!” Rambo admits. She had spent a lot of time in high school working hard to get into what U.S. News & World Report ranked one of the nation’s top art colleges, only to be disappointed when she finally attended. “I didn’t feel like I connected with the people there.”

Not only did Rambo face an unfriendly social environment, she faced classes that shook her newborn faith and found very little spiritual support during her freshman year in college.

“Photography can’t make you happy when you’re in a bad mood. It can’t talk to you, can’t comfort you. It cannot do anything for you.”

“Why don’t you try a Seventh-day Adventist school?” Girod suggested. Rambo was disturbed by the thought. “Why would I do that? They don’t have art,” she argued.

Girod felt he should encourage her. “Just check. Just try it.”

She took his advice, did some research and discovered that Andrews had a Bachelor of Fine Arts photography program similar to the one she was interested in.

Girod was ecstatic. “I was jumping up and down and screaming ‘Yay! You’re going to Andrews!’”

Still, Rambo refused to even think of attending Andrews. In the end, she decided that since this was the school that Girod was planning on attending the next year, she would take a trip with him to check out the school.

A Change of Outlook
“We drove down, looked at the facilities, looked at the campus, and that night Nina got really upset because Andrews was really good,” he remembers.

She explains that after her tour at Andrews, she admired what the BFA program had to offer. “I was like, ‘Man! It’s kind of cool!’”

Yet, she worried about the tuition costs. “My parents are going to hate me. I’m just spending so much money.”

“Well, why don’t we pray about it,” Girod says he suggested. “I was like, ‘God, this is the sign if Nina’s supposed to go to Andrews or not. Let this come true: If Andrews is cheaper than MICA, then she’s supposed to go to Andrews. We’ll go through it and we’ll trust you that everything is going to be O.K.’”

Rambo prayed a similar prayer. “God, if Andrews is the place, please make it cheaper for me, or the same price as MICA now.”

During this time she looked into other
top-ranked art schools and was promised better opportunities. A representative at one prospective school, Parsons School of Design, promised to give her a scholarship. “If Parsons is the place for me, make it the same price or lower,” she prayed. “Make it obvious.”

She received a letter from Parsons, and was hopeful because a representative informed her that her portfolio received one of the highest grades when it was viewed by the school’s admission officers. She opened the letter and looked at her scholarship reward: a tuition that roughly costs $58,000 Rambo would receive only a $6,000 scholarship, putting Parsons out of the picture.

“How am I going to tell my mom about Andrews then?” Rambo worried. “What am I going to say?”

Her parents were unhappy with the idea. “Are you crazy? Now you want to go to Michigan with this boy?”

Rambo continued to pray. “God, what am I supposed to do? You open this door for me, but am I supposed to go [to Andrews] or is it something I want to do because I want to stay with Tim? Like what’s the deal?”

Her parents encouraged her to check out Chester College, another prospective art school she was considering. “I start looking at the school and realize they don’t have a BFA in photography,” God was leading her in another direction. She knew God had answered her and Girod’s prayer when she was accepted to Andrews, and with the scholarship she received her tuition equaled that of her previous college.

Coming from a top art school, Rambo worried about making friends and fitting into the Adventist university. “Will I even fit with their program in photography? Is it even hard? Is it competitive? Is there anything I’m going to get anything out of, it or am I wasting my parents’ money?”

However, Rambo can now say, “I really love it here.”

She came from a place where the belief was to live for her art. However, she says her focus is different now. “Here, you need to be with God.”

Now Rambo is learning through her Christian professors how to use her Christianity in photography. “If someone wants you to promote alcohol, that to me is automatically no. Things that go against or contrary to what God wants, He’s telling you not to do it for a reason, not for himself, but for you and for the viewers.”

“Photography can’t make you happy when you’re in a bad mood. It can’t talk to you, can’t comfort you. It cannot do anything for you.”

“I just don’t want photography to be my life like the world wants it to be. My happiness doesn’t have to revolve around how good my art is or what other people thought about it. I don’t know exactly what He wants me to do with [my art] yet. I’ve been praying about it but I just don’t want to make the same mistake that other people have made where they just make art. I just want to live differently.”
Try these delicious, healthy comfort foods made in 30 minutes or less!

**Guacamole**

2 ripe avocados
1 tomato
1 tablespoon chopped red onion
½ teaspoon finely chopped cilantro
salt
½ teaspoon olive oil
2 teaspoons Vegenaise

Cut and peel avocados. Slice and place in a bowl. Mash the avocados with a fork until relatively smooth. Add the olive oil and Vegenaise. Mix. Chop the tomato. Add the tomato, cilantro and onions to the avocado. Add salt to taste and mix. Serve with lightly salted pita chips or purple corn chips.
Caffix (COFFEE SUBSTITUTE)

Chunky/Healthy Mashed Potatoes

4 to 5 medium potatoes
3 tablespoons soymilk
1 teaspoon butter
1 bunch of chives or green onions
1 teaspoon garlic powder
Bac’n pieces
Salt (to taste)

Scrub potatoes in warm water. While washing potatoes, put a pot of salted water to boil. Make sure to leave the skin on the potatoes. Cut the potatoes up in 1-inch cubes. When water is at a rolling boil, place the potatoes in the pot and cover. They should not take long to cook. When they are fully cooked, take them out, strain the water and place them in a bowl.Using a potato masher or a fork, mash potatoes adding butter and milk to make mashing easier. Add salt to taste. Do not completely mash the potatoes till smooth; leave some chunks and bigger bits. Take 2 or 3 stalks of chives out of the bunch and chop them. Sprinkle them on the top of potatoes along with Bac’n pieces. Serve.

Carob Brownies

Mix ingredients together:

- 1 cup sugar
- 1 ½ cup flour
- ½ teaspoon salt
- ¾ cup carob powder
- 1 teaspoon baking soda
- 1 teaspoon lemon juice
- ½ cup oil
- 2 teaspoon vanilla flavoring
- 1 cup soymilk
- 1 cup carob chips
- ½ cup chopped walnuts

Whisk ingredients together:


Caffix (COFFEE SUBSTITUTE)

Heat up a mug of hot water in the microwave. Add two to three tablespoons of Caffix (depending on how concentrated you want your drink). Mix and add creamer or soymilk to taste. Top with whipped cream and sprinkle with cinnamon and cayenne pepper for an extra punch.
Booster Shots

Your body is saying it’s drained of energy and your initial response is that you need sleep, but is that really what your body is trying to tell you? Sometimes a lack of energy stems from more than just a lack of sleep. It is common to hit an energy lull in the middle of the day, whether you are low on sleep or not, but you will find yourself with more time and energy on your hands if you combat those lulls, instead of giving into them. These simple key steps will help you feel more awake and give you more time to finish the things you need to do.

Written by Jacina Schultz, jacinaralene@gmail.com
Photography by Dwayne Campbell, dwacamp@gmail.com

Keep Moving
Newton’s First Law of Motion states that an object at rest stays at rest and an object in motion stays in motion. This same principal applies to our bodies. Dominique Wakefield, until recently, director of fitness and exercise studies at Andrews University, explains, “The more we move, the more we want to move.”

