WHAT’S YOUR CAREER GOAL?

GET READY FOR THE WORLD!

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A
n unusual situation happened as I was reporting a story some time ago. It was shortly after news broke about the arrest of two snipers later found guilty of killing 10 people in the Washington D.C. area. I, along with two colleagues, were chasing a lead that led us near Seattle, to the home of a man the FBI credits as leading to the break in the case.

A man with a huge, imposing presence answered the door. We didn’t know who he was, but we gave him our spiel: “We’re sorry for the unexpected visit but we really need to talk with Robert Holmes. We tried calling but haven’t heard back. We’ve flown all the way here from New York City. Yes — it’s that urgent. We really need to speak with Robert Holmes.”

He stepped out the house, closed the door and plainly said, “I’m sorry, I can’t help you. I’m his brother, but I haven’t been able to reach him either.”

A deadend. We were a far way from home and not in any hurry to head back, so we made small talk with the affable man. Just then, a little girl emerged from the house next door. I noticed her get on a bike and ride toward us. As she approached she yelled, “Hi, Robert!” There was silence.

Realizing what just happened, I laughed and blurted out to the stranger, “You’re Robert! You’re who we are here to see!” He laughed, and confessed that, indeed we had the right guy.

I bring this up, because it reminds me of the pretenses we have with God; when He comes searching for us, as He did with Adam and Eve after they had sinned, we often hide. Some of us pretend not to be who He knows us to be — His valued children. Still, He reaches out, whispers our name, and tells us He cares.

As you thumb through the pages of this issue, you’ll encounter an assortment of people who God has spoken to. It doesn’t have to be a literal, audible voice. They come from various walks: Vikram, a former Hindu living aimlessly but followed a call that led him thousands of miles from home; Tammi, a successful lawyer with her own firm, yielded to the voice instructing, “Go feed my sheep”, and there’s Natasha, who while at the bottom of the pit, heard the name Jesus and did not hide.

As the hymn writer says, “I heard the voice of Jesus say, come unto me and live.” The 21st century language is updated, but the voice is still saying the same thing.

As you read the stories in this issue, try to avoid noisy places, the din of traffic, the hustle and bustle of your day. Get unplugged. Read in silence. It may well be that you will hear that strong, gentle voice, too. Keep listening. Don’t you hear Him calling you?

Debbie Michel
Editor
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We Want to Hear From You!

We’re super-excited to announce that Envision is planning to go digital, starting with our next issue. And while our intrepid reporters, and the rest of the creative team, are hard at work on Issue #4, they’d love to hear from you. What topics would you like us to cover? Do you know someone (or maybe it’s even you) who has a compelling story? If your story is selected, you’ll receive a copy of the book “Connection” by Steve Case, courtesy of our good friends at Pacific Press. Send your story suggestions to editor@envisionmagazine.com.
Editorial

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MESSAGES FROM YOUNG PEOPLE

Letters to the Editor

I’m writing you because I was immediately drawn to Envision magazine, which I picked up from the bookstore while attending my brother’s graduation from Andrews last May. I found that I enjoyed and could relate to each and every article in the spring/summer 2010 edition (coincidentally, Jaci Velasquez was one of my favourite contemporary Christian music artists when I was in college!). This is saying a lot because while I enjoy magazines in general, this is one of the few that I felt could really speak to collegiate Seventh-day Adventists (or Christians in general). I’ve read and re-read several of the articles since I bought it. I shared it with my friend, also an Andrews alumna, and she loved it as well.

- Christelle Agboka, Andrews University alumna via email

Just checked out the magazine and I must say that I am supremely impressed, shocked and proud!!!!! I could totally see this going places!! You guys REALLY did a PHENOMENAL job!!!! VERY professional and VERY well put together!

- Wendell Joseph, Andrews University student via Facebook

I have been reading Envision and suffice it to say it’s really envisioning. I expected to read a bunch of fluffy articles because this is a college magazine. But even from the first feature, “The Comeback Kid”, I was honestly impressed… You’ll are doing an amazingly dynamic job. I thank you for giving me quality reading. This magazine hits the issues of our day, which is great for students and parents alike. Keep up the good work!

- Robin Tate, parent via email

I’m a student at Andrews right now, but I have many friends in California so I wanted to send some the [website], but I don’t want to send them to a dead link you know? Why do the links get disconnected? I would think they would only get outdated, but many are to dead ends. Really loving the content. Just want to share it with others via the web.

- Branden Stoltz, Seventh-day Adventist Theological Seminary via email

“We’re thrilled you want to share our stories, and that’s our goal! As of this writing, we’re working on getting the site up and running, and are hoping to have it ready soon. In the meantime, you may check for updates on our Facebook page.”

- Tom Fraga, Assistant Editor, Insight magazine via email

Special Thanks

Rich Camacho (Do It Best/Village Hardware), Dollar General, Apple Valley Supermarket, Neighbor to Neighbor, DJenice Watson, Brooks Brothers, T.J. Maxx, Forever 21, Carla Frazee (True Color), Elliott Phipps (Stanton Elliott Bowties), Dave Sherwin, Diane Myers, Belynda Mulzac, Lydian Hamilton, Melissa and Jason Webster, Rhodel and Stephen Kabah Jr., Andriy Kharkovsky, Glenn Roper II, Stephen Payne, Delyse Steyn, Melchizedek Ponniah, Desrene Vernon, Patrice Jones, Ashleigh Burtnett.

Corrections

Mistakes are so annoying to us, but unfortunately they happen. In the last issue, we misspelled Cassandre Nonnon’s surname, and there was missing text from Michael Ehm’s story. We sincerely regret the error.

Also, our story on Paying for Graduate School needs further clarification. According to the federal Department of Education, in general, a student who has earned a bachelor’s degree is ineligible to receive a Federal Pell Grant or a Federal Supplemental Educational Opportunity Grant (FSEOG).

However, under very limited circumstances, a student with a bachelor’s degree can still receive a Federal Pell Grant if they meet specific criteria. For more info, see your financial aid advisor or visit the website: http://studentaid.ed.gov.

Send Your Letters to Envision Magazine, Andrews University, Dept. of Communication, 4141 Administration Drive, Berrien Springs, MI 49104, or e-mail dmichel@andrews.edu.

We’re also on Facebook/envisionmagazine and on twitter @envisionmag.

Submissions may be edited.
**Connection**
Writer Steve Case draws from the classic Steps to Christ in his new book, “Connection”. It aims to provide new hope and unique insights, to go boldly beyond our limits and connect with a God bigger than us. Published by Pacific Press.

![Connection Book Cover]

**“Taste of Chicago”**
festival, Navy Pier, Chicago – June 24-July 5, 2012. The world’s largest outdoor food and music fest, attracting some 3 million people. Explorechicago.org

**The Numbers**
The average person lives 29,200 days. That’s over 700,800 hours and 42,048,000 minutes. How much time are you spending with God?

**Tax Credit**
Thanks to the economic stimulus act, you may be eligible for a tax credit of up to $2,500 each year for out-of-pocket higher education expenses for course materials, tuition, and fees for 2009 through 2012. For further details and how to apply for the credit, go to irs.gov or www.textbookaid.org.

**Passion Play**
Easter Passion Play on the campus of Andrews University – Saturday, April 7, 2012. An interactive indoor and outdoor walk-through experience for the entire family, depicting the life, death and resurrection of Jesus Christ. Passionplay@andrews.edu

**“Run For the Health of It.”**
Three races to chose from: 5K, half-marathon or Marathon. The USATF certified course provides a scenic and diverse tour of Kalamazoo. Borgessrun.com

Events subject to change. Check organizers website for up-to-date information.
vikram’s victory
A STUNNING STORY OF FRIENDSHIPS, DENIAL AND REDEMPTION

Lavern Ramdott
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Photography:
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Panchal had been waiting for since graduating from college. “If you accept the job offer, your salary will go up by 20 grand,” the man from Toll, an Australia-based logistics firm, said.

He had seen media coverage about the company and knew the company was growing. At LinFox, his current job, he was already making a competitive wage. Regardless of the glamour of the prospect before him, he was beginning to have second thoughts about accepting a new job. The words of his friend, from the conversation they had had that Thursday night after the training workshop for Bible workers and colporteurs, resonated in his head, "If you develop an interest in one area but your eyes turn back toward serving God in the church, you know you've been called."

He definitely wanted to serve God, but he wondered if this lucrative job offer would pull him away from that mission. He was at a crossroad. But as he looked back over his life, he could clearly see the dramatic twists and turns as a persistent God chased after him, and why it was finally time to surrender to Him.

AN EARLY CALL

Born to a Hindu businessman and his wife in Mumbai, India, his early experience with Christianity came at the Hebron Boarding School run by British missionaries. His father who saw the God of the Christians as “just another god,” had intended for only his older son to attend the boarding school, because he felt Vikram was too young. However, the principal was willing to give him admissions as well.

“Why are you and your family Hindu?” Panchal recalled a 7-year-old classmate asking him while at the boarding school. He didn’t understand why he was not a Christian. A few nights later, while everyone slept, he quietly got out of bed and whispered this simple prayer: “If you are God, I want to accept you as my personal Savior.” For the next nine years at the school he worshipped and learned about the Christian God.

TAKING A BREAK FROM GOD

Years later, as a college student in Melbourne, Australia, Panchal wanted to experience life and all it had to offer, without the restrictions of Christianity.

