Envision, Spring 2010

Andrews University

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As I think back to the beginning of this magazine you are holding, I'm whisked back to Spring 2005, when I sat in my fourth-floor Rockefeller Center office, packing boxes, and, in between, bidding farewell to my NBC News colleagues, some whom I had known since I started 11 years earlier. A few feet from my office, I would take a break and walk over to the window overlooking the Rockefeller Plaza skating rink, where down below a sea of harried New Yorkers scurried back and forth, and tourists snapped photos, surrounded by the cacophony of noise from honking yellow cabs and city busses.

If I said that my decision to leave a ‘dream job’ midway through a four-year contract and take a leap of faith into the unknown was easy, I would be lying. I struggled for a while with whether or not it was the right decision. I prayed and asked God to make it plain: “How will I survive?” “Is this the best thing for my then one-year-old daughter?” “What will I now do?”

Fast-forward a little more than five years to the day I walked down the hallway for the last time, past the framed photographs of Tom Brokaw, Katie Couric, and the rest of the Dateline NBC anchors and correspondents, to a place some 700 miles away to which I am certain God sent me, Andrews University. The difference is stark. It’s a place where I am surrounded by fervent, fresh-faced young people seeking after God’s own heart, trying in earnest to build up His kingdom. There is much hope and joy, and many opportunities to tell Christ-centered stories to a lost and dying world.

Which brings me back to what you are holding in your hands, Envision magazine, a Christian lifestyle magazine for young men and women. As you read this issue, you will experience Revelation 12:11 coming to life, young men and women who “overcame by the blood of the Lamb and the word of their testimony.” Tests and testimonies from seminarian, Timoteus Nagy (p. 6); evangelist, Taj Pacleb (p. 18); a real, heart-warming love story between Nick and Deanne Snell (p. 41); as well as stewardship-friendly articles, from planning a graduation party on a tight budget (p. 21), to finding the cheapest summer airfares (p. 23).

This inaugural issue could not have happened without the tireless efforts of the Publication Production students whose work you’ll see throughout the magazine; as well as other talented writers, copy editors, photographers, illustrators, and graphic designers who unselfishly gave hundreds of hours of their time until the job was done well.

Today, as I look outside my Andrews University second-floor office overlooking the bustling Andrews campus center, in Southwest Michigan, young men and women scurry to and from classes, the pungent smell of cows mixed with the fresh aroma of spring wafts through the air, I thank God for His magnificent love and pray you will catch a glimpse of Him as you flip through the pages of the magazine.

We invite you to tell us what you think. Perhaps you may even have a story idea. Our Web site, Envisionmagazine.com, is open for your comments, and we look forward to hearing from you.

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Before I came to Andrews University, I lived in Toronto, Canada. Even before that I lived in several countries in Europe. I was born in Southern Romania. My mom, Christina, is Romanian, my dad, Carl, Hungarian.

How we got to Canada and why I am here at Andrews is a miracle, too perfect to be coincidence. In Europe, the pastor's income is not very high, so traveling overseas is nearly impossible. In 2000, there was a General Conference in Toronto, and they had organized an art competition for pastors' kids.

My specialty was illustrations, and I was attending art school at that time, so I decided to send in an application with my drawings. Amazingly, I was one of the eight winners. As a result, my parents and I were able to attend the General Conference for free; they paid for our flight and our hotel for three weeks. Just imagine a little 3x6 drawing could allow us a trip to Canada and pay for our travels.
It was like a dream. I was fifteen when they published my illustration.

Not only that, but when we arrived in Toronto, the Hungarian and Romanian churches were vacant because the pastor had moved somewhere else. They asked my father to stay, so we returned to Europe, took care of the paperwork, and came back to Canada five months later.

Coming to Canada was really challenging because I did not speak the language. I started to have a major change in my life. I just wanted to fit in, and as a result I let go of my beliefs so that I would be accepted.