If you want to feel more energized, then you have to move. It often seems difficult to find time in our school schedules to exercise, but with these tactics, you’ll find ways to be active—even in your own dorm room.

Sit as little as possible: Wakefield recommends students consistently move throughout the day and sit as little as possible. If you find yourself studying for hours on end, break up the tediousness of sitting bent over your books by standing as you pace your room. Instead of sitting while you are working at your computer, try standing. Then, for the times that you do sit, invest in a stability ball that will require your core muscles constant participation and won’t let your body settle down into a relaxed, energy-draining state.

Take exercise breaks: Instead of taking study breaks by going to Facebook or watching a television show, exercise. Exercise for 10-15 minutes either in your room or outside. Wakefield explains, “Exercising will help the mind to be more alert [and] you will be less sleepy.” If exercising in your room, Wakefield recommends going to acefitness.org, clicking their ‘ACE GET FIT’ tab on the top of the page, and then selecting “exercise library.” There are videos ranging from abdomen exercises to arm exercises to full body exercises. Look through them and try some out. Then, make your favorites readily available by creating tabs on your Internet toolbar. Exercising will not only give you a break, but it will also allow you to study better because it rejuvenates your mind and body. It will also allow you to fit exercise into your daily schedule even on the days when you find yourself most busy and unable to make it to a gym or outside.

Intentionally exercise: It is important to not just take exercise breaks, but to also participate in structured, planned and intentional exercise. Wakefield points out “in 2008, researchers at the University of Georgia found that through exercise, energy was increased by 20%, whereas fatigue levels were decreased by 65%.” She further explains that cardio activities seem to give the most significant boost to energy, but that any type of exercise will ultimately increase energy levels and decrease levels of fatigue. Additionally, regular exercise helps people obtain more quality sleep at night and wake up with more energy.

Eat & Drink Well
If you find yourself experiencing low energy levels, Erin Palinski, RD, CDE, LDN, CPT, author of the forthcoming “Belly Fat Diet for Dummies,” recommends you “keep a journal of everything you eat and drink during the day.” Palinski is a nationally recognized nutrition and fitness expert who has contributed her expertise to media outlets such as CBS News, Fitness Magazine, and Consumer Reports (www.erinpalinski.com). Visualizing what you are eating and drinking can help you narrow in on what is causing the depletion in your energy level. Palinski mentions that you may not be drinking enough water or eating enough whole grains, lean protein, vegetables, and fruit. Start paying attention to your nutrition intake, adjust your lifestyle accordingly and you’ll find yourself with more energy. To better understand which foods boost your energy and which foods drain you, here are some recommendations:

Know your carbs: Not all carbohydrates are bad for you, but not all are good either. The four basic sources of good carbs are vegetables, fruit, lean protein, and whole grains. As Wakefield says, “If fruits, vegetables, whole grains and nuts are omitted from one’s
diet, you will not experience the same type of desired energy, than when you consume them daily.” Furthermore, Palinski specifically mentions that 100% whole grain products (where the first ingredient is whole grain) “help stabilize blood sugar, providing steady energy throughout the day.” Bad carbs are refined carbohydrates, which include processed refined grains such as white rice, food made with refined flour, and anything with sugar in it. Palinski explains that refined carbohydrates should be limited because they “will peak and crash energy.”

Snack smart: Contrary to many people’s beliefs, snacking is not always bad; you just have to know what to snack on. Going for foods high in refined carbohydrates will only cause your energy levels to plummet, as mentioned above. But it isn’t necessary to have long breaks in between meals. Palinski says, “To keep your energy at its peak, eat small frequent meals throughout the day.” She recommends snacking on whole grain crackers with low fat cheese, hummus, or almond butter. She explains that “the crackers will give a quick energy boost and the protein and/or fat will help stabilize blood sugar and keep energy levels steady.”

Drink Water: Wakefield advises people to drink 1-2 cups of water before breakfast and then constantly throughout the day. She explains, “Drinking water first thing in the morning will help rehydrate your body after having slept during the night.” Palinski adds that one should “aim to stay hydrated by drinking at least 64 oz (8 cups) of water daily.” Drinking water not only helps keep energy up, but drinking a cup or two in the morning and when you hit an energy lull will also help rejuvenate you.

Sleep
While exercising and eating well are important to keeping energy levels up, sleep is still a key ingredient. Wakefield says that a consistent sleep schedule and 7-9 hours of sleep every night are needed. We train our bodies when to expect sleep and any significant disruption causes a loss in energy. Wakefield says that studies have shown that significant sleep disruptions can “have an effect in one way or another as far as two weeks later […] and can often result in difficulty studying, diminished productivity, a tendency to make mistakes, irritability and fatigue.” In order to be at your maximum energy level, sleeping correctly is a necessity: Wake up and go to sleep at the same time every day, sleep only enough to feel refreshed (too much sleep can result in shallow or fragmented sleep), and avoid longer than 30 minute naps, or you may have trouble falling asleep at night.
BACKPACKING 101

Sara Austin (austinsaraa@gmail.com)
Photography by Austin Ho (hoa@andrews.edu)

- Multi-Tool
- Mini Survival Saw
- Carabiners
- Hatchet
- Emergency Phone Charger
- Clif Bar
- Hiking Boots
- Granola
- Sleeping Bag
- Sleeping Mat
- Water Bottles
- Internal Frame Backpack
- Ramen Noodles
- Camping Cookware
- Lightweight, comfortable clothing
- Camp Stove
INTO THE WILD
Here’s a how-to story on prying yourself off the keyboard and venturing into the wild. In the same way you can recharge your iPhone, you can recharge your soul by taking a backpacking trip. In short, go take a hike! It’s one of the cheapest vacations you can take while enjoying nature’s bounties courtesy of our Creator.

Backpacking, which is taking everything on your shoulders that you need to camp and hike, is an inexpensive and fun activity that can be enjoyed by anyone at any fitness level. Whether the trip is for a weekend or several weeks, it is learning how to work with what is around you; by stepping out into nature, and away from society, you become renewed at a deeper level. There are no deadlines to meet, no Facebook to check, and no emails to answer.

CLEAR YOUR HEAD
“It forces you to slow down and focus on the basic things like water, food, and shelter. It simplifies life to the core,” says Gregg Morrow, fitness instructor in the Department of Nutrition and Wellness at Andrews University.

One of the best things about backpacking is that you aren't forced to stick to a schedule. “When you're tired, you sleep, when you're hungry, you eat. You aren't accountable to anyone,” says Morrow.

Morrow has trained students for 12 years in the art of enjoying this wilderness experience, and he gave us this basic how-to guide for making your outdoor adventure a memorable one.

PLAN YOUR JOURNEY
For first-time backpackers, the most important thing is planning ahead. On a large-scale basis, this involves deciding where to go and researching the area and what it offers. If you decide to go with a group, plan with them and decide how many miles you will be hiking each day. Understand the group's expectations and your own expectations for the trip. If you will be sharing gear, decide who will bring what.

On a basic level, make sure you know where you can find water for the journey. Also, decide how the trip will be segmented and where to camp ahead of time. Most importantly, leave your plan with a friend or relative. In case something goes wrong, someone will know when you should be returning.