“I wanna take a break from you for one year,” he prayed. He moved out of his brother’s apartment and into the dorms. He started partying and drinking socially. Looking back, he feels that there was something restricting him from fully indulging into the culture surrounding him. “I think God’s protective hand prevented me from making mistakes that I would have regretted later,” he said.

After the year of taking a break from God something unusual happened.

As he studied one night in the library, he said his heart began to hurt. “I felt like I had a deep pain from within, just like a complete emptiness, I don’t even know how to describe it,” he said. “It’s like I was so empty and it’s not just an emotional feeling, you know when a person feels empty or lonely, I felt like my entire soul had been sucked out—like I was having a heart attack.”

In the privacy of the library bathroom, he pondered what was happening. “Could it be God?” he wondered. Panchal said he didn’t pray or read the Bible anymore. God didn’t exist. But the pain was so severe, that he lifted up a prayer anyway. “God if this is you, then please take away the pain.”

Within minutes the pain went away, he said. He pushed the whole experience back in his mind. “Then a couple of weeks later that pain came back to me again,” he said, “and then I finally said ‘Lord if this is you, then I will do what you tell me to do.’ And immediately the pain went away.”

He would see God reach out through a chance encounter on his train commute home. Unbeknownst to him, observing him from a few seats behind on the train was a stranger and his son. The passenger, Keith Paulusee, said to his son, “Daniel, look! Daniel that young boy looks very unhappy—there is something bothering him. Go and say ‘hello’ to him, introduce yourself and cheer him up.” Paulusee said he felt Panchal would respond better to his son, since Daniel and Panchal appeared close in age. The son did as instructed, and eventually invited Panchal to dinner. But Panchal was frightened by the unusual conversation and purposefully gave the wrong number.

As fate would have it, two weeks later, the two would meet again on the train. Embarrassed, this time Panchal gave Daniel the right number.

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Over time, the older man forged a father-son relationship with Panchal and told him, “Look, my intuition which comes...
from God tells me that you are going to be either a teacher at one of our Seventh-day Adventist universities or you are going to be a pastor-evangelist back in India, but nevertheless God does have a plan for you.”

The words offended Panchal. They also reminded him of something he had felt since he was 7. That scared him, too. He withdrew from Paulusee.

At 20, Panchal had his life planned out. He wanted to be a businessman like his father, and had gone to school to do just that. During the next four years, he completed his degree in commerce and information technology.

“I could see the great controversy being fought out.”

He applied to the largest and best companies. But every company turned him down, and he was stuck working at a restaurant. There he faced racial slurs, false accusations and underpayment. In frustration he quit, deciding he’d rather live off his savings. His father grew worried.

“Vikram, I am so concerned for you. If you don’t get a job at the end of the year I want you to come back home to India and I will find you a job,” he said his father told him. Determined not to take that offer, he applied for more jobs, commuting 16 hours to look at jobs between Sydney and Melbourne.

“I remember coming back home and I would get down on my knees and start crying,” he said. “I was just inconsolable.

Reaching out to God

“It was at that time that I finally reached out to God. I said, ‘God, if you do exist, I need you right now.’

“I remember God flashing an image in my mind, ‘Do you remember Keith?’ And I said ‘Yes.’ And he said, ‘If you are looking for answers you would find answers from him.’ And so after I stopped crying, I was wiping the tears off my eyes. I said, ‘Lord, where on earth is his number? It’s been four years since I had last been in contact with him.’”

Frantically looking through his old diaries from school, Panchal managed to find the number.

The familiar voice on the other end said, “Vikram, where have you been? I have been praying for you.

“I will pick you up Saturday morning—this time I will take you to church.” When the two reunited, Paulusee told him: “Let me tell you, Satan is trying to prevent you from going to church. The craziest thing happened—my phone battery died, my car battery died.”

At the Adventist church, his first time worshipping with that denomination, he said he met wealthy Christians who wanted nothing from him. As they fed him and treated him like family, his barriers began to fall. At this point in his life, after being overworked at his old restaurant job, and seeing the effects of alcohol in the lives of the people who patronized the restaurant, the Sabbath and healthy lifestyle all made sense to him.
On August 19, 2006, Panchal gave his life to Christ in baptism. He said, that night he felt the call on his life to join the ministry. Then, the next day he received the dream job offer from the former colleague.

With greater conviction of his calling, he said he told the former colleague, who was also his college friend, “This is gonna sound crazy to you, but I think I’m gonna go and become a pastor.”

Looking back on that week, he said, “I could see the great controversy being fought out because, on the one hand, Satan was tempting me with this amazing job, while on the other hand I felt the calling into ministry.”

His conviction for Christ grew. Yet, an inner struggle began when at a training seminar, the teacher Ernestine Finley told the group she was looking for colporteurs.

“I said, ‘colporteurs, what are those?’ and she said, ‘Those people, are people selling books.’

“I said ‘selling books?’ I was like, ‘no way’, because that to me was the most demeaning thing,” he said he told Finely. “I was like—do you even know where I am coming from and you want me to go give up my job to sell books—I was like ‘no way.’”

He said a friend later schooled him on “what it means to be called,” and he was convinced to pursue full-time ministry.

A year later, he left his cushy job to serve as a Bible worker for the Discoveries 2007 evangelistic series held by Pastor Mark Finley in Australia. While making this grand transition in his life, he decided to spend two months at home in India before going, in fall 2007, to Mission College of Evangelism in Oregon, where he hoped to get more practical training as a Bible worker.

His parents, who were divorced, were livid when they heard the news. He said his mother continuously shouted at him for two to three hours at a time. His father took away his Bible.

His stepmother wasn’t supportive of his goal, but told his father to let him go for the three-month training. “He’s going to get so sick of this ministry, he’s going to come back and he’s going to say that it’s the biggest regret he ever made,” he heard her tell his dad.

His father gave him permission to go, and the next day, his mother gave her blessing. Twenty-two years after that 7-year-old boy asked Jesus into his life, he said he is doing what he was born to do—training to become a pastor. He is now in his final year at the Seventh-day Adventist Theological Seminary on the campus of Andrews University.

In the small, cozy seminary prayer room he reads from John 6:66, “From that time many of his disciples went back, and walked no more with him. Then said Jesus unto the twelve, Will ye also go away? Then Simon Peter answered him, Lord, to whom shall we go? Thou hast the words of eternal life.”

For Panchal, like the 12, he has nowhere else to go. Unlike some of Jesus’ followers who walked away, he has chosen to stay.
Quick Bites that Won’t Break the Bank!

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Eating well shouldn’t be hard, but as students we know that time and money are often in short supply. Is it possible to find cheap, healthy meals at the local dollar store? Our expert cook Taisha Holmes Bulgin came up with some simple dollar-store dishes that are sure to delight not only the wallet, but the palette too.

**Spanish Rice**
- 3 cups of water
- 1½ cups parboiled rice
- 1½ teaspoon salt
- 1 tablespoon olive oil (optional)
- 3 teaspoons minced garlic
- 1 medium chopped onion
- ¾ cup diced tomatoes
- 6 oz. tomato paste
- 4 oz. green olives
- cilantro (optional)

**Directions:**
1. Place water in pot and bring to a rapid boil.
2. Add salt, oil and parboiled rice. Bring to a boil then place pot cover on top and lower fire to a simmer for 25 minutes or until rice is done. (Don’t lift pot cover off rice until done.) Let rice cool.
3. Add olive oil to barely cover bottom of a medium pan, and sauté garlic and onions until soft.
4. Add tomato paste and sauté with garlic, onion and oil mixture.
5. Add rice, diced tomatoes and green olives to sauté pot and stir until mixture is mixed well throughout rice. (Optional: Add fresh cilantro for flavor and color.)

Serves 6-8 people

**Rice & Beans Chimichanga**
- 10-inch flour tortillas
- ¼ cup refried beans
- ¼ cup Spanish rice
- 2 tablespoons salsa

**Directions:**
1. Preheat oven to 400 °F; spray large baking sheet with non-stick cooking spray.
2. Place ¼ cup of refried beans and ¼ cup of Spanish rice into the center of tortilla.
3. Add 2 tablespoons of salsa over rice; then wrap burrito and place it seam side down on the sprayed baking sheet.
4. Spray the burritos with cooking spray and bake for 10-15 minutes (ovens may vary). Turn over and bake an additional 10 minutes until golden brown.

**Bread Pudding**
- 2 cups Silk vanilla soymilk
- 1 cup orange juice
- ¼ cup brown sugar
- 2 teaspoons vanilla extract
- ¼ cup walnut
- ½ cup raisins
- 2 teaspoons cinnamon
- ¼ teaspoons salt
- 6 cups wheat bread (cubed)

**Directions:**
1. Preheat oven to 350 degrees F.
2. Mix first four ingredients in a bowl.
3. Place bread in separate bowl.
4. Add nuts, raisins, cinnamon, and salt to bread mixture.
5. Pour wet mixture over dry and let stand for 5 minutes.
6. Spray nonstick spray on 8x8 pan. Empty mixture in pan and place in oven for 45 minutes.
7. Stick toothpick in center; when it comes out clean, bread pudding is done. Take out oven and let stand.
8. Serve warm with ice cream or when cool.