By my senior year of high school at Kingsway College, my friends and I would sneak out and party all night, get drunk and high, and sneak back in. My grades started slacking and my priorities were messed up. Party ing seemed to be the whole purpose of life.

After high school, I went to University of Toronto to study architecture. I lived downtown with a roommate, and I continued to party just like in high school.

By the third year of college I could no longer work to pay my rent because of difficult classes, so I moved back home. My relationship with my parents was deteriorating, and it came to the point where my parents declared they would have no responsibility over my actions. They did not approve of me living with a roommate (instead of at home), but moving back home worsened my relationship with them. Every cell in my body wanted to rebel; I would do the opposite of what they wanted.

Things worsened as I was stranded with clubbing, partying, and girlfriends. I no longer attended church, and I no longer had an interest in religion. I no longer wanted anything to do with Jesus. I did not want to listen to Him. I remember, in my dreams, I would see Him reaching out to me saying, “Don’t let go. Don’t let go of my hand. You’re going to get lost if you let go of my hand.” I would fall farther away from him, like a camera zooming out, and he would get smaller and smaller until he disappeared into the background. I woke up from this dream shaken, but I did nothing to change my ways.

After graduating college, I moved to the West Coast (Alberta) to get away from my parents and to get a job. I worked at an architecture firm, Spectrum Architecture, for around three to four months.

It was a warm sunny day in September (2007), and some friends and I were near the town of Red Deer, which is between Calgary and Edmonton, and saw a breathtaking lake. We decided to go for a swim, and so we rented a boat. We went to the middle of the lake and started diving and swimming around the boat. Little did we know that the lake was infamous for having undertows.

I went for a dive and found myself caught in the undertow. I tried really hard to fight my way to the surface, but it was impossible. I remember looking up, panicky and short of breath, trying to get to the surface but being helpless. I thought to myself, “This is it, but wait. I am not clear with God.”

Many other thoughts ran through my mind; I had only seconds to think. I told God, “Please forgive me. If I have another chance, I will do it right. I will fix everything. My lie is a mess. I betrayed you. I betrayed my parents. Can I have another chance?” The bright spot of light was slowly enclosing, and just like that, it disappeared as if the lights
People heard the thud of my body on the ground and came running to the site. I leapt up, and the workers came and surrounded me, and asked me if I was okay. I didn't have to reply because they spotted the outline of my body in the floor. In front of my eyes I could see my life and how close I had come to death.

Luckily, it was muddy in that area. I was obviously more than ok, I had no broken bones, no cracked skull, no crushed spine. I was pale with shock, but I stood unbroken. The only thing that changed was my voice; it had left me when I fell from the third floor. I took the day off and went home and lived in silence for two weeks. I was so numb.

Twice in my life my life was spared. How many times did God have to shake me and ask me if I was okay. I didn't have to reply because they spotted the outline of my body in the floor. In front of my eyes I could see my life and how close I had come to death.

The amazing part is not that I had almost died, but rather I forgot all about the incident and continued to live my life like nothing happened. That same Friday, my friends and I went out and got wasted.

Finally they spotted me downstream about 50-60 feet away. They rescued my body and took me to shore. They had called 9-1-1 and the ambulance performed CPR on me, but my heart had stopped beating for several minutes now. My eyes were green and my skin a pale blue. I was considered clinically dead, and they had been performing CPR for five to seven minutes. With no hope left, the doctor performed one last CPR and this time I started to choke on water.

He said it was the longest procedure he had ever done, and it was a miracle I was alive. Not only that, but lack of oxygen to the brain results to severe brain damage. I was coherent and undamaged.

The amazing part is not that I had almost died, but rather I forgot all about the incident and continued to live my life like nothing happened. That same Friday, my friends and I went out and got wasted.

It was late November (2007) and I was sent to get measurements for a construction site. The procedure, before you do measurements, is that you should wear a safety harness, your helmet, and other protection gear. I wore the safety gear and began to do the measurements. I was on the third floor of the building, and below me were footings, which are one-and-a-half iron tubes stabbed upwards to hold the scaffolds. I finished and had almost taken off my safety gear when I realized that I had forgotten to take the measurements of a window. It was a simple task, so I decided to go without my safety gear; it would only take a minute.