BE PREPARED
Make sure you pack a first-aid kit and research any additional items you may need such as a snakebite kit. Even if you aren't going to an area where there are snakes, it is always a good idea to keep one in your first aid kit.

If you are going to an area with bears, make sure you know how to properly store your food out of reach for the night and what to do if you encounter a bear. Prepare for emergencies and inclement weather by packing trash bags or tarps. Research any additional costs you might encounter such as parking or camping permits. Make sure you always call ahead or check the website, since many national park offices are open only during business hours.

Another key is to carry very little — say 10 pounds — not including food and water. “Create a checklist and go down it,” says Morrow.

One of the most common mistakes is packing too much food. Many first-time backpackers don't plan out their meals, and by the end of the trip, only half of their food is gone. Take time to research other meals besides ramen and macaroni. Ideally, you want enough food for one extra meal and an extra snack, in case one day you are hungrier than expected or want to share your meal with someone.

LEAVE NO TRACE
Make sure your campsite is cleaner than you left it. Anytime you stop and eat, check for stray wrappers.

“What you do impacts not only the area you are visiting — garbage, or crushing something — but also the fact that the next person’s experience is tainted because they see the damage of the people before them,” says Morrow. “It’s a call to be responsible.”

Backpackers who are interested in taking a class have two options available from the Department of Nutrition and Wellness. Classes are taught by Morrow, who is currently completing a master's in teaching outdoor education. Each trip also focuses on another type of outdoor activity, such as rock climbing. The classes are offered every other year during fall semester and the trip takes place during fall break.

“The backpacking trips are exhausting and probably more activity than the average person does on a regular basis,” says Morrow. “However, when students come back, they aren’t tired, they are recharged.”
Spin Your Wheels

How to Get Your Bike Ready for the Roads

Don’t Fall for a Flat
Too often people ride with the tires looking too flat, or they think it looks fine and never re-inflate it. “You should always fill your tires after storing your bike—really every time you’re going on a ride,” Pawielski says.

And for that inevitable flat, having an air pump, because re-inflating tires is probably the only constant maintenance you need to do on your bike. “It amazing how many people don’t have air pumps and only fill their tires when they come across one.”

Shift Into Gear
Once finished filling your tires, get on the bike for a short ride to check the gears. “Make sure the gear shifts are changing quickly,” he says. Also, on the first ride listen for drive-train issues. “This means check if the bike sounds different than usual.”

Off the Chain
The final thing to check on your bike is the chain. Here is where a lot of people make mistakes. “Only lube the chain if it sounds like a bird chirping,” Pawielski warns. “Most bikes don’t need to be lubed every spring. People put too much on and the chain collects dirt and junk which wears it out more.”

When to See a Pro
If you notice your bike making unfamiliar noises or if it just doesn’t feel right while riding, you should bring it in to a local bike shop for a tune-up. For someone who rides a couple of days a week, it’s best to take the bike in for a tune-up every year.

The price of a tune-up usually ranges from $65 to $85, and involves checking the bike’s mechanics, lubing cables, adjusting the hubs and the straightening the wheels.

According to Pawielski, few people know within 30 to 60 days of buying a new bike it should be taken in for a tune-up—a universal rule whether you are a casual or consistent rider. “This is because the bike breaks in and all bikes need to be adjusted after a break in,” he says. Most bike shops usually give you one free tune-up with any bike purchase because of this ‘breaking in’ period.

Getting your bike ready for another season of riding isn’t hard. Just remember to check your tires, listen and feel for anything out of the ordinary, and you will be good to go.
The WOW Factor

MIRACLES STILL HAPPEN

Written by Lavern Ramdatt
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Photography by Cedric Hinds

Nancy Mitchell

“Lock the door,” the voice said. Then 10-year-old Nancy Mitchell thought she was hearing things. “Lock the door!” she heard again. Heart beating faster, scared to death, and trembling, she walked toward the door. First, she shut the screen door, then shut the main door, locked it and put the chain across for security.

Mitchell was home alone for the first time. Feeling sick that morning, her parents had suggested she stay home from school. For a minute she thought of calling her mom about the strange feeling that voice gave her, but then the doorbell rang.

“Hello! I hear your parents are selling their house; can I come in and look around? I'd like to buy it,” the suited man with a patch over one eye said. Mitchell could see him through the small opening in the crack, the chain still on the door. “No. My parents aren't selling their house,” Mitchell responded, knowing in her heart there was something wrong and weird with the encounter.

“I can't tell if you're a boy or a girl, why don't you let me in and we can sit and talk and I can get to know you.” Mitchell made up a story, and said, “My aunt is selling her house just down the street, five doors down.”

The man asked, “Is she alone?” and Mitchell responded, “Yeah, she's all alone.”

Telephoning her mother, Mitchell heart raced again as the man pounded on the door summoning her to let him in.

A few minutes later the police arrived and Mitchell was rescued from unknown harm.

She later learned the man at the door had been incarcerated for assaulting women and was released from jail that morning. What Mitchell was saved from, she will never know, but she is thankful for the Holy Spirit urging her to close the door.

Nancy Mitchell, a former Andrews University student, is a 6th grade teacher at Brandywine Elementary in Niles, Mich.
Kelber Mazur

Kelber Mazur was ready for the challenge set before him by his canvassing leader. It was 2008 and he had come to Massachusetts from Brazil to be a colporteur. The challenge to leave the mainland of Fall River, Mass. and travel to the island of Martha’s Vineyard, Mass., away from the rest of the team seemed like an adventure. The implausibility of no place to stay while on Martha’s Vineyard did not deter his determination.

Like the Israelite spies who went to see Canaan (Numbers 13), Mazur and his canvassing companion went to scout out the island. Then, Mazur declared: “We must get in.”

While there, his colleague quickly found a place to stay, but there was no room for Mazur. He had to sleep in the 15-seater van they brought over from the mainland.

Mazur would take showers at times at a church member’s house or on desperate occasions he paid to use the showers at the beach.

“I will not sleep here,” was how he ended the conversation with the cops.

The next day Mazur prayed: “God, you need to provide. If I don’t have a place to sleep I must go. I cannot stay here anymore.

“Lord, the winter is coming; it is cold sleeping inside a car and it is not comfortable anymore. The police stop me here, please do something. If it is your will for me to stay here, please provide.”

It was now October and Mazur decided to strike a deal with God. “I will deliver in every single home a [copy of the book] ‘Great Controversy’ and the DVD ‘Final Events.’ Every single presentation, I will do that” in exchange for a place to stay.

After the morning of that prayer, a Spirit-arranged trend began to happen. During the last sale of the evening, one of the conversations with a customer went this way:

“Where do you sleep, boy?” one lady asked after closing the sale.

“I sleep in the car,” Mazur replied.

“No, no, no,” was the lady’s response. “You sleep in my home today.”

This miracle would repeat itself on the last sale of the evening, night after night, for the next two months. Mazur never once asked anyone to accommodate him. Some homes he stayed in for a few days, some a week, and others over a month. The places he stayed gave him not only shelter, but food and love, and in exchange he told them about Jesus.