Serves 7-9 people

* All ingredients, except avocado, cilantro, fresh onion & soymilk, available at local ‘dollar stores’. e
So, you decided to change your diet two months ago, but see no changes in your body. You cut meat out of your diet, so you must be healthier, right? Wrong.

Simply eliminating animal products from a diet does not suddenly make a person healthier, according to Dr. Joel Fuhrman, a family physician specializing in preventing and reversing diseases through nutritional and natural methods. He has appeared on various radio and television shows such as Today and Good Morning America, as one of the country’s leading experts on nutrition and natural healing.

“People eat too much oil, too much salt, too much processed foods, trans fats, white flour, sugar, and sweeteners,” he says. “All the things that are unhealthy are not just in animal products.”

So before you decide to eliminate meat from your diet or condemn your friend for eating a hamburger, put down that vegetarian burger and listen up.

According to Fuhrman, 62 percent of foods consumed in America are processed foods, which have no antioxidants and phytochemicals.

Antioxidants are substances that protect cells against the effects of free radicals, which are molecules produced when your body breaks down food or is exposed to tobacco and radiation. Without these antioxidants, free radicals can damage cells, and play a role in heart disease, cancer and other diseases.

Phytochemicals are plant chemicals which have protective or disease-preventive properties that are within plants. They can also protect humans against disease, Fuhrman explains.

Vegetarians can be as unhealthy as meat eaters for the same reasons — the abuse of processed foods and lack of foods with the necessary nutrients.

“A lot of vegetarians live on fake meat, fake turkey, fake bacon, which is salt and processed,” Fuhrman says. He compared eating the meat substitutes to eating processed meat on white bread. How does the breakdown of your breakfast, lunch, and dinner compare?

“The reason a vegetarian diet may not be ideal is because they are relying on processed foods, not unrefined plant foods like kale, sesame seeds, and carrot sticks,” says Fuhrman.

Calcium deficiencies may occur, for example, because a vegetarian may think they can only get calcium from dairy and animal products. Not true, says Fuhrman.

“Americans get their calcium from milk because they are not eating enough vegetables,” he says. “You do not have to get calcium from milk if you eat enough vegetables.

“Natural plants have plenty of calcium, iron, and vegan proteins, it would not be low in a vegetarian diet that is low in processed foods. Sesame seeds and beans are high in calcium as well as oranges, which have 60 mg of calcium. Green vegetables can also provide iron and protein.”
There are certain nutrients which only animal products provide, however. Vegetarians may lack vitamin B12, which is required for proper red blood cell formation, neurological function, DNA synthesis. B12 is naturally found in fish, meat, poultry, eggs, milk, and so vegetarians need to acquire these nutrients through oral supplements, nutritional yeast, or fortified foods.

The best way for a vegetarian diet to be beneficial is to take the time to add a variety of nutrient based foods, says Fuhrman. It may take more time and intent, however. “There are so many positives and a small amount of negatives with decent planning. With a properly designed vegetarian diet you can dramatically lower or almost eliminate the risk of heart attack and stroke as well as significantly reduce your risk of cancer.”

**Vegetarian resources/websites**
- PeTA.org vegetarian/ vegan starters kit includes recipes; a pledge to be vegan for 30 days and printed versions of the starter kit.
- Vegetariantimes.com (Vegetarian Times magazine) publishes a vegetarian starters kit with tips for eco-living, recipes, resources, events and quizzes.
- Thevegetarianchannel.com is an informative resource for vegetarians with articles, recipes, shopping, as well as ways to contact dietitians for help.
- Vegsource.com includes a store, discussion boards, food, videos, health news.
- Vegnews.com (Veg News magazine) provides daily vegetarian news, recipes, how-to articles, and tips for “vegetarian vacationing.”

**Vegetarian communities/forums**
- Veggieboards.com
- Vegspace.com

**Vegetarian Restaurants**
- Vegdining.com is a guide to vegetarian restaurants worldwide
- Happycow.net includes recipes, as well as a guide to vegetarian restaurants.
Thanks to excellent marketing, it is hard to imagine serious athletes without a sports drink and protein bar in their gym bag. Retailers advertise these items as midafternoon snacks designed to boost energy, reduce hunger—not to mention a convenient snack to ingest after a workout. But are they healthy for you?

**ENERGY BARS**

－Gretchen Krivak, registered dietician and assistant professor at Andrews University, cautions that energy bars can pack a wallop of calories, sugar, and saturated fat. Some bars deliver around 8 grams of saturated fat, as much as a McDonald’s Quarter Pounder. Others have so much sugar that one might as well refuel with a Snickers or Milky Way candy bar. All of these foods are a reminder of the traditional comfort food—full of fat and sugar. Not only that, but as Krivak points out, “They have a lot of additives.”

－For people who prefer to refuel after a workout with something natural, Krivak has several suggestions: “Chocolate milk, apples and peanut butter, peanut butter and jelly sandwiches, and peanut butter and crackers [are] great recovery snacks, in addition to traditional products such as protein bars and shakes.” A protein bar costs 10 times more than a peanut butter sandwich, so the financial savings over time can really start adding up.

**SPORTS DRINKS**

－Gatorade—a formula made of water, salt and sugar—became increasingly popular, not only among athletes. The drink has become a replacement for soda or juice, but as Krivak points out, “the problem is that liquid calories do not fill you up. This leads to ingesting extra calories which causes weight gain.”

－Sports drinks have extra calories, sugar and salt—all important components for a competitive athlete, but not necessary for someone who participates in moderate physical activity. If someone is exercising for more than 45 minutes and is sweating profusely, they will probably need some sort of electrolyte replenishment. Otherwise, water is sufficient.

**ENERGY DRINKS**

－Popular energy drinks, such as Red Bull and Sobe Energy, are another hazard to our health. “There is no reason to drink energy drinks,” says Krivak. “They are full of caffeine, sugar, and additives and cause people’s energy levels to crash.”

－Energy drinks are not appropriate for hydration before or during exercise due to the carbohydrate content slowing emptying from the stomach. Besides, running with a stomach full of fluid is bound to make you feel sick. e
WORK IT!

7 Ways to Stick to Your Fitness Goals

Ashleigh Jardine
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Photography: Esther Nooner
esthermacy@me.com

While in college it can be next to impossible to stick with an exercise routine. Schedules are hectic and there’s never enough time to do homework — let alone workout! Fortunately, there are ways to make time for exercise and keep motivated.

1) Write down your exercise goals and plan workouts accordingly. For example, if your goal is to “bulk up” and increase muscular endurance, it is important to focus on strength training exercises, such as lifting weights, as opposed to cardiovascular exercises like jogging. Keep a log of the exercises performed, the intensity, and the number of sets and repetitions.

2) Have a positive attitude about your plan. Think of the exercise as a study break, and be continually aware of the reasons why exercise is important. Also, try practicing positive self-talk. Don’t forget the benefits exercise can have on your body!

3) Plan ahead. “You have to make it a part of your schedule,” says Gretchen Krivak, assistant professor at the Andrews University Department of Wellness in Berrien Springs, Mich. “If you do not have it scheduled into your day you are likely to forget about it, make other plans or just make excuses not to do it. Schedule your exercise time like it is a class and make yourself accountable to be there.”

4) Exercise with a workout partner. He/she will not only help the time go by but will also provide a great source of motivation. Think of your exercise partner as an accountability buddy whose job is to make sure you follow through with your plan. Choose wisely by finding a partner who is as serious about exercise as you are!

5) Don’t perform the same exercises every week. “Changing up your routine on a frequent basis is a good way to keep your interest,” says Krivak. “When you do the same exercises or routines over and over, you begin to go through the motions. Changing the amount of exercises, type of exercises or even the intensity of the exercises can give you a fresh and new perspective of what you are working so hard for.” Do challenge yourself so you’re not bored with your routine.

6) Reward yourself on a job well done. Set goals, and if you reach them, do something fun! Go shopping or watch basketball with the guys. But, make sure that your reward doesn’t ruin your plan.

7) Never, never, never give up! Don’t beat yourself up if you don’t reach your goals quickly. And if you miss one exercise day, no big deal! Instead, get out there the following day and try even harder.
natasha cruz

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EXTREME MAKEOVER
Walking into a small, conservative Adventist church in the heart of New York City, Natasha Cruz was not dressed like anyone else in the church. She was scantily clad and felt apprehensive about what they thought of her.

Yet, beyond her outward appearance was a heart open to surrendering to a personal and sovereign God. Cruz had heard of a Divine Friend who would accept her regardless of who she was. She learned that this man Jesus hung out with anyone, and this meant that He would accept anyone—even her 17-year-old self and all her mistakes.

Raised as an only child in Queens, New York, mostly by a nanny since her mother worked long hours as a hairdresser to support the family, Cruz saw her mom mostly on weekends. After school, she was free to do as she pleased, provided she remained at home. “My mom was like you need to be home by six; [you need to] call me every two seconds,” Cruz said during a face-to-face interview. She was relieved when she finally left home and could live free of curfews and restrictions.

She enrolled at the C.W. Post campus of Long Island University in fall 2007, but before long, school wasn’t a priority: “I didn’t go to class because I would party like Tuesday to Sunday—it was straight,” she said. When her mother called she would tell her, “I’m going to sleep now,” while Cruz was outfitting herself to go out that night.

To this point Christ was a person she knew of, but not in any personal way. Raised Catholic she decided to follow the Buddhist religion, intrigued by its non-judgmental philosophies and the peaceful countenance of the monks she observed in New York.