Next thing I knew I was flying through the air. The plank supporting me had a loose hook, and the plank flipped out under my feet and tossed me in the air. The plank was a steel frame with wood laid on top, and it fell on top of me, and bounced off. I had fallen from the third floor of the building and half a foot away from my head and my side.

People heard the thud of my body on the ground and came running to the site. I leapt up, and the workers came and surrounded me, and asked me if I was okay. I didn't have to reply because they spotted the outline of my body in the floor. In front of my eyes I could see my life and how close I had come to death.

Luckily, it was muddy in that area. I was obviously more than ok, I had no broken bones, no cracked skull, no crushed spine. I was pale with shock, but I stood unbroken. The only thing that changed was my voice; it had left me when I fell from the third floor. I took the day off and went home and lived in silence for two weeks. I was so numb.

Twice in my life my life was spared. How many times did God have to shake me and try to wake me up? How many chances did he need to give me? I sobbed like a baby all day long. When your life is almost gone, you can imagine yourself dead. I needed to know what to do to make amends. That’s when I concluded that it had to be all or nothing for God.

It was evident God had a plan for me since the beginning. I was at the lowest point of my life and I had to make a choice. I made the choice to go to church that Saturday. That day when the pastor asked that all with burdens and weariness to come forward and give up their troubles, I went up and gave up my heavy burden. I felt so heavy with all the sins on my back.

After the service I never felt so light. I had a freshly cleaned soul, and I wanted to know what I could do with this new life.

I went to CUC (Canadian University College) and told the administration my story. I asked for advice on how to use my new life to serve Him. They said to join the ministry, do mission work, go to school and learn about God. I decided to do just that. I made a promise to God that my whole would be dedicated to Him.

If you have seen the movie “Final Destination,” you can relate my life to that film. Just as the protagonist had to continually escape death, I had escaped death, as I was, supposed to die twice.

Our life also has a final destination, but it is not death as the movie implies; it is eternal life. God intends our final destination to be eternal life. The devil uses his most successful weapon: deception. And he does it in small steps, without you having time to grow aware of it. He slowly deceived me to the point where I could not even hold my guard.

The devil is doing this to all of us, slowly but surely until we can no longer stand up against his temptations. The water pours in and washes everything away because we do not have our barriers set up properly.

I tell my story to remind us that we are up against the most manipulative being in the universe. He wants to take our lives, our eternal lives. I would have lost my life twice to Satan, but God wanted me to have the second chance and the third chance, and as many chances as possible. He has given all of us a chance. All it takes is accepting Jesus and letting him take the wheel. If you try to control your own life, you will end up like me, at the bottom of the lake praying my last prayer. But your final destination is not death; it is eternal life.