In response to God’s favor, Mazur kept his end of the bargain: “I don’t have any home that did not [get] a Great Controversy.”

Kelber Mazur is a second-year student at the Adventist Theological Seminary at Andrews University.

Soon, he was summoned to return the van as the team on the mainland needed it. That vehicle was replaced by a smaller six-passenger van. However, that too, would be returned to the mainland.

After the summer, Mazur stayed on to canvass through the winter month, using a Dodge Stratus 98 he had purchased.

“I saw the car and I said, ‘How I can sleep inside?’ Then I said, ‘How am I going to sleep with the books inside the car?’”

Sleeping in the car and parking at various locations were O.K. for a time.

Then one night, “I saw two cars come into the parking lot.” Mazur recognized them as police cars.

“If it is your will for me to stay here, please provide.
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You’ve worked really hard for that new laptop, flat-screen TV or digital camera — why risk them? While your landlord likely has insurance to protect his or her building, that policy will not protect your belongings.

After a theft or apartment fire, you could spend thousands of dollars to replace your prized possessions.

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<th>Value of your possessions?</th>
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IT’S NOT ALWAYS EASY TO DRESS IN THE TRENDY WAY YOU WANT ON A COLLEGE BUDGET. KNOWING HOW TO DRESS UP OR DRESS DOWN A SKIRT OR PANTS CAN TRANSFORM YOUR WARDROBE AND CREATE NEW OPPORTUNITIES FOR NEW OUTFITS.
Dress shoes are all Matt would need to be business casual.

The base of this outfit is Jane’s skirt, and by adding a trendy top, heels and clutch, she is ready for work.

By changing the shirt and shoes and keeping the skirt, Jane is ready for a night on the town.
Joe Rivera confesses, “I didn’t believe that I would be living.”

While getting out of Detroit, going to a university, and making a life for himself was everything Joe desired, the 23-year-old looks retrospectively at his life and knows full well that he beat the odds. ‘If God didn’t reach me the way He did,’ Rivera reflects, “I would have continued down the path I was going and I wouldn’t be alive.”

On January 11, 1989, Rivera was born into a family of six that rapidly turned into a family of eight, with the addition of twin sisters born just 11 months after his birth. But by the time he was two, tragedies had reduced his family back down to six, by 10 it was down to five, and now, at 23 it has diminished to two, apart from the two half-brothers who have no contact with him.

Rivera’s encounters with death began early. In 1990, one of the twins, Vanessa, died of Sudden Infant Death Syndrome (SIDS) shortly after birth, and his father didn’t survive that year either. A drunk and a gang member, his father was found lying in a pool of blood on a street corner near his home after a rival gang shot him to death.

As an illegal Mexican immigrant, Rivera’s mom found herself unable to find work. She moved from guy to guy just so she and her kids would have a place to live, and when Rivera was four his mother remarried.

For the next three years, Rivera and his siblings settled into a fairly tranquil life with his mom and stepfather in San Diego, Calif.

Then one day, his stepfather contracted HIV from a blood transfusion he received during a routine checkup at a hospital. He died in 1995, but not before infecting Rivera’s mother as well. His mom successfully sued the hospital for causing his stepfather’s death, and she received $400,000.

With her newfound wealth, his mom decided to move to Detroit, Mich. to live with her deceased husband’s family. For Rivera, however, this meant leaving his home, his friends, and the only place he had come to know.

For some time, Rivera and his family bounced from house to house to school and to school. His older brothers became involved in teenage gangs.

And because his mother mismanaged the money she received, the family would often live in rundown parts of Detroit. His grandfather eventually stepped in and found them a house in the middle of Detroit’s Highland Park. It was not the best neighborhood, but as Rivera says, at least they had a home.

“Things didn’t seem too bad at this point,” Rivera says, but one night his life took a drastic change for the worse.
HIS CUP RUNNETH OVER
DEVASTATING NEWS

Rivera’s mom and two half-brothers were in California to pick up items in storage, while Rivera, along with his siblings Bianca and Anthony, were left in the care of a relative. The relative, an uncle, took them out driving one evening and picked up a brown paper bag from a house. When they got home, he informed the boys that they were going to sleep downstairs that night and that their sister was going to sleep upstairs.

So, Rivera told Bianca, “Good night, I’ll see you tomorrow.”

However, he woke up in the wee hours of the morning to paramedics and police officers running upstairs. His uncle had given his sister a lethal dose of drugs in her orange juice, more than her small body could handle. Rivera glanced in the room and saw his sister dead on the floor. It was more than the 7-year-old could handle.

From there, Rivera and his siblings entered foster care. They were eventually taken out of foster care to live with a grandfather, and then Rivera, his brother, and their mom went to live in a shelter for HIV-infected women.

His mom soon remarried in 2001, only to be conned out of the $300,000 she had left of the money she had won in the lawsuit. Broke and in despair, the family was left to fend for themselves in a neighborhood that had shootouts at least three times a week.

Through all of this, Rivera kept his emotions to himself; he had to. In Detroit, for protection “it’s best not to display your emotions,” Rivera explains. “You’ll be picked out of the group.” So he developed a defense mechanism of callousness, allowing him to silently deal with the pain and heartache of the deaths and abandonments.

Detroit affected more than his defense mechanisms; it threatened to influence and change his life for the worse. The streets were ceaselessly throwing temptations at him: sex, drugs, alcohol, smoking, etc. A small voice in his head kept telling him to resist, and while he gave in to some things, he said he tried his best not to. He believes, “Even though God was helping me resist, after a while that still small voice would have been gone and I would have continued down the path I was going and I wouldn’t be alive.”

A DREAM COMES TRUE

In 1999, while Rivera, his brother, and mom were living in the shelter for HIV-infected women, there was a chance encounter with a Madonna University student. Kathi Lee Kobylarz had returned to school to pursue a second career as a teacher and she was a blessing sent directly from heaven.

As part of a class project, Kobylarz would tutor the two boys, and she regularly invited them to her house in Westland, a Detroit suburb. Rivera was close in age to her children and he loved visiting: “[It] brought a sense of liberation while I was there, and gave me hope of being able to escape Detroit one day.”

Kobylarz emphasizes that while people might be tempted to say she was so nice to help him, that it is really because Rivera is the kind of person that “makes people want to reach out to him. He is genuine, sincere, and spiritual; He brings the good things to him.”

This meeting with Kobylarz opened a door to Rivera meeting her neighbors, the Sawyer family. The Sawyers are members of the Metropolitan Seventh-day Adventist church and they invited Rivera to attend church with them.

Dennis Sawyer remembers Rivera immediately accepting his invitation and it wasn’t long before both Rivera and his mom

Photo: Joe with Kathi Lee Kobylarz and her family
were attending nightly evangelistic meetings at the church. “Joseph had seen so much pain and was looking for spirituality,” Sawyer says.

Just four months after he began attending the church, Rivera reached a fork in the road. He had an offer to go and live with his half-brother in California, but he had learned his brother was a devil-worshipper. Unsure of what to do, Rivera discussed the situation with the Sawyers and other members of the church.