“I believed in a universal creator. Good is good, bad is bad. We could do what we want. Have fun, live life,” she said. Cruz would do anything and not feel guilty about it: she kissed miniature statues for good luck, had occasional palm and tarot card readings, played with Ouija boards, fell into various addictions, and occasionally shoplifted. She was simply charmed by the carefree and do-what-you-want lifestyle of Nirvana and Metallica music, and artists like Jay-Z as portrayed in their music videos.
At LIU, in an environment where friends drank, smoked and suffered addictions, she witnessed the lifestyle change in a friend, Christian Reynoso, who kindled hope and audaciously spurred her on to desire a better life.

In spring 2008, Reynoso whom she hung out with decided to give up the things that he thought would eventually lead to an early death, and instead, live a committed Christian life.

Before this, several people had tried to introduce her to Jesus, but according to Cruz, they were marring His image. She said, “People who wanted to talk to me about God would then go and have a party.” Cruz was not about to join such a façade. But Reynoso was different, she noticed.

“I would go to his room — not sober — and he would give me Bible studies.” She said Reynoso drew her closer to God using her own interests. “We were really into astrology, and he gave me the Amazing Facts [booklet] about astrology. And I was like, ‘no way!’” Cruz said in astonishment after reading it. “Tell me more,” she insisted.

That summer, she decided to attend the Washington Heights Seventh-day Adventist church with Reynoso. The church was unlike the huge, high ceilinged, rococo Catholic churches with marble altars that she was used to, and although located in glitzy Manhattan, she said it was a little, broken-down, raggedy church with only about 12 to 15 members.

“I have my jewelry with my tube top,” she said of her attire, “If these people are gonna accept me for who I am, I’m gonna walk in just like I am.”

At that church Cruz said she met a group of people with so much faith and love that she never missed a Sabbath after that.

**A WAKEUP CALL**

As she began to witness Christ’s love toward her, she felt compelled to share that experience with friends still entranced with the world.

“The love of money is the root of all evil,” Cruz remembers telling Reynoso’s best friend who was involved in illegal activities. She had never read the Bible and was quoting something she had heard somewhere.

Still, all the pleadings to follow God could not convince the young man to give up a lifestyle that led to his death. His body was discovered two weeks after she begged him to live a Christian life.

She was crushed. “I had just met him that year; I never experienced that—like God was warning me.

“I’m done with this stupid lifestyle, it’s gonna kill me, I’m causing myself psychological, emotional, mental harm; I’m causing my family harm. I’m making friends I shouldn’t. What good is coming out of this?”

**A CHANGED LIFE**

Cruz was determined to change her life for Jesus. She threw away all her CDs and started reading the book Steps to Christ, by Ellen G. White and the new Bible Reynoso had bought her. Reading Matthew 18:15-18, she was convinced that making her wrongs right was the first step towards change. She decided to confess to her mother what she was up to during the past school year. However, the effects of what she had done couldn’t easily be reversed.

“I couldn’t believe that you did this to me,” was her mother’s response. From that day Cruz said her mother treated her like a “woman.”

Cruz had to cook for herself and attend to her own financial needs. There was little communication and emotional exchange between the two. “I was literally living with this stranger,” she said. “It was out of love, but it was hard to see it like that at the time.” To be misunderstood and rejected in an effort to make a positive change in her life was almost more than she could bear.

At the same time, she began to feel a relief from letting go of all the things that were destroying her. “Jesus takes all your burdens. It was literal for me,” she said. That summer she left LIU and moved back home to Queens, New York.

“I got to know Jesus as a man, I got to see his human side. I read the Bible and I saw that Jesus wept and I saw that Jesus suffered and I saw that I can relate to him.” Cruz said that was enough for her to give up the practices that had blemished her life. Undeserving of a new life, as her actions made it seem, she met a Man who not only accepted her, but whom she said made her into a better person. “I fell in love with Him.”

On September 13, 2008 at Camp Berkshire, a campground owned by the Greater New York Conference of Seventh-day Adventists, Cruz made a public confession of the life she now chose, over the deceptively so-called fun, party life. Her baptism, conducted by Pastor Daniel Zabaleta, was attended by her mother, and of course, Reynoso.

However, when she and Reynoso returned to LIU, old friends wanted to pull them back into the lifestyle they had left behind. Said Reynoso, “she had friends telling her come party every moment of the day—come drink. [We] had all these people asking her to smoke, people asking me to smoke. And we had to constantly [tell them], no, no, no, all day. It was not an easy thing.”

Wanting a change of environment after her baptism, Cruz learned that there were Christian communities where she could continue her
schooling. With influence from Reynoso who had visited Andrews University, she decided that she too should check it out.

During her campus visit, Pioneer Memorial Church Senior Pastor Dwight Nelson was teaching the series, “A Plane Ticket, Your Luggage and Your Laptop.” The message was encouragement for her to leave the “concrete jungle”, and head for bucolic Berrien Springs, Michigan.

She began Andrews University the spring 2009 semester, double majoring in Psychology and Religion. It’s a different world for the 22-year-old senior who is now active in ministry as a student chaplain, and during the summer months works as a literature evangelist to help finance her education.

“Because she didn’t come from an Adventist background she has a greater appreciation of living in and being involved in ministry,” says Chaplain Timothy Nixon, who Cruz has worked with for the last year and a half. “She really values being on a Christian campus, and she’s very serious and committed with ministry.”

Cruz says of Reynoso, now a first-year student at the Seventh-day Adventist Theological Seminary at Andrews University, “If it wasn’t for my friend showing me the love that he did in the way he did—non-judgmental, come as you are, I’m gonna be patient; he really portrayed Jesus—and that was strong enough for me.”

She said she discovered Christ as a personal friend, one she could talk with and relate to, and He gave her life a complete makeover. “I’m seeing my appearance change. I look younger, my skin got better—everything. I became a vegetarian; I learned about the health message”, a set of Bible- and Prophecy-based principles on how to take care of ourselves. After reading the book “I Kissed Dating Goodbye,” she no longer dates and has asked Jesus to show her how to love Him first before she ventures into a romantic relationship with anyone.

Although things are still not very different between Cruz and her mother, she is very thankful for a change she wishes she had done a long time ago.

“I was loved, and I felt the love of God, and I saw my friend love me as Jesus did, and I saw the church love me as Jesus did. It just takes one person.” e
What is rare in this world is well-fashioned men — men with hearts that shine brighter than cuff links and patent leather. Appearance is fine, but when coupled with the heart of a well-fashioned Christian man — well, all that’s left to say is A-Men!
“...THEY BREATHE IN THE ATMOSPHERE OF HEAVEN.”

My Life Today
ELLEN G. WHITE (P. 216.4)
“...MEN WHOSE CONSCIENCE IS AS TRUE TO DUTY AS THE NEEDLE TO THE POLE...”

Education
ELLEN G. WHITE (P. 57.3)
“...MEN WHO WILL STAND FOR THE RIGHT THOUGH THE HEAVENS FALL.”

Education
ELLEN G. WHITE (P. 57.3)
ROOM FOR LESS

Easy Ways to Get the Look You Love

Photography: Tori Meyer | vmeyer@hotmail.com

For college-bound students leaving home and moving into a dorm room or shared off-campus housing can cramp their style. But it doesn’t have to be that way. Here are some brilliant ideas to class up your home away from home, have it reflect your personal style, and in the process save yourself a bit of money.
Bedding
It’s best to start with the bed décor as that’s the focal point of the room. Make sure you get a cozy-looking comforter with a solid color or a simple color scheme you would enjoy waking up to every morning. (What I used for this shoot is cranberry red, sliver gray and beige as the main color palette, and sign blue, as accent color.)

Color Scheme and Design Theme
Use a color scheme, which is a few colors you repeat in your room. Then choose a theme or a pattern, incorporating different items with those colors – such as a wall painting or art, throw pillows, area rug. Choose a theme based on what you like. Do you like square shapes, butterflies, cars, fashion, surfing or mountain climbing? Is there a preference for traditional modern, classic, contemporary, vintage or rustic?

Lighting
Lighting is very important in your décor since it dramatically changes the tone of your room. Nifty ideas include using white Christmas lights or finding old lamps at your local thrift store, then painting the lampshade to fit your color scheme.

Accessories
Your dorm room functions as a multipurpose room, and accessories are a great way to maximize the space. Some looks to try:
Picture frames make your drab concrete walls spring to life. Place various shapes and sizes on the wall for a gallery effect. Frames can be found in second-hand stores, or even by the side of the road. If you can’t use nails on the walls, try leaning them against the wall. One tip I especially like: use fishing wire and hooks to hang my own handmade art from the ceiling.

Bed and desk organizers or cubed ottomans add more structure, and the ottoman is great for storing items like magazines, throw blankets, etc. It can also be used as extra seating for visitors without taking up much room.

Decorative rugs will define your space, giving the room a homier feel and covering up dingy flooring. But be sure the rug you like will work well with the color scheme and complements the room.

Window treatment that matches your décor adds pizzazz and style. One easy and inexpensive tip: Check thrift or vintage stores for old fabric or curtains.

Side note
A big mistake students make is bringing too much stuff with them to college, cluttering the tight space, and then having to live in discomfort for the next several months. In this case, less is definitely more.