Timoteus Nagy is currently a third-year student at the Andrews University Seventh-day Adventist Theological Seminary. He plans to enroll in the PhD program this fall semester, and to continue to devote his life to God.
We tend to mistake the parables of our Lord Jesus. We take, shake, and we break them into little pieces. Then take the mess and through telekinesis, re-piece it and it ceases to be a divine thesis. We want the promises but not with the conditions. A slap in the face of God, He’s not a magician. In Deliverance and Silent Praise there was an audition to test your ability and to place you in position. God is the same when you have a requisition for that blessing; He wants to see genuine supposition. So He’s testing—your patience and your faith in addition. I am guessing—that your blessing you’re requesting is still nesting in the West Wing of Best King… “…seek and you shall find” that doesn’t mean that you get it according to YOUR time. Luke chapter 11, one to thirteen deals with Asking to Give, not to receive. Jesus says, Let’s say you have a friend and you go to his house. It’s late at night and he’s sleeping with the kids and his spouse. You wake him up as you’re knocking on the door. He says, “What’s your problem? It’s quarter to four!” You say, “A friend came to my house from a long journey” and you explain your case like a defense attorney. He says, “Leave me alone; please go away.” You say, “Until you provide me with bread, I’ma stay.” Eventually he gets up and he gives you the loaves. Not because you’re friends but because you were bold. Bold also means persistent. So “Boldly going before the throne of God” means that your prayer life is consistent. Now the friend in this story is opposite of God. Because God wants to give the desires of your heart. But notice what the desire of this man’s heart was. He received for his friend in need—that’s what love does. The problem is we forgot the reason why we left: To go to our friend’s house and to receive the bread. The purpose for you going was for someone else. What we tend to do is take the bread for ourselves. Ask and it shall be given, seek and you will find. But not for yourself, for someone spiritually dying. That’s what service is, looking out for others. You’re receiving that blessing for your sisters and brothers.
After a rough night that included canceled flights because of a Nashville snowstorm, and a subsequent 8-hour bus ride, you would expect best-selling Christian artist Jaci Velasquez to reschedule her press interview with a journalism student. Instead, the Grammy-nominee and six-time Dove Award winner arrived at the interview on a cold January afternoon, hot beverage in hand, and greeted everyone warmly. She resembled your typical week-weary college student, dressed down in jeans, her hair pulled back in a messy bun.

The 30-year-old was in town for a
concert on the campus of Andrews University, bubbling with excitement about her life today—a far cry from a few years ago when she went through personal setbacks that made her question her faith in God. Yes, she has sold more than 3.5 million albums worldwide, had sixteen #1 radio hits, and graced the covers of more than 50 magazines, but she wasn’t immune to Satan’s darts.

Velasquez has two new passions that make life a little sweeter: being a wife and a mom. Her eyes light up when she talks about her husband, Nic Gonzales, of the Christian band Salvador, and their two boys, Zealand, 2, and Soren, 1.

Velasquez says she can even see glimpses of talents in her young boys. “He (Zealand) plays drums, and he’s actually quite the prodigy,” Velasquez says with a laugh. “He counts off ‘one, two, three, four’… and he’s got great rhythm and great agility. My youngest, I’m gonna say, he’s a singer, because he is loud!”

Homeschool Years
Velasquez’s parents homeschooled her from when she was nine until high school, but because she was on the road for most of the year, her schooling suffered. She ended up not finishing her final year of high school.

“I was just busy everyday; I mean, I had radio tours, and just a lot of stuff going on all the time. I was touring, on average, 270 to 275 days for three years straight.”

The social impact that touring had on her life was also significant. “There’s so much that I missed out on. I didn’t gain a lot of social skills that I should’ve,” Velasquez admits.

While she may have missed out on the opportunity for a traditional education, Velasquez is adamant about her children entering school. “For me it’s important that my kids go to school and go to college. And for me—because I didn’t do it—I feel like it’s so necessary for them to do that.”

The First Album
The Texas native began her singing career at the age of 9, traveling across the United States with her family. Her professional success came when she was just 14, with the recording of her first studio album Heavenly Place. The album was a hit and garnered her very first Platinum record, earning her the title “the fastest selling solo debut artist in the history of Christian music.”

Velasquez remembers the time of her album’s success as wonderful. “It was a fairy tale. I was living out my fairy tale, that I never in a billion years thought was remotely possible. So, it was a blast!”

When she first heard herself on the radio, Velasquez describes it as an experience like no other. “I just remember wanting to jump out of my skin, being that excited… it was the greatest experience—except for me marrying my husband and delivering my children—obviously that’s my favorite. But other than that, that’s the coolest!”

Questioning God’s Existence
Velasquez has had to endure a lot of hardships to get to the place she is in now. “I’ve been through many things where I questioned God’s existence,” she says, recalling her parents’ divorce, and the demise of her first marriage to musician Darren Potluck in 2005.