After a week of the church members praying, he was elated to hear that they were willing to sponsor him to attend Great Lakes Adventist Academy (GLAA), a boarding school located in Cedar Lake, Mich., some three hours west of Detroit. “I was super-duper excited,” he says “My dream of getting out of Detroit was coming true.”

The summer after Rivera’s freshmen year at GLAA he chose to be baptized. “I felt like out of Detroit was coming true.”

As a result of this, he made a conscious decision to rely more on God. Over the next year, Rivera’s spiritual life strengthened. His friend Erin Powers knew of his difficult journey and could see Christ’s light evident in him says, “It [his spirituality] wasn’t handed down to him; he had to discover it. His spirituality is real; it’s genuine; it’s refreshing.”

However, as his reliance on God started growing, he suffered a major setback. Earlier in his life, Rivera found comfort in a defense mechanism only to destroy whatever emotion he was having. He has to overcome his natural instinct to “destroy” or else the pain will only build up and come back worse. “I need to actually get over it. I can’t have this come back to me later on.”

As part of the healing process, he received counseling, and finds that talking things through, as well as having someone listen to him helps.

While accepting help from others is something he has always viewed as a sign of weakness, he’s learning to break down those walls. “I’m relying more on God, crying things out if I need to, and talking to people.”

As of Sept. 2012, he’s still not back in school, and is currently praying for direction. He has switched majors numerous times: religion, theology, education, and nursing. But now he’s awaiting the results of a Michigan State Police exam and hopes to start police academy Oct. 2012. Another option he’s considering is going to school to become a Physical Therapy Assistant.

He knows he has a long road ahead of him but is optimistic about his future. “God knew I would be a strong individual. He has allowed certain things to happen but He knew I’d be understanding about it.

“It’s kind of cliché but God is like my father. It’s something I’ve never had before and He’s there more than anybody.”

Rivera’s life is a fitting reminder of a popular gospel song by BeBe and CeCe Winans:

For in return of a torn life,
He’ll give you life abundantly.
And in return of a raging storm,
The Lord will calm the sea.
So whatever you have,
The Lord has so much more.
So what do you have to give?
What would a young woman from a small midwestern town have in common with Louis Vuitton, Christian Dior and Angelina Jolie? Vogue magazine. Lauren Popp, a graphic design graduate from Andrews University, interned in the fashion department of Vogue magazine. Popp, who works closely with the closet manager at Vogue to organize the fashion accessories for photo shoots, is responsible for picking up new pieces from designers and public relations companies, and displaying them to editors.

She landed the internship by networking, first and foremost. “A friend of mine and former Glamor intern recommended me to her boss for my first magazine internship. That boss then in turn recommended me for my second internship at the same magazine where she had once interned.”

Popp reiterates the most important aspect of finding an internship: “Keep your grades up, hold leadership positions, always do your best, and network, network, network!”

Lauren Blackwood, a Behavioral Science major, had looked everywhere for an internship with little success. She mentioned her dilemma to a friend of the family and they introduced her to her current manager. Blackwood advises intern hopefuls to make a list of everyone they know who may have a connection to the company or field they are interested in and to apply early and thoroughly.

“There is a lot of competition for internships. You must sell yourself with extra curricular activities, good grades, and solid references really does make a difference.”

Blackwood worked hard at the Lockheed Martin internship, establishing herself as a competent employee who could, as she said, “independently handle the demanding workload.” And, this performance landed her a full-time job.
WHY AN INTERNSHIP?

1. Hands-on education. Nothing compares to actually putting your education into practice. And from an employer’s perspective, who would you rather hire — a rookie you have to train or someone who knows the ropes?

2. Networking. The people you meet as an intern can help give you the connections you need to move forward.

3. Resume building. One sheet of paper can make or break you. Internships give resumes a professional edge (see question in #1).

4. References. Once your resume is considered, the folks who have seen you work in your internships can clinch the deal for you.

5. Pursuit or elimination. Internships help you narrow in on your likes and dislikes with a safety-net termination date. It’s better to be exposed to a job you don’t like as an intern and be free to leave after ten weeks than to take the job out of college and either awkwardly have to resign, or worse, stick it out.

TIPS FROM A PRO

Fifteen. That’s the number of internships Lauren Berger completed at places like MTV, FOX, and NBC while she was in college. After trying to advise some of her friends and recalling her own cluelessness as a freshman, Berger, true to form, got proactive. She is now the CEO of Intern Queen, Inc., an online internship listing source and has written a step-by-step book to guide students in landing internships. These are her five reasons for getting an internship and a few of the steps to land it.

HOW TO GET ONE

DREAM What’s your dream job? If income, family, time and so on weren’t issues, what would you love doing with your time?

LIST Start finding companies that do things related to those dream jobs. Websites like www.internqueen.com or www.indeed.com may be useful. Read up about a company before initiating contact. Organize your list into a chart.

CLEAN Trim idle time and chunk obligations (put your classes on the same days or in consecutive timeslots to leave gaps for internships/work).

LOOK Look good on paper. Focus on your education, extracurriculars or other talents. The school writing center or online resources can help you polish up a professional resume and cover letter.

WALK Walk the walk, talk the talk. Dress the part. Look sharp. Do your research about the company. Imagine potential questions and think of answers in advance. Be prepared.

GET Get weasly. Not all companies list internships. Call to ask. And when your internship is coming to an end ask for "advice" on how they got where they are and what you should do next. Be respectful, but be aggressive. Ambition and passion will get you far.
In the 2010-2011 school year, some 1.7 million students received a bachelor’s degrees and another 700,000 walked away with their master’s degrees, according to the U.S. Dept. of Education. The thought of sending out resumes to compete with a crowded field may leave you panic-stricken. But fear not. Avoiding these resume mistakes can help put you head and shoulders above the class.
Lying
This one is a given. But ignoring this golden resume rule can really come back to bite you. "It is
ture that writing a resume involves creative usage of words and language, however, you never want to lie," says Leilani Langdon, career development coordinator at Andrews University. "Your resume is a legal document. Take it seriously."

Langdon warns, "In the job interview employers are trained to ask the same question in
different ways to identify inconsistencies in your answers. This includes stretching the truth about your skills and qualifications."

Ann Baehr, certified professional resume writer and founder of Best Resumes of New York says, "[You] shouldn’t lie about your education credentials at all. Not even your GPA. Don’t overstate your computer software programs because your employer might really call you out on it."

A vague objective
An unclearly stated objective can detract from the overall goal of a resume. Roy Cohen, a New York City career coach and author of “The Wall Street Professional’s Survival Guide” says, “You should make sure from the very top of the resume whoever is reading knows exactly what you’re positioning yourself for. So, as a college student you should have a goal, a target.”

Baehr says that when composing your objectives, you should “make sure that it has substance, that it’s not just a vague, ‘looking for an opportunity or career opportunity’. That’s not going to mean anything. Be very, very specific.”

Saying ‘references upon request’
“This statement is practically useless and takes up valuable space on resumes. It’s expected that when you apply for a job you have references available,” says Langdon. “My suggestion: Have references listed on a separate sheet of paper that you can submit once asked.”