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ELEMENTS OF STYLE
LOOKS TO KEEP YOU ON THE LEARNING CURVE

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a journey to joy

Why One Woman Answered the Call to ‘Go Feed My Sheep’

Lavern Ramdatt
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the growing number of cases at her law practice, adjunct work with another law firm and contributing to her local church had become too much for Tammie Lindsey. The 12- to 15-hour workdays left little time for the University of South California Law School graduate to do anything else. As she pondered hiring another lawyer for her general law offices in San Francisco and Fremont, Calif., she decided to consult God.

"Lord, please allow me a little more time to do more for the church. And Lord, whatever it is, whatever you want me to do, Lord I will do it," Lindsey prayed one day in 2005, after realizing she could not accomplish everything she wanted to do with the time she had.

That prayer sent Lindsey on a journey, which led to a variety of vocations from lawyer to teacher to her current position as pastor, operations and special projects coordinator in the great Las Vegas area for the Nevada-Utah Conference of the Seventh-day Adventist church. Lindsey, who in May 2011, graduated from the Andrews University’s Seventh-day Adventist Theological Seminary, is part of a growing trend—students, leaving other careers to pursue God’s calling to full-time ministry.

Lindsey’s journey to the Seminary began one night, after months of praying and not hearing from God, she finally said, “I just need any kind of answer Lord, you have to tell me anything.” That night when she prayed, dreams of becoming a pastor didn’t enter her mind. A nightmare about garbage collecting came instead.

“It’s a respectable, responsible position, but I thought it would be embarrassing to be a practicing attorney, graduating from one of the top law schools in the nation and everyone knows, and I am picking up garbage,” she said.

Even so, “if the Lord asks me to be a garbage man, I think I can wrap my mind around that and I will do it.”

She needed to hear God tell her what He wanted her to do.

“I don’t know if He is going to answer verbally, or if He is going to say like Mount Sinai – ‘Tammie, I am God.’” Lindsey kept on searching the scriptures and praying as she would make no decisions, unless she hears from God. Months later, He spoke.

Eyes closed, snuggled in her bed, Lindsey prayed the prayer that had become part of her morning routine: “Good morning Jesus, how are you? Can you bless my mom and my dad and my sisters, and Lord, whatever you tell me to do, whatever you want me to do...” As the question came out, Lindsey heard God say, “Go feed my lambs.”

Eyes wide open, Lindsey convinced herself she must have fallen back asleep. Stepping out of bed, she knelt, this time more alert. She prayed again.

“Good morning Jesus, how are you? I’m doing good. Please bless my mom and my dad and my sisters. And Lord, please tell me what to do, I will do whatever you want me to do whatever it is —”

“Go feed my sheep,” God’s answer came again. “Hold up! I don’t do sheep! I am a lawyer!” Lindsey said, her tone revealing her indignation.

Lindsey had done some crazy and exciting things in her life, but nothing like feeding sheep. Like the time she’d slipped into a blocked off area of the famous Luxor Temple in Egypt. Yes, there were several open areas for visitors and tourists, but it was before dawn and she knew there would be a magnificent sight to behold — the sun rising, a cobra idol in the foreground. “It was so freaky evil,” she said.

But tending sheep! Standing beside her bed, she questioned God’s own sanity. “Lord, have You lost Your mind?” she asked. Then a sudden jolt of self-realization shook her. She realized she was talking to God.

Relying to juggle trying to juggle the growing number of cases at her law practice, adjunct work with another law firm and contributing to her local church had become too much for Tammie Lindsey.

According to Denis Fortin, Seminary dean, “About 40 to 45 percent of Master of Divinity students are ‘second career’ students—that is, students who have either a B.A. in a non-religion/theology field or have had another career before coming to the Seminary to prepare for ministry.”

Questioning God

“Lord with all due respect, maybe I have lost my mind,” she said, as if speaking to a judge in a courtroom. “But I heard you say something I think is crazy. Please tell me what do you want me to do one more time so I will at least know that I am not crazy.”

“Go feed my sheep,” was the answer again. “Lord, feed sheep?” Lindsey asked. Suddenly becoming the little girl who is unsure of what her daddy is asking her to do, Lindsey says, “Thank you for telling me to feed your sheep, but what does that even mean?”

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**Finding the answer**

“You're a lawyer; do what you do,” God said. Lindsey knew that to prepare for any legal case, lawyers do research. They are trained to ask the right questions and to answer them. She would do the same.

In the days following her dialogue with God, Lindsey searched her library of biblical books and concordances to find the answer.

She learned from the writings of Ellen White, a prophet in the Seventh-day Adventist church that when Jesus called Peter to feed His sheep, He called him to teach people about God by feeding them with the word of God. She determined if that was what God wanted her to do, she loved Him enough to do it.

**The journey**

Lindsey's first thought, God was “calling me to be a Bible teacher.” About a week or so after her conversation with God, she spoke with several friends about the possibility – including Curtis Wright, her old Bible teacher at Mountain View Academy, Mountain View, Calif. where she was a student from 1992-1996.

“How do you know the Lord does not want you to become a pastor?” Wright asked. Her best friend gave similar counsel. “That's a pastoral call,” her best friend Deedra Brown Williams said. “Maybe God wants you to become a pastor.”

A lawyer friend of a different denomination, who knew nothing of her encounter with God, confirmed what the others were saying. This was a Christian lawyer whom she often chatted about God. Lawyers develop friendships with the attorneys whom they are frequently in court with, Lindsey said.

“You should come and be the youth pastor at our church. We need a pastor or maybe the regular pastor will leave, you could be the regular pastor,” her friend said over their dinner date. To all, she simply said: “That's crazy!”

Nevertheless, in May 2005, she started taking classes at Pacific Union College to prepare to teach history/government at Monterey Bay Academy, La Selva Beach, Calif. A friend, the vice principal at Monterey Bay Academy, had taken her seriously when she offered to help, by teaching a class if the need for a teacher became “super desperate.” Lindsey taught at Monterey Bay Academy for one school year, 2005 – 2006. In June of that same year she became a Bible worker, giving Bible studies for an evangelistic campaign.

Then, she did something she wanted to do since she was in kindergarten, but didn't because her family was going through rough times – travel to Spain. “That was just an amazing experience,” Lindsey said of that trip, “It was amazing because I realized that God would just give me good gifts — just because.” While in Spain, she said God told her to return to school and train to become a pastor.

Lindsey decided to do something that most 37-year olds, who are at the midpoint of their career, and are making six figures, would seldom do. Her parents, her church and other people thought she was crazy. “Why can't you do ministry as a lawyer?” she was asked. “Of course I can,” she would respond, “But, that's not what God called me to do right now.”

Lindsey still maintains her law license, acknowledging, “I will always be a lawyer.” She sees her law skills as a gift from God, and if she is not licensed she can't serve the church completely.

She recalled a story during the interview of a child who was being bullied and how a simple phone call, “My name is Tammie Lindsey, I am an attorney and I am a pastor,” helped changed the child's circumstance. “Suddenly, the teachers who would not defend him because he is a little colored boy — suddenly, ‘oh my goodness — he's got an attorney.'”

For those who might question if she was truly ‘called’, she responds, “You know, it was all consistent with the Bible, and it wasn't like I dreamed it up or anything. I was making lots of money; I liked what I was doing. I knew when He called, the practice [had to] close and it wasn't like I left something, I was just looking to follow Jesus. I didn't even see what I was leaving; I only saw Him.”

When Lindsey began studies for a Master of Divinity degree in June 2007, she said she has never lacked food. She gets worried sometimes, but she remembers who called her. She said that as much as she loves the practice of law, she loves learning and teaching people about God even more.

It has been a step-by-step journey, especially for an Adventist woman in pastoral ministry. “I love my church and I believe my church doctrines, but our traditions — our traditions are recent traditions. We have not allowed women to be pastors in the full sense of the word.

“And, I mean, I like to fight, but it's personal when it's your church. You don't want to argue with your church, especially when it is something personal like, ‘Did God call you or not?’”

Trusting that she is exactly where God wants her to be, Lindsey said she is fulfilled.

She said she never thought she could love something more than she loves the law, and is very content where God has led her. “I remember I got up one day, I looked into the mirror to see if it was really me. I was expecting to see somebody else, but it was me! I was expecting some curly haired blonde chick or someone I don't know. But it was me, curly haired but clearly not blonde.”

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**Tammi with Monterey Bay Academy students.**
“I was just looking to follow Jesus.”

Photography: Jeremy Yansen | Jwray21@gmail.com
My advice is to start now with building relationships — that’s key to your professional development and also your personal development. And be intentional with those relationships. Start where you are. Build those relationships with your teachers, with your colleagues. Those types of relationships could help you get that job or get an internship that could help you get a job.

My second advice is: be an expert in your field. Even though you’re a college student, be an expert at the level you are. Be a resource to people in your relationships. One way to be an expert in your field is to get actual experience, get internships while you’re in school. People want to know that you’ve actually been in the workforce and have some kind of experience in the workforce so they can see that you can actually do the job.

I think the third thing is confidence. That goes back to my whole attitude about being the son of God. Be confident in the skills that you have. Be confident in the knowledge base that you have. Be confident that you can learn what you need to learn to get to the next level. Be confident that you have the ability to build strong relationships and be confident that you can be a resource in those relationships.