“I’ve thought to myself, when I was 25, I was so depressed. I’d been through a divorce; you know, I’d only been married a year, and we broke up; it was just a terrible situation. I was really bitter towards God, really angry towards him.”

But even in her bitterness, when she felt she was losing her faith in God, He spoke to her. “God, He kinda came back to me with the exact same thing each time: ‘I didn’t go anywhere, you did. I’ve always been here; you walked away. When you come back I’ll still be here waiting.’” Velasquez explains that for her, it all comes down to knowing where home is.

God, He kinda came back to me with the exact same thing each time.
Minutes before her concert began, Velasquez changed from her casual look into a glitzy black ensemble, her dark hair flowing in luxurious tresses around her now made-up face. She was still the energetic, kind woman from earlier, giving us hugs and kisses, taking pictures, and mingling with the sponsors.

As her concert began, she happily bantered with her husband, who is temporarily part of her band. She began to sing one of her most recognizable songs “On My Knees” from her Heavenly Place album, and her face showed the emotion behind the moving words.

“I get on my knees; there I am before the love that changes me. See, I don’t know how, but there’s power when I’m on my knees.” As she sang to the sold-out crowd, many in the audience sang along with her, knowing that the words were now more than just words; they were a testimony to where she has been and how far God has brought her.

To Starbucks or Not to Starbucks… “Well, beggars can’t be choosers when you’re at an airport.”

Favorite Sports Team? “Oh gosh, the Tennessee Titans.”

Favorite Comfort Food? “Anything at Olive Garden…”

Most Repeated Song on Your Ipod or MP3 Player…”Probably…Bob Schneider Song, 40 Dogs (Like Romeo and Juliet)

Favorite get-away place… “My couch? Why go anywhere when you go all the time? It’s kinda nice to just sit on the couch and watch TV with my kids and my husband.”

Favorite Bible Verse… “Romans 1:16,17”

Things you cannot leave the house without… “Tweezers and concealer.”

When I see a spider I…”Worry that my infant is going to pick it up and eat it!”

I hate waking up to…”a nasty hotel room. You get to the hotel room in the middle of the night then you wake up in the morning and think, “oh my gosh! How did I sleep here? Get me back to the bus!”

Favorite Part of being a mother… “When they crawl up your leg, or put their arms up and they want you to hold them. That’s my favorite, that’s my absolute favorite. Everything is ok in those moments. I wish I could live those moments out everyday, every minute of the day.”
## 10 Best Summer Foods

Compiled by Leah Schultz

<table>
<thead>
<tr>
<th>Food</th>
<th>Contains:</th>
<th>Prevents:</th>
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<tbody>
<tr>
<td>Tomatoes</td>
<td>Coumaric Acid and Chlorogenic Acid</td>
<td>Lung Cancer</td>
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<tr>
<td>Black Beans</td>
<td>Fiber</td>
<td>High blood cholesterol.</td>
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<tr>
<td>Asparagus</td>
<td>Vitamin E</td>
<td>Promotes healthy circulatory system.</td>
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<td>Blueberries</td>
<td>Antioxidants</td>
<td>Strokes</td>
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<tr>
<td>Kiwi</td>
<td>Vitamin C</td>
<td>Boosts Immune System</td>
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<tr>
<td>Garlic</td>
<td>Allicin</td>
<td>Alleviate certain digestive disorders.</td>
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<tr>
<td>Apples</td>
<td>Quercetin</td>
<td>Alzheimer’s Disease</td>
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<td>Corn on the cob</td>
<td>Folate</td>
<td>Birth defects</td>
</tr>
<tr>
<td>Watermelon</td>
<td>Lycopene</td>
<td>Prostate cancer and heart attacks.</td>
</tr>
</tbody>
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**BEAN CORN TOMATO SALAD**