Excluding various forms of experience
As college students, we lack important real world experience. But that’s expected! Creating a successful resume means drawing from any and all relevant experiences.

Baehr says many college students make this mistake. “If they don’t have enough experience in their chosen field, they overlook the opportunity to show mock projects. It could be independent freelance projects, it could be academic projects, as mentioned, it could be community service, because they want to show their future potential as a supervisor or team leader to a potential employer. Even if its not paid, they can gain their experience in a number of ways and build their resume with that experience.”

Too many pages
Anymore than one page, especially for recent college graduates, is unnecessary. Time is precious for employers and they get dozens, if not hundreds, of resumes. Looking over two pages is not an option.

“Is is a huge mistake many make,” Langdon says. “The rule is one page for every 10 years of experience. If you are writing an entry level resume keep it to one to two pages maximum and if you have a second page make sure it’s a full second page. Never have a second half page, as it gives the impression that it is incomplete.”

Being vague
You have to prove, in the smallest amount of space, that you are worth the time it takes to read your resume. “Be able to show one what you did and how well you did it. So, that means if you were a lifeguard for a summer you should, instead of saying, ‘as a lifeguard I was responsible for the following activities’, say I managed to, that summer, have no fatalities. It’s taking the experience and it’s showing how thorough your being there, you made a difference,” Cohen says.

Not proofreading
This may be a no-brainer, but some people still make typos and grammatical errors on their resume. “Have your resume proofread and critiqued by more than one person. Grammatical and spelling errors are common especially with functions like auto-correct. You want your resume to be consistent throughout,” Langdon advises.

Unnecessary information
Baehr advises that if you’re going to add a high school job to your resume you must make it relevant. “If it’s for, say, flipping hamburgers, you’d want to show it as being customer-service oriented, making the best out of it, expanding on it. Keeping it simple. You want to think first, how relevant is this to the position I’m going in.”

Using personal pronouns like I, me, they, him, her, my, etc.
“Try to stay away from personal pronouns. Save them for the cover letter. Your resume is a professional business document and should mostly be written in third person,” suggests Langdon.

Not getting a second opinion
As budding professionals, college students need all the help they can get. This is why Cohen says it’s important to get opinions on your resume from those with real world experience. “Get people who work in the industry you’re interested in to review it, on a purely non-interview basis, say I’m hoping I can get some feedback from you. Here’s what I’m going to be using to position myself, what do you think?”

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Students
Who Inspire Us
They’ve done some really cool stuff while helping humanity

Written By Skye Tenorio enmaskyetenorio@gmail.com
Photography By Kristin Badzik badzik@andrews.edu
Jonathan Thompson jonthom456@yahoo.com

Amanda Corea
Tim Wolfer
Ivan Labianca
On a Tuesday in January 2010, Timothy Wolfer was on his way to Target when news broke on NPR about the devastating earthquake in Haiti. As soon as he returned home he logged onto Facebook and posted a status asking if anyone was willing to supply a "poor student/filmmaker" with plane tickets to Haiti to shoot a documentary. Soon after hitting the "post" button, he went out on faith, and began packing his bags. A few hours later, at 2:00 a.m., Wolfer learned that an anonymous donor had supplied the funds. So, exactly four days after his Facebook post, the then Pacific Union College film major dropped all his classes, and boarded a flight from California to the Dominican Republic. "As an artist, it was one of those times when you get a gut feeling, and you have to follow it," says the 25-year-old Berrien Springs, Mich. resident. Once he got to the Dominican Republic, he took a taxi from the airport to the border of Haiti and met a group of missionaries. He attached himself to the group and eventually, made his way to the Maison des Enfants de Dieu orphanage, which would become the center of Wolfer’s documentary, "Adopting Haiti". The film won an award for best documentary from San Diego Indie Fest. “Adopting Haiti” was released on Hulu and can still be viewed on the website.

In March 2011 Ivan LaBianca was reading a New York Times photo blog on the Arab Spring uprisings. “This was clearly a new revolution,” he says, “and I wanted to see it for myself.” So, three months later, the 24-year-old bought a plane ticket to the Middle East and ventured out with his Nikon D7000 camera with the initial intention of building his photography portfolio. Starting off in Tunisia, he met several Libyans who convinced him to go over the border to Libya. With his camera, he documented the everyday lives of civilian-turned resistance fighters. “The biggest thing was getting to know people and seeing them as people rather than Libyans. I was surprised by how much I related to them,” the anthropology major says. LaBianca credits photojournalism as the reason he has experienced more extraordinary things than the typical college student. “I sat in on the negotiations of this little town and it was just me, a general, and one of the fighters. We were sitting in a circle and the whole time I was just in awe. This was one of the leaders of several thousands of Libyan fighters.” Though he enjoys photojournalism, he says his future in it is unclear, particularly when it has to do with war. “War is nothing like what you see in the movies. A lot of these people who have covered the war, they’ve just seen the worst of humanity for years and years. It’s like life on steroids; it can be hard to relate to the real world, and I don’t really want that for myself.” Yet, the urge to capture those historic moments still entices him. “I think I’ll always continue, whenever I hear about a news event somewhere or something interests me, I’ll think, ‘Oh, I should go take pictures of that.’”

When student missionary Amanda Corea returned to the U.S. from Honduras she was miserable. “I didn’t want to have anything to do with it here. I remember walking into Walmart and just being disgusted. It was total culture shock — just reverse culture shock.” She had spent an entire year — 12 months and 3 days — caring for children in an orphanage, and apart from the culture shock, missed them terribly. “I loved being with them and I couldn’t imagine not seeing them every single day because every single day was them.” After two weeks back in the States, she began plotting a way she to continue her International Community Development degree while doing missionary work. “I learned so much from them that I could never learn from anybody else. Maybe they learned some stuff from me — I don’t know.”

So, one Sabbath Corea said a prayer and approached her parents about continuing her education through the School of Distance Education at Andrews University while she worked at the orphanage in Honduras. Her parents, who had taken her on mission trips when she was younger, agreed to the plan. Initially, the agreement with her parents was that she would spend four months away, but she ended up staying the entire year. In total, she spent 21 months in Honduras caring for the children and becoming close to them. “I learned so much from them that I could never learn from anybody else. Maybe they learned some stuff from me — I don’t know.”
A successful marriage is built first of all on a spiritual foundation. This means the couple prays together daily and worships God together both in the family and at the church. It also means that marriage is a sacred commitment to God and, therefore, though problems will arise, the couple will never consider breaking that relationship but will find ways to work out difficulties with God’s help. The couple learns to communicate openly and honestly and to spend quality time together doing “fun” things. Of vital importance, the partners never attack each other but always seek to build each other up by often affirming each other’s good qualities. In August (2012) we will celebrate 60 years of marriage so we have had plenty of time to practice these principles, and we can testify that they do work.”

When Kim Kardashian ended her 72-day marriage to Kris Humphries in Oct. 2011 it served as a cautionary lesson to many of us. This got us thinking: How can we as young Christians avoid a similar trap, becoming so starry-eyed in love that we rush to the altar, overlooking obvious problems in our relationships? We turned to expert counsel — four couples we admire — and asked them to share their secrets to a successful and happy marriage.