Don’t be pressured into doing something you don’t want to do. Pursue your dreams and not your parents’ and have fun doing it. Join as many (professional) chapters as you can that are geared toward what you want to do. This will give you the opportunity to make friends with people in the same profession. The number one thing you can do is to network with people because you never know whether they could help you get a job one day.

It might be difficult nowadays to find a job for some people. For those types of people who have nothing lined up I would advise them to go do mission work as it will be much more rewarding.

Never give up on your dreams, but at the same time I understand that bills need to be paid. As a graduate student, I prayed a lot about it and searched so much to find out what it really is that I wanted to do. You normally don’t know when you start college, especially at 18 years old. Some people do know, and that’s great, but some people don’t know. Whatever it is you are supposed to do or feel that it is your calling – do.

Don’t do an advanced degree especially nowadays with short-term courses or talent. I know several people who don’t have advanced degrees and are successful because they are doing what they actually love to do.
KEREN AND CASEY’S

Love Story

A DECISION TO SERVE LEADS TO A LIFE COMMITMENT

By Brittany J. Baugher
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The courtship of Keren Toms Graves and Casey Graves is filled with outdoor adventures, active ministry, mutual passions, and above all, outreach.

Keren served Andrews University for three years as the youngest outreach chaplain and Associate Pastor at Pioneer Memorial Church, while earning her Masters of Divinity degree through the Andrews University Seventh-day Adventist Theological Seminary in Berrien Springs, Mich. As a result of her daily interaction with students, she directly touched numerous lives by sharing her love for Christ on a personal basis. Who knew that one of those students would become her future spouse?

During the 2006-2007 school year Keren was a student missionary teaching in Egypt. When she returned to Andrews University, the Chaplain for Missions Pastor Japhet De Oliveira hired her to work with him.

“Two years later, he had returned from Paraguay after serving as a student missionary, and in a similar fashion, De Oliveira hired him to work in the chaplain’s office. He was tasked with planning for the national Pathfinder camporee, and she, initially, was assigned to also work on the camporee. But those plans changed when she was offered the job as Outreach Chaplain, responsible for organizing spiritual programs and outreach activities for Andrews University students.

During this time, Casey continued to work with De Oliveira and before long, De Oliveira noticed a close bond forming between the office mates.

“One afternoon I was chatting with Keren and she mentioned that Casey had helped her all weekend at church, playing the piano and setting up. When I heard that, I was worried he wouldn’t have enough time to do what I needed him to.”

De Oliveira said he noticed “it was obvious he had a crush on her, and he really, really liked her for a very long time.”

In February of 2010, Casey mustered up the courage and asked her out.

“I had been bugging Keren to go running, because I knew she was training for a marathon, [but] it just didn’t work out!” She admits that she was hesitant to accept his running offer, “because Casey was fast, and I was slow.”

But he was persistent. He wasn’t just looking for a running partner; his goal was to get to know her better, so he asked her if she would be interested in a different activity.

“He asked me if I wanted to play racquetball instead of running and I said, ‘Yeah! That’d be great!’ She remembers him not wasting any time in making the arrangements. “Six hours later I got a phone call, ‘Hey, I got the courts reserved and I have all the equipment. If you need anything, let me know. So, we’re good? Wednesday night?’”

She was impressed. “Not only was he, like, super-fast acting and assertive and knew exactly what he wanted, he had a plan in mind and then he carried it out. He got reservations, and wasn’t acting last minute—calling Wednesday at 8:00 p.m. trying to set up the courts for 9:00 p.m. No, it wasn’t like that at all—it was, ‘Four days from now I’m going to have this event in my life, and I’ve got the courts reserved, and I’m going to spend this time with you.” So, exactly four days later they met to play racquetball. “She hit me in the back of the head a few times,” he quips.

To which she replies, “I definitely learned how to play racquetball a little better.”

“We played, talked, he walked me out to the car, which conveniently was parked next to mine.”

They both realized there was a mutual attraction but that they needed to spend some time developing their friendship.

“We knew if we wanted to get to know each other any better, we had to be very intentional about it,” she says. Throughout the following months, they began to share lunches together
and make each other a priority. She started visiting the Graves’ house, but most of the time was spent in an unexpected manner.

“My dad would steal her away and talk with her for hours on end,” he says.

She remembers, “There would be evenings that I would spend, like, the entire time talking to his dad, and then Casey would peek around the corner and say, ‘Hi, ‘member me?’ Then his mom would say, ‘Randy! Let the two alone! Let them keep doing what they’re doing!’”

They decided that it would be best for them to spend time together with groups of friends, rather than flying solo and hoping for the best.

“Sometimes, we would take Keren’s motorcycle down to the beach. That’s one fun thing that she taught me.”

In August 2010, Keren graduated from the Seminary and the very next day Casey, who had by then graduated Andrews University with a Bachelors degree in Biology and Chemistry, participated in his white coat ceremony, celebrating his advancement to the study of clinical sciences at the University of Michigan.

The following month, unbeknownst to her, Casey scheduled a secret afternoon brunch with her father to ask for his blessing in marriage. Then, he planned the proposal for September, but her schedule prevented her from taking the day off from work.

He patiently waited until October 2, when she accepted his Sabbath afternoon offer for a canoe trip down the Manistee River, a scenic attraction in the northern Lower Peninsula.

He carried an unusually large backpack with him, but she didn’t pay too much attention to his luggage because she brought her dog along on the trip. They planned to canoe down the Manistee River and hike back to the car.

That morning he picked her up, and brought her blueberry muffins for breakfast. He also gave her a love note, along with chocolate, while they drove to the river. Once they got settled in the canoe and got the dog calmed down, he reached into his bag and produced another note, which listed specific reasons why he loved her. “Casey had everything planned, right down to the plastic drinking glasses filled with sparkling juice.

“As we were cleaning up from our lunch, Casey handed me another note and in this note he wrote, ‘Will you marry me?’ Eight months later, on June 4, 2011, the couple wed in the Howard Performing Arts Center, a service officiated by their former boss, De Oliveira. Their wedding was a modest and personal reflection of their union together. In lieu of lighting a unity candle, they chose to join two ropes using a double figure-eight knot, which is the trusted tie to sustain life for rock climbers. They explained that this was an intimate way to symbolize the strength of the bond of love between each other when they seek to honor God with the choices they make in their relationship.

As part of their honeymoon, the ministry-minded newlyweds embarked on a mission trip to Ecuador. There, they lived in a house with 30 other people. It was loud, crowded, chaotic, invasive – anything but private!

Reflecting on their apparent harmony, Keren believes that, “having really close values makes it easier to work together with the things that are really important to us. It’s not to say that we don’t disagree on certain things, but on the big things, we’re of the similar mind.

“Having the same priorities, the same goals and values has really helped make big decision. For example, our decision for me to leave work, it just made sense because we were getting married and we valued the relationship.”

After their wedding, Keren moved to Ann Arbor to be near Casey while he completes medical school. They look forward to becoming partners in ministry as a pastor-doctor team doing missions.

“Casey and I value family, value time together, value God in our lives. Although we’ve both been independently quite successful, we’re not driven to success, we’re just driven to be the best we can be.”
One of the most common “date” ideas is going to see a movie. Not only does it cost money (roughly $15 to $20 just for two tickets), but also it is impersonal. Two people stare at a screen — it’s not romantic or helpful in relationship building. If you want something more than that, then it’s time for some new ideas. These date ideas are about as cheap as it gets.

✴ Pack a picnic (or buy a lunch for two) and head to the beach or the park. Don’t forget the blanket! It may seem cliché, but it gives you time to sit and relax together, and time to talk. Take a camera, and take lots of pictures with each other! It gives you something to talk about now, and something to look back on later.

✴ Picture a romantic dinner: soft music, candlelight, spaghetti for two, sounds expensive, right? It might cost $5 for everything, candles and spaghetti included! You can cook the spaghetti together, or have it ready to surprise a date.

✴ Along the same lines as cooking spaghetti, bake something together, such as a cake or brownies. It’s a little more involved, and you can talk while you stir!

✴ If it’s a rainy day or you have no money to go anywhere, make something new together! You can draw a picture together (it doesn’t have to be Michelangelo you know), or write a story by taking turns writing a sentence or paragraph until the tale is complete. This demonstrates the creativity you both have and maybe what you have in common.

✴ If you have a little money to spend, you can always go on a day trip. Just drive, or agree on a destination and go there. If the destination is free, all it costs you to go is gas. There are nature centers with trails, museums, and many other things just an hour or two away!

So just because there is little or no cash in your wallet doesn’t mean that you can’t have dates with your significant other. It just means you should be creative; they will never know that you’re saving money at the same time!
“I met this great guy in Math class last semester and we became fast friends. He is kind, forgiving, honest, principled, and the list goes on. He has asked me to start dating him. The problem is this: though he has all the ‘fruits of the Spirit’, he is not Christian. Does it really matter? How can we be ‘unequally yoked’ if we’re so much alike?”

— signed “Love Sorry”

Dear “Love Sorry”,

Friendship is one of the major keys to meaningful and lasting relationships. Relationships are beautiful gifts from God which must be developed and nurtured through time and shared experiences. Since God created men and women to be relational beings, we can understand your attraction to this man who exhibits all of the “fruits of the Spirit.”