3 cups       Black Beans (rinse and drain black beans from can)
1 ½ cup      Sweet Corn
1 1/3 cup    Diced Tomatoes (drain liquid)
4 oz.        Fresh Cilantro
1 tbsp       Onion Powder
2 tbsp       McKay’s Chicken Style Seasoning (vegan)
1 tbsp       Basil
2 tbsp       Extra Virgin Olive Oil
1 tsp        Fresh Lemon (optional)

Directions:
- Rinse and drain black beans from the can
- Add drained corn
- If using canned diced tomatoes, drain liquid (or use cherry tomato halves)
- Chop fresh cilantro
- Add seasonings; mix well
- Place in refrigerator and chill

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**BLUEBERRY KIWI BLAST SMOOTHIE**

- 1 cup Frozen Blueberries
- 2 Fresh Kiwis (peeled and chopped)
- 1 Frozen Banana
- 1/3 cup Coconut Milk
- 1 tbsp Ground Flax Seed
- 3 Ice Cubes
- 3 tbsp Honey
- ¼ cup Grape or Apple Juice (optional)

Directions:
- Combine all ingredients and wiz in blender until smooth.

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Taisha Holmes Bulgin is a graduate of New York University where she completed her Bachelor of Science degree in pre-med, but felt God leading her into the healing ministry, using her culinary gifts. Taisha and her husband Orville operated their own “Twin Hearth Health Foods and Catering” business in New York until moving to Berrien Springs last summer. “My favorite creations — which the Lord has given me — include entrees and desserts and juice-bar delights,” says Taisha. “Cooking and eating healthy is not only a passion—it is a lifestyle.”
1. How much sweat-inducing physical activity do you do each week?
   a. 20 to 60 minutes most days
   b. 30 minutes a few times per week
   c. Very little, if any

2. When was the last time you had your blood pressure and cholesterol checked?
   a. Within the past two years
   b. Several years ago
   c. I can’t remember

3. How often do you go to the dentist?
   a. Every six months for cleanings, or as often as my dentist recommends.
   b. Whenever I have a problem.
   c. Almost never

4. When was the last time you had a tetanus shot?
   a. Within the last 10 years
   b. Not since I was a child
   c. I’ve never had one, or I don’t remember

5. What’s your body-mass index? (BMI= lbs/(height)x(height) x 703)
   a. Between 18.5 and 24.9 (normal)
   b. Between 25 and 29.9 (overweight)
   c. Below 18.5 (underweight) or 30 or higher (obese)

6. How do you typically cope with stress?
   a. I regularly carve out time to recharge and/or talk with a friend or family member
   b. I don’t know what to do. Mainly I feel overwhelmed
   c. I rely on harmful substances (such as alcohol or tobacco), food or another unhealthy habit to help me relax

7. How do you protect yourself from the sun?
   a. I slather on a moisturizer with SPF 15 every day and wear sunscreen on exposed areas when I’m outside
   b. I allow myself to tan once or twice a year when I’m on vacation
   c. I don’t protect myself. I like to tan

8. When you feel a cold coming on, what do you do?
   a. Go to bed early and avoid sugary foods
   b. Take a multivitamin
   c. Keep on trucking – I don’t have time to slow down!

9. Which of the following best describes your intake of fiber-rich foods, such as vegetables and whole grains?
   a. I have five or more servings daily, or I take a daily fiber supplement
   b. I have one or two servings per day
   c. I have a zero to 3 servings per week

10. Which of the following best describes your intake of calcium-rich foods, such as low-fat dairy products or calcium-fortified orange juice?
   a. I have three or more servings daily, or I take a daily calcium supplement (sorry, taking a multivitamin doesn’t count)
   b. I have one or two servings per day
   c. I have a zero to 3 servings per week

11. How much water do you drink daily?
   a. 8 or more glasses
   b. 4-7 glasses
   c. Less than 3 glasses

12. How often do you treat aches with an over-the-counter pain reliever?
   a. I take one once or twice a year
   b. I use one occasionally
   c. I pop a pain reliever most days

13. How often do you eat foods with high sugar content and little nutritional value, such as pop, fruit drinks and pastries; deep-fried fast food; and processed foods, such as deep-fried ravioli, potato chips and croissants?
   a. 1 time or less a week
   b. 2-5 times a week
   c. Every day – I love that stuff!