Japhet and Becky De Oliveria
(married 17 years)
“We are both quite independent people and while we have spent a lot of time together over our 17 years of marriage, we also give each other a huge degree of freedom to pursue our individual goals and interests. We both think it’s important for members of couples to be fully developed people as individuals. The challenge, of course, is to manage this without allowing separate lives and interests to cause us to drift apart. We keep close by talking often and about important things, enjoying our children together, and taking as many quiet moments as we possibly can to just be together. It has worked out pretty well for us so far!”

Roger and Margaret Dudley
(married 60 years)
“A successful marriage is built first of all on a spiritual foundation. This means the couple prays together daily and worships God together both in the family and at the church. When Kim Kardashian ended her 72-day marriage to Kris Humphries in Oct. 2011 it served as a cautionary lesson to many of us. This got us thinking: How can we as young Christians avoid a similar trap, becoming so starry-eyed in love that we rush to the altar, overlooking obvious problems in our relationships? We turned to expert counsel — four couples we admire — and asked them to share their secrets to a successful and happy marriage.

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Clifford and Karen Allen  
(married 29 years)

“The number one tip for a successful marriage is spirituality. God the Father, God the Son, and God the Holy Spirit has got to be the center of the marriage or it cannot be successful. It would be like trying to build a house by ignoring the blueprints and the architect of the house. So how would spirituality look practically in a marriage: We have morning worship together, we study the Bible together, we pray together and we engage in ministry together. Our ministry is whatever assignment the Lord gives us to fulfill. These have ranged from giving Bible studies, to meeting the needs of sick and dying, assisting folks with medicine, etc.

The common thread that runs through is keeping God in the center. It is like Ecclesiastes 4: 9-12 says, “Two people are better off than one, for they can help each other succeed. If one person falls, the other can reach out and help. A person standing alone can be attacked and defeated, but two can stand back-to-back and conquer. But three are even better, for a triple-braided cord is not easily broken.” We believe that triple-braided cord is the married couple with Christ in the center.”

Adrian and Leilani Langdon  
(married 4 years)

“Make every ‘You and Me problem’ a ‘We problem’ – Take every issue and find a way to have your marriage “Team” beat that problem. When we have an issue (not spending enough time together, money concerns, future decisions, normal marital conflict, etc.) begin to look at it like it’s: “Team Langdon” vs. “Issue” let the fight begin! Now the “Team” attacks the problem without attacking each other. This strategy strengthens your marriage and allows you to increase support, understanding, and closeness instead of causing dissention, bitterness, and division among you.”
Meet the Kims
uring the 2009 fall break, Jinha Kim invited a group of 20 to 25 Korean students and the pastoral team to her home to enjoy a home-cooked Thanksgiving dinner. Shortly before the final dish was prepared, she called students to let them know it was time to come over to her home. But, to her disappointment, each student declined for one reason or another, and she thought no guests were coming.

A short while later, Roy Kim (no relation to Jinha) arrived, as part of the invited pastoral team, only to find Jinha not home. “My friend and I got there and realized none of the students came. So, we got on the phone and told all the students, ‘Hey, come to dinner.’” As the students started arriving, however, and Jinha still hadn’t returned, Roy began to get worried and thought, “I’ve got to find her!”

In the search to find Jinha, Roy would venture down a path he never imagined and find more than the missing dinner hostess. But more about that later.

THE BEGINNING

Jinha Kim was pastoring at the Andrews University Korean church, Living Springs Fellowship in Berrien Springs, Mich., when she met Roy Kim. They were in the area attending Andrews University — he as an undergraduate religion major from Australia, she as a Princeton University graduate pursuing her Masters in Divinity at the Seventh-day Adventist Theological Seminary.

Their initial meetings were anything but smooth sailing. Roy remembers Jinha approached him at the church and introduced herself.

“She told me her name and asked me if we had met previously. I tend to be quite literal so I told her, ‘No.’ I didn’t really know what to say after that so I decided not to say anything. I also thought she was pretty, which made me nervous. I thought of ways to recover the conversation but to no avail.”

Then the following weekend at a church outing Roy summoned the courage to finally talk to Jinha.

“I approached her and asked her how classes were going in the Seminary. I thought to myself, ‘I like Jesus; she likes Jesus — maybe we can get to know Jesus together.’ Well, after I asked her how the Seminary was going, she kindly redirected me to her friend, saying, ‘He is taking classes at the Seminary; you should ask him.’

After experiencing numerous social roadblocks and misinterpreting initial signs of interest from Jinha, Roy realized that God was speaking to him. Recognizing direct answers to prayer gently guided him to accelerate an intentional friendship with Jinha.

But even with this guidance, Roy explains there was still a problem of connection: “I had been praying, ‘God, help us be able to talk and be able to connect.’ But for some reason, it was really difficult for us to just talk normally.”

Roy began to discover during fall break of 2009 that the problem wasn’t a lack of connection but rather that God was saying, “Not yet.”

He remembers, “I needed to work things out and there was a period where I felt that it was time to wait on God. If I were to take a step forward then I wouldn’t know for sure whether this was God’s leading. I’ve [stepped ahead of God] before, in the past, and I didn’t want to do that again.”

Then came that fateful Thanksgiving day. In an attempt to locate the missing Thanksgiving dinner hostess, Roy drove to various locations in Berrien Springs, Mich. He eventually found her car parked near the lake at one of the parks. When Roy found her “distraught and crying,” he asked, “Are you okay?” as tears were flowing down her cheeks. Although he reflects on it as a silly question now, he also remembers it as the moment “that finally broke the ice,” and warmed him even more to her.

FALLING IN LOVE

In February 2010, Jinha discovered Roy was interested in her. She was to visit her family in Korea for the first two weeks in February, but before she left, she and Roy came to an agreement to pray about the relationship while she was away. Jinha says, “We decided that we really wanted to make sure that this was God’s plan and that everyone was okay with it by giving their blessings.”

Jinha says, “I remember on the plane ride back I began to reflect on my experience and there was no doubt in my mind that when Roy joined the pastoral team as an intern, he really helped me to die to self and become more selfless, to be a better pastor and better Christian. I decided that I wanted a ministry partner, who would help me die to self and really help others. I thought to myself, if I don’t take this opportunity, I’m going to regret it for the rest of my life.”

When her plane landed, Roy, who was dressed in a suit and tie, was at the gate, smiling and ready to greet her with a bouquet of her favorite flowers: yellow roses. Jinha says, “When I saw Roy all dressed up and smiling at me, I remember thinking to myself, ‘This isn’t just going to be a ministry partner, this is someone I could actually fall in love with.’”

At this point, Jinha and Roy waited for three more months to receive permission from her father. Jinha’s parents had told them, “We will pray about your relationship, but please don’t move ahead of God.”

After expectations of each other were clear and Roy had received the ‘green-light’ from her father, Roy planned their first official date for April 14, 2010. “I wanted her to know that I was ready to begin a serious relationship.” So that night, he asked her to become his girlfriend.
According to Jinha, it was the perfect date from beginning to end. She was first impressed when she received a professionally printed invitation from Roy. Then, after eating at a special bistro, they ended the evening with a walk at Warren Dunes State Park. Roy sang, “I Will Be Here” by Steven Curtis Chapman and played his guitar for Jinha, who says, “It was the happiest day of my life.”