However, as we enter into relationships, we must first seek God and be strong in our relationship with Him. God has the ability to lead us in the way that we should go (Proverbs 3:5-6). God responds to our prayers (Matthew 6:6-8; 7:7) and gives us wisdom when we are faced with difficult decisions (James 1:5). God is love (1 John 4:16) and He longs to befriend each of us personally and to guide us in our friendship and dating relationships.

Since you acknowledge that you have a personal relationship with God, consider what you must do to guard yourself during the process of dating, courtship and marriage. Your future goals, emotional health and salvation may be impacted by the decisions you make today.

When considering anyone as a potential partner, we suggest the following guidelines:

1) Present the person to God. Complete honesty about your motives is of utmost importance. Tell God how you feel, and how the person makes you feel. Tell God everything.

2) Get to know the person as a friend in group settings. Invite the person to spiritual group functions to see if an interest is developed in spiritual things.

3) Share your own faith, and how important it is to you.

4) Seek counsel from your parents and other spiritual leaders.

5) Try to discern whether the person lives a life that is in harmony with your beliefs.

6) Prayerfully consider the future goals for the relationship (dating, courtship or marriage).

Your key question revolved around pursuing a dating relationship with a young man who has not accepted Christ as his personal savior. Please consider the following questions when approaching this important decision:

1) How important is it to you that your dating relationship be with a Christian?

2) What compromises are you willing to make in your spiritual beliefs if the relationship progresses to courtship?

3) Will it be more difficult to have a marital relationship with someone who is not Christian?

4) How will your future be affected if he chooses not to accept Jesus as his savior?

At our core, we are all longing for true friendship. We are all seeking meaningful, lasting relationships. The beauty and safety of this search rests in seeking counsel from our heavenly Father. He understands our hearts and knows our needs. King Solomon states, “Except the Lord builds the house, the builders labor in vain” (Psalms 127). God can build our relationships if we place them in His hands. He is the divine architect. “Wait on the Lord: be of good courage, and he shall strengthen thine heart: wait, I say, on the Lord” (Psalms 27:14).

Answer provided by Dr. David Sedlacek’s “Marriage, Family and Interpersonal Relationships Skills” class in the Andrews University Seventh-day Adventist Theological Seminary.
PLANNING A WEDDING ON A TIGHT BUDGET

The Dress, Venue, Invitations, Plus More Big $ Saving Tips

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When Allison and Brian Ibanez began planning their wedding they were in for a surprise. “Everything costs so much,” says Allison, then a graduate student in Washington, D.C. Since they planned to invite 300 guests, the couple could expect to shell out more than $50,000. (The average cost of a 150-person wedding, according to TheKnot.com, runs about $27,000.)

But thanks to some expert advise, the couple discovered there are ways to trim costs and not sacrifice their dream wedding.

Wedding coordinator Debbie Weithers of Berrien Springs, Mich., has 20 years experience planning weddings, and has worked with couples such as Allison and Brian. Weithers encourages couples to plan ahead. “There are tons of ideas out there, most traditional, but I encourage brides to think outside the box a little, and you can do that if you plan ahead of time.”

Reception
The reception and catering are usually the biggest expenses. “It is not unreasonable for just a basic meal at Olive Garden to pay $15 or $20, so if you are going to have about 100 people, that would be $2,000,” says Weithers.

One inexpensive option for a reception is the Pioneer Memorial Church commons area. Allison and Brian chose this route – providing light refreshments for guests and then a formal dinner for family and close friends. Another light meal you might to consider is a brunch reception around 10 or 11 a.m. “You can have an omelet bar and those tend to full people up and pancakes are not expensive,” says Weithers.

Venue
Churches are an inexpensive traditional option, but for those wanting less tradition, outside weddings may be another way to go. Getting married at the beach is a free option; all that is required is to make arrangements. Most of the decorations will be nature. But Weithers warns that you need to have a backup plan. “In Michigan, it is tough because the weather can change in a minute.”

Wedding Dress
Perhaps you wouldn’t think to go shopping for a wedding dress on
Black Friday – that day after Thanksgiving when stores slash prices – but that’s exactly what Ibanez did. The wedding dress store was empty, and she managed to score the perfect dress at a reasonable price.

Unfortunately, Filene’s Basement is out of business, and gone with it is their “Run of the Brides” sale, where dresses were sold for as little as $100, but there are still many resale-wedding gowns sold on websites such as www.preowned-weddingdresses.com, www.Recyclebride.com, and www.Bravobride.com.

“Of course if you have a burden to drop $5,000 on a dress then you can go to Kleinfeld’s in New York,” says Weithers about the cable channel TLC featured bridal store, where it is typical for a bride to spend from $1,500 to more than $10,000 (www.kleinfeldbridal.com).

“Of course if you have a burden to drop $5,000 on a dress then you can go to Kleinfeld’s in New York,” says Weithers about the cable channel TLC featured bridal store, where it is typical for a bride to spend from $1,500 to more than $10,000 (www.kleinfeldbridal.com).

Invitations and Save-the-Dates

One simple way to save is to send electronic invitations found on sites such as www.evite.com and www.americangreetings.evite.com. “I don’t think you should spend a lot of money on invitations,” says Weithers who suggests designing invitations and save-the-date cards yourself.

“I am doing a wedding where a bride is having 100 people, she bought 100 blank invitations reply cards at Walmart for $25 and she has a program on her computer. She is going to design it and put it through the printer.”

Photographer

Since memories are all you have after the big day, Weithers suggests that brides not cut cost on the photography “I’ve seen a number of times when people have some ‘cheap’ photographers or someone who does photos out of their basement and the pictures are a disappointment.”

When budgeting for a photographer the average price runs from under $1,000 to as much as $10,000.

Typically wedding packages under $500 may include 1 to 4 hours of coverage by one photographer, proofs in an online or hard cover album, and a limited number of prints or printable images on a CD or DVD. Package prices that range from $500-$1,000 may include more hours by one photographer and an assistant and additional prints or special albums, while the more costly packages above $3,000 may have unlimited coverage, up to three photographers, multiple shoot locations, or albums or photo books.

With the wedding now behind her, Allison is still tallying the bill, but estimates she spent less than $10,000. No longer having to plan a wedding, plus juggle school and work, she’s happy the day turned out well. While budget was a key consideration for her, there was another important element that money couldn’t buy. “My priority was not being stressed out during my wedding and it worked!”
BUSINESS STARTUPS WHILE IN COLLEGE

What You Must Know Before Making That Move Toward Entrepreneurship

Stefany Recinos
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In the summer of 2010, Megan Jones realized that money would be tight for tuition. Her parents were financing her education but now her younger brother, Tyler, was about to enter college, and he too would need their help.

The 21-year-old Andrews University public relations senior, along with Tyler, a 19-year-old Southern Adventist University student, decided to launch a business, GMT Construction and Painting as a way of helping their parents shoulder the costs for college. Another factor that pushed her decision was the dismal state of the economy. “I realized college grads weren’t getting jobs and it freaked me out,” said Jones.

According to the Bureau of Labor Statistics, in 2010, just 60 percent of Americans ages 20-24 were working.

For Cassandre Beccai, a third-year student at the Seventh-day Adventist Theological Seminary, Andrews University, her business came into existence when she realized there was a need for quality hair care products. Beccai had moved from New York to Michigan, and noticed a change in her hair. “It was in shambles,” she says.

In 2009, she started Eden’s Heart—her business, making and selling home-made hair products online. But before jumping in headfirst, she consulted her father about this idea. “He encouraged me and told me that I had something good and can turn it into something profitable.”

In between studying for Greek, the New York native began mixing emollients and oils in her kitchen to find the perfect concoction for her hair products.

But before you run out and put up an “open for business” sign, Dr. Ann Gibson, professor of accounting in Andrews University’s School of Business cautions that you know your priorities and set boundaries before making that move toward entrepreneurship.

“You have to understand that the business is important, but what’s more important is you getting that paper at the end of four years,” says Gibson.

And that is the potential downfall of many business rookies. Many entrepreneurs decide to take that leap of faith, forgetting that the degree is what is indispensable. Gibson strongly encourages students to practice patience and wait to finish their degrees instead of trying to
commit to both their schoolwork. In one instance, Gibson recalls a student who didn't realize the time commitment and ran into serious difficulties. “The person opened up a restaurant in Niles. She wanted to have it open at lunch and then go into the evening. So what happened was the person that was supposed to open for her, because she was in class, wouldn't go to work. It's her business, so she would skip class to go open the restaurant. The business went bankrupt and it took her an extra two years to finish her schooling. She didn't make a good decision.”

Instead, Gibson, who’s also a faculty advisor to the Andrews University Students in Free Enterprise, advises young entrepreneurs to get a job fresh out of college and learn the ropes. She suggests gaining the most experience possible while working, where you will learn beneficial things like what kind of employees to hire, or how to make a payroll, or how to get a loan from the bank, and eventually, how to run your own business. “Then quit the job and start your own,” Gibson states. “It's not easy to run a business. It’s a lot harder than it looks [but] take the long view and say to yourself, ‘that's where I want to be.’ You have to wait and take little steps.”

If a business has been started while still in college, Gibson suggests being realistic and not to take more than two classes a semester. “The worst thing to do is to fail your classes, because you'll have to retake them anyways,” she warns. “Be smart. Focus on school now and start the business later. Don’t be so sure that life is going to give you more than 24 hours a day because it won’t. And you’ll end up with less.”

Like with any startup operation, there are bound to be challenges, and Beccai and Jones have had their fair share.