14. How many hours of sleep do you get per night (be honest!)?
   a. 7-8 hours
   b. 5-6 hours
   c. 4 or less

15. How familiar are you with the medical history of your relatives?
   a. I know the medical histories of my parents and grandparents
   b. I know the medical histories of my parents
   c. I don’t have a clue

Find out how you scored online at www.envisionmagazine.com
Pack Your Beach Bag... and Don’t Forget This Workout!

As you head to the beach to enjoy some sand, sun and water, you might want to fit in a workout.

By Leah Schultz

If your beach has stairs this is an excellent place to start. Running up and down the stairs allows you to work out thigh muscles. No stairs? Not a problem. Sand dunes are an incredible substitution. If you are fortunate enough to have both stairs and dunes at your beach you can switch off doing your reps on these two to help keep your routine from becoming stale.

Other equipment-free toning workouts like sit-ups, push-ups, squats, jumping jacks, and elbow-to-knee crunches can be brought from the gym to the beach.

The second phase of a complete workout is cardiovascular, and a run along the beach is an excellent way to do this. If your beach has a sidewalk, you can run there, or you may choose to run on the sand. Using the sand kicks the workout up a notch by adding resistance while bringing you closer to the water’s edge. Want to mix it up even more? Many people enjoy doing their run in ankle-deep water. Either of these three options is an excellent way to keep the running from getting monotonous. If you aren’t a runner, that’s OK. Walking is an alternative that allows you to still get your heart rate up.

So what about just having fun? Many beach activities create an opportunity for exercise. Gathering seashells or rocks works your hamstrings, lower back, and quadriceps. With this, it’s important to remember to bend at the knees. And let’s not forget that building a sandcastle or flying a kite is not only fun but also a good toning workout.

Going to the beach with a group of friends is not only a social summer norm it’s also the opportunity for some group exercise. “The best exercise equipment you can bring is a Frisbee or a ball, something that will keep you moving,” says David Van Daff, senior director of Bally Total Fitness in Chicago. Paddleball, keep-away, and volleyball are fun ways to get your heart-rate going.

Another way to change things up is by using the water. Swimming gives you a workout that involves strength, flexibility and the heart muscles. “Swimming is excellent cross-training,” says Van Daff. Playing catch in the water and surfing are two recreational water activities that many are more appealing than just swimming laps and both provide excellent physical fitness.

Regardless of what beach activity you do, it is especially important to drink plenty of water before and after a beach workout. Also, make sure to bring a bottle along so that you can drink between exercise sets, or about every 15 minutes. Although your clothing can remain the same for both indoor and outdoor activities, you do need to add one item when heading into the sun — sunscreen. For a beach workout, this is as important as wearing the correct pair of shoes.

Bring your workout to the beach and enjoy adding variety to your workout routine. “Don’t focus on the workout and calories,” says Van Daff. “Look for ways to have fun and be active, rather than just sit there and sun.”
May is designated “Better Sleep Month”, a perfect opportunity for sleep-deprived college students to develop better sleep habits. We got some advise from Dr. Clete Kushida about how to develop good sleep habits in college.

Have you seen any rapid increase in sleep deprivation among college students in these 10 years?
Students have much more stress these days, especially in school. And stress is related to the quality of sleep. If they have stress, it can affect their sleep and as a result of sleep deprivation.

What are the different stages of sleep?
There are five stages of sleep, including four stages in non-REM sleep, and the last stage – REM sleep. Stage 3 and stage 4 are where deep sleep takes place; the brain works slowest among these five stages and there is no eye movement or muscle activity. REM sleep is your dream stage, the stage when the brain processes, and orders all of the thoughts and things we see in the day.