Even with God’s hand guiding them, Roy and Jinha say that they still faced challenges. “Going through the process of getting to know Jinha was very new and I really didn’t know what I was doing. I read relationship books, but actually doing it is not the same as reading about it,” Roy says.

Roy and Jinha utilized numerous free to low-cost resources that helped them develop a healthy relationship and understand each other better. They learned better communication at the Counseling Center on the university campus. By taking a personality test they understood why and how each other interprets/handles experiences. They also attended a relationship seminar where they learned that they couldn’t jump into a lasting relationship. Although it is easy to do so when emotions are involved, they realized they needed to take their time and rely on God.

THE ENGAGEMENT

A year later, on June 30, 2011, Roy proposed. Roy knew Jinha would be in a meeting until late evening, and with the help of a few friends, he had just enough time to purchase flowers and set up the proposal in her apartment.

At the foot of her stairs, he set up his computer with a video of their parents giving their blessing and then scattered artificial flower petals around a vase of her favorite yellow roses. The flower petals led her up the stairs, where three cards were placed, and ended where he would propose to her — in her bathroom.

Roy chose the bathroom as the place of his proposal because he knew that when Jinha was young and something upset her, she would run to the bathroom, turn on the water faucet, and cry. “I wanted to make her sad spot, her happy spot. I wanted her to know that I was willing to comfort her and be her support,” Roy explains.

Roy’s carefully planned proposal was complemented by Jinha’s excitement. The moment she recognized his computer and the roses, she began calling out to Roy to find him. She misread his instructions and ran up the flight of stairs to find him. When she opened the door, Roy explained that he wanted to be her comforter and that although she felt inadequate before, he wanted her to know that he felt she was the perfect woman for him.

“I teared up because I had realized recently that a relationship is not about happiness; it’s about holiness. It’s not about how the other person fulfills my needs; it’s about how I can minister to the other person’s heart and be like Jesus. Roy and I are so different that we often misunderstood each other’s intentions and expressions of love. But we had to learn to seek first to understand rather than to be understood — to accept as well to give.”
Two years ago, Andrews University student dean Chelsea Burrows graduated from Oakwood University debt free. Wanting to continue her education and earn a master’s degree in social work, she figured she would eventually have to take out student loans to make this a reality. But thanks to her father, a government employee, she learned of a possible way to get her master’s for free—working with the government after graduation.

Loan forgiveness programs exist to help the needs of both students and the government by providing jobs for qualified persons and helping the government fill difficult positions. However, not all programs are directly linked to government work. Many times a student can find options that closely fit their major.

A quick look at some of the more popular loan forgiveness options:

**Post collegiate enlistment in the US Armed Services**
- Offers a variety of jobs that can be tailored to the degree you earned in college, such as engineering, aviation, counseling, etc.
- Provides extra training that focuses on time-management, punctuality, and teamwork
- There are many opportunities for travel
  goarmy.com/benefits

**Federal Stafford Loan Forgiveness Program for teachers/counselors**
- Provides teachers with jobs in low income schools
- Offers work experience and insight into teaching and counseling as a full-time career
- Assists with job placement after completing the required time
  staffordloan.com/repayment/forgiveness

**Peace Corps**
- Vast number of locations to choose from
- Shorter service period than other programs (2-4 years)
- Variety of majors, including Liberal Arts, Humanities, Cultures and Languages, International Studies, Non-profit Management, Political Science, Anthropology, Geography, Communications, Journalism, History.
  peacecorps.gov

By André Murray

When considering loan forgiveness programs, there are many factors to bear in mind. The very first thing that you should do is search for the availability of a program within your field of study. Specify searches to both your field of study and your interests. Jobs offered within these programs range in their degree of specialization. For teachers, counselors, and certain social work positions, there are in depth screenings that must be completed before applicants are even allowed to apply. Many programs insist that you have previous work experience in the field or have already interned with them prior to applying.

Many companies will require that you stay in one location for a set amount of time. Others may require that you travel frequently or sporadically and have little security of staying in one place for long periods of time (some military positions and the Peace Corps).

Burrows said that in her search she discovered that with the Veterans Association she would only have to serve three out of ten required years in one location, after which she could choose any location within the system to work.

The College Cost Reduction act of 2000 leaves multiple new opportunities for students to reduce or eliminate their college debt. Remember, however, that loan forgiveness programs are considered null if you terminate the requirements at any time during the program.
I was 14 when my dad first attempted to teach me how to drive. I was terrified as he stuck me behind the wheel of our family van. I was already competent in horse-riding and mountain biking. Now the next natural progression of momentum would be in a motorized vehicle. Our unfashionably green Safari, however, did not respond at all like my horse or bicycle. First moving too slowly and then braking too quickly, my erratic movements showed how uncomfortable I was with this mechanical beast. Helpful friends and family had shared too many stories about car accidents and the potential damage that this heavy machine could inflict. I wasn’t so sure that I wanted any part of it.

None of my earlier skills prepared me for this unpredictable engine-powered propulsion. One of the first tricks I learned in order to successfully stay upright on either animal or two-wheeled machine was to steer with my eyes and move with my body. In horse-riding, the intelligent animal senses any subtle shift in position and, if the horse is well-behaved and properly trained, it will then move in the direction the rider is looking. A bike is more or less the same. We keep our balance by cutting through the air in a straight line to somewhere; our eyes, again, determining our success. The 7-seater that I now controlled, however, had no respect for the frantic swaying of its young, trembling driver.

As my first driving lesson continued, my dad alternated between screaming with laughter and then for his life. I swerved across the road and back again. Thankfully, he remembered his own struggles as a novice driver and was able to figure out what I was doing wrong. Before more than a block had passed, he kindly corrected my steering with some simple advice: “Pick a spot way out ahead of you on the road and drive there. Once you’re getting close to it, choose another place and always keep moving toward the horizon.”

That day, I learned that I could drive with my eyes. It was just a matter of picking a distant destination and envisioning myself there.

Even though it was some time before I earned my dad’s full confidence as a vehicle operator, with his help and direction I eventually got it. Less than two years later, I was driving on my own and now it’s such a natural act that I hardly have to think about it. Like my dad, our Father God wants us to achieve such wonderful things while avoiding potentially painful consequences. We have Someone who is on our side, in our passenger seat, coaching us through the process.

I still find myself in the learning stages of my Christian walk. Just as when I was learning to drive, it is a struggle. I sometimes get turned around, drifting all over and on those days I don’t feel like I am making much progress. It’s hard to transfer my earthly living skills into the godly life that we are called to live, but I know there is one thing I can do. I can fix my eyes on Jesus, the author and perfecter of my faith (Hebrews 12:2). He wants me to be where He is and His promise remains: “Before long, the world will not see me anymore; but you will see me. Because I live, you also will live” (John 14:19, NIV). I want to live with Him for eternity and so I will envision myself with Jesus.
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