Since starting GMT Construction and Painting, Jones has dealt with some hurdles along the way. While it’s hard labor sprucing up old apartments, it’s the attitude she gets from others that surprised her most. “When I was starting out, I felt a lot of prejudice against my age group.” Jones acknowledges the fact that this is understandable because being young is sometimes seen as a disadvantage in the business world. “But you have to be tough-skin. You have to push past that.”

Beccai had to contend with having enough startup cash to experiment with finding the perfect Eden's Heart product ingredients. “It was only over time did I learn techniques. It took long hours trying to figure out the right formula and what it takes to make it good.” She also had to invest in packaging and buying a web domain.

Looking back, both Beccai and Jones said that their experience in starting a business while in school has so far been mainly positive. Jones works fulltime in the summer months when she's off from school, and so far the business is good, helping her and brother pay for 75 percent of their schooling.

Meanwhile, Beccai has found the right mix between studying theology and creating her hair care products. She advises young entrepreneurs to seek out counsel before taking the plunge. “Talk to people who have had and started businesses and definitely pray about it. Really, just talking to people and friends that know about [your idea] is the best place to start.”

But perhaps even more important, she advises, is having that conversation with God about His business plan for your life. “If you're seeking out God's will and purpose in your life, I don't think you're limited to just going to school and becoming what you studied. God can give you opportunities to seek out more.”

Online resources
http://www.sba.gov/
No one needs to tell a college student that textbooks are expensive. Since the costs keep climbing—about 6% annually over the last two decades, according to the Government Accountability Office—what’s a strapped-for-cash student to do?

**RENTALS**

There are more than 1,800 college stores and several companies offering rentals this year, giving cost-conscious students temporary access to course materials. According to companies such as Chegg, Inc., BookRenter.com, and Campus Book Rentals, rental books are often 50% to 85% off the list price. You have to remember, however, this is the savings when compared to a brand new book.

“I think it’s a good resource for people who want to save money on their books, and who don’t want a stack of textbooks to try to get rid of every semester,” says Chanelle Broyles, a sophomore at Ivy Tech Community College. “I saved $60-70 [on one book] by renting from Chegg instead of renting or buying used from the school.”

Rental companies charge fees for books which are postmarked past the due date. For instance, Chegg.com says, “If your book is not returned by the due date, Chegg may automatically extend the rental for a fee, or charge you the purchase price of the book minus any rental fees you have paid.”

Occasionally, you will find that the rental period is not long enough. Perhaps the class took longer than you expected or the book turned out to be a great reference volume. Most book rental companies offer many different types of rental extensions. For instance, Chegg.com offers these different extensions: 15 days, 30 days, 45 days, 60 days, a quarter (85 days), and a semester (125 days). In addition, they also have a way to easily convert a rental into a purchase.

**E-BOOKS**

While e-books are less expensive, bear in mind that you can’t sell them back to the bookstore. It’s a good idea to calculate beforehand how much it would cost if you had purchased, say a used textbook, and sold it back at the semester’s end. You also need to factor in the hidden costs, such as a computer, Internet access, and of course, printing.

Andrews University student Maxwell Murray is sold on e-books. Since he buys his textbooks out-of-pocket—no loans involved—he’s intentional in his search for the cheapest options. Apart from the savings, he says he likes the e-book’s portability.

“’I got tired of carrying a backpack, and since I didn’t live in a dorm where I could go and leave books this was a quicker way for me to move across campus,” says the marketing major. But there is a downside to consider before you make that purchase.

While e-books are less expensive, bear in mind that you can’t sell them back to the bookstore. It’s a good idea to calculate beforehand how much it would cost if you had purchased, say a used textbook, and sold it back at the semester’s end. You also need to factor in the hidden costs, such as a computer, Internet access, and of course, printing.

Whatever route you choose—whether renting or purchasing an e-book—it’s always a good idea to do adequate research and find out what’s the best option for you.

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Online Textbook Resources
http://www.coursesmart.com
http://www.ecampus.com
http://books.google.com/ebooks
http://www.collegebookrenter.com
http://www.bookrenter.com
http://manybooks.net

Illustration by Daniel Campbell
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Some of the most important lessons you’ll learn in college won’t come from a textbook or a professor. These lessons may not help your GPA, but they are just as important. These are financial lessons: preparing for college, paying for college, and making college pay off. No matter where you are in your education, the good news is that planning and paying attention will help you get ahead and stay ahead.

**Before College**

A head start is a smart start

Knowing how you’re going to pay for college is just as important as knowing which college you’re going to attend. So, while you’re looking over those admission brochures and prepping for those ACT/ SATs, start doing your financial homework.

Search for scholarships; don’t wait for them to come to you! Check with your chamber of commerce office, your parents’ employers, and your local high school guidance counselor for lists of possible scholarships. Register with FREE online websites like Fast Web (www.fastweb.com) and Broke Scholar (www.brokescholar.com).

Be sure that the search engine you use is FREE. Spend time perfecting the scholarship essay you send with your applications. A winning essay is well worth your time and effort. Be aware of and meet application deadlines. These are usually due during your high school/academy senior year. Apply for federal financial aid early as some funds allocated to each school do run out. Fill out the Free Application for Federal Student Aid (FAFSA) online at www.fafsa.ed.gov. Be aware of state deadlines for filing the FAFSA as well, so you don’t miss state aid. This tip is one you’ll want to remember every year you plan to attend college.

**During College**

Paying attention pays off

Now that you’re in college, you will have to file for financial aid every year. Renew your FAFSA early to be sure that you qualify for as much aid as possible. Keep searching for scholarships; you might want to see your financial aid advisor for advice. Take ownership of your finances now, while you’re still in school. If you’re borrowing loans, remember that you must eventually pay them back. Know how much total loan debt you’re accumulating. Go to www.dl.ed.gov for a summary.

How much you borrow and what you spend your money on will affect your future as you repay your loans over the next 30 years. Don’t borrow more than you absolutely need; keep your total loan debt as low as possible. Avoid falling into the trap of using high interest credit cards. Instead, turn vacations and school breaks into moneymaking opportunities. The ski slopes and beaches will still be there when you graduate and you will enjoy them more when you’re not so worried about money.

**After College**

Take control - don’t be controlled

Be sure that you make on-time payments for any remaining school balance and/or student loans. If you’re having trouble, contact your lender and/or school before your payment is due. Did you know that your federal loan repayment histories for the last seven years as well as any remaining student balance are included in calculating your current credit score? If you carefully manage your educational debt, you can qualify for lower interest rates when it comes to big purchases like a new car or a home. Economic hardship deferment, unemployment deferment and forbearance may be available and could keep your account out of default status. Work hard to pay off your loans as quickly as possible. If you can, pay more than the minimum amount due; you will reduce the interest that you’ll pay over the life of your loan(s), thus saving you money. College is a big decision; in tough economic times, even more so.

You have to work harder and smarter than ever before. Taking control of your finances before, during, and after college is vital to realizing your dreams as well as making your investment in higher education pay off.
I am a huge fan of the newest craze in weeknight drama. The plot of an American medical television series that follows the professional struggles of several medical interns, caused a professor in the department of Psychology at a prestigious university, to suggest that his students watch this ‘fictional’ show to observe the various neuropsychological interventions.

The first episode portrayed a young male patient diagnosed with a massive tumor. To save the young man’s life, the neurosurgeon broke his jaw, separated his teeth, and cut through his tongue to enter his skull and remove the massive tumor at the base of his brain. The images were graphic. I could just feel the pain as I heard the sound of the doctors cutting through his flesh.

The next scene opened with the patient screaming in anguish and his mother virtually fainting with the fear of death that had gripped them both. Alarms went off all around the room. Nurses were running helter-skelter, lights were flashing and everyone seemed to be trying to talk loudly above the deep, almost animal-like groans from a boy in inconsolable pain.

The neurosurgeon rushes into the room and takes one look at the gruesome image of a young man whose face is now swollen and blue beneath the postoperative bandages, and he says, “Stop! Listen to me. Don’t be afraid. This is pain.”

But it is not a dying pain—it is a healing pain. It is a victory pain. You have won! Just like that boy writhing in the hospital bed we
get confused when the pain is so intense, that we believe that the easiest way to escape the anguish is to run away, give up, or just die. However, the lesson that can be learned in periods of brokenness in our lives are immeasurable.

Through our brokenness there is a road to Life.

Keep pressing forward. If every admirable person in our biblical history had chosen to give up there would’ve been no faith chapter in the bible. It was in brokenness that David through repentance was delivered and he became a father in the lineage of the Messiah.

It was through brokenness that Samson though he had been made blind, when he surrendered himself to the will of God was able to kill more of the Philistines at his death than in all his life.

It was in the shame of her barrenness and her marital struggles that Hannah surrendered her child to God in faith and he was anointed the great royal Prophet of Israel. It was the experience of being in the downright stinky bowels of a fish and being spewed up in its vomit that led Jonah to save a nation. Stand up and live.

God is in the midst of our pain. Whatever it is you are going through today. Don't be afraid. This is not a dying pain, it is healing pain. It is victory pain. You are more than a conqueror. You have won.
I want to use my education for good.

43 Hospital campuses. 10 States. 1 Mission. Countless career opportunities.

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contact David Gordon by email at David.Gordon@ahss.org or by phone at 407.975.3792.

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