How can it make an impact if we don’t get enough sleep in these five stages of sleep?
Mostly, it is all about the adequate amount of sleep. Basically the amount of sleep that you need is the amount of necessary to prevent you from being sleepy or drowsy during the daytime. So you know, the most important thing is try to get adequate amount of sleep as much as possible, a standardized bedtime and awakening time, and to prevent yourself from becoming drowsy.

What are the indicators or symptoms of sleep deprivation?
Basically, it would cause drowsiness, and it would also be micro-sleep, which is some irresistible urges to fall asleep, particularly when you are in class. In addition, it would also be often mood changes, so that the people, who have irritability, sometimes have a depressed mood or anxiety. But really, they would have increases in the attention vigilance, learning and memory, and also higher order function.

Is taking nap a healthy habit?
No. Only taking a nap when you can’t function. In general, you should avoid naps because it will make you more difficult to fall asleep at night. One thing is you should get adequate amount of sleep; keeping a very consistent bedtime and awakening time.
The only time you should nap if you are about to get behind the wheel of a car, or if you take a nap at the same time every day, it is not so bad. But in general, you should try to avoid naps.

“Students may perform better if they get more sleep before and during exam week”? Is this correct?
Whether insomnia appears or not, it is important to get sleep. The best thing in terms of cognitive function is to get adequate amount of sleep, to get as much as possible. Sleep loss has been shown to impair your ability to concentrate.

What are the criteria for getting good quality sleep?
For students, regarding to the massive amount of schoolwork and exam, the most important thing is to try getting a very consistent bedtime and awakening time, at least eight hours for this age group. You can try to maximize the sleep amount, have bright light in the morning within five minutes of getting up, or about 30 minutes, can help synchronize your body clock.

Dr. Clete Kushida M.D., Ph.D., RPSGT, is a neurologist and associate professor in the Department of Psychiatry and Behavioral Sciences at the Stanford University Medical Center. He is also president of the American Academy of Sleep Medicine and founding president of the California Sleep Society.
Looking at the pictures from Taj Pacleb’s childhood, you can clearly see the emptiness and pain in his eyes. Although born and raised on the lush, tropical island of Hawaii, just steps from some of the world’s most beautiful beaches, when Taj reflects on his 26 years of life, he sees a living illustration of Ezekiel 37’s valley of dry, thirsty bones. And, as he recounts the long hard road to where he stands today as a Central California evangelist, it’s crystal clear why Satan was hell-bent on destroying his life.

Taj’s painful struggles began before he was born. When his mother was six months pregnant, she was depressed and alone. She went to the roof of the house and was about to jump when her boyfriend stepped in. “I was ashamed that I was pregnant and not married,” says his mother Marie Pacleb.

Three months later, June 1983, she gave birth to Taj—named after one of the eight wonders of the world, the Taj Mahal.

Still, Satan kept trying to destroy the child’s life. One day, soon after he started walking, Marie asked her sister to babysit while Marie went to school. The room door was open and when his aunt fell asleep, Taj walked out onto the balcony. She awoke to find him hanging from the balcony railing. If he had let go, he would not have survived.

By fifth grade, Taj was living with his father, yet the problems in his life were escalating. His afterschool activities consisted of riding his bike around, looking for homes to burglarize. He ran away from home, shoplifted, and was even arrested.

In high school, Taj moved on to partying and smoking weed. “I was addicted to the party scene, running around with the wrong crowd, looking for happiness in all the wrong places,” he says. “I was destroying my mind with drugs.”

He went to live with his mother, by now a night nurse, but his drug use continued. “I would bring my friends into my room, and we would have a smoking session,
right next to where she is sleeping,” says Taj. “I was in the valley of dry bones, surrounded by dry bones. I was a dry bone myself.”

In spite of this deep, desolate, dry valley, God was about to make His move.

Just a few months later, Marie, and Taj were in their living room, watching TV, when a commercial caught their attention.

The announcer said: “There are 20 prophecies that must take place before Jesus comes the second time. Nineteen of the 20 have already taken place. Come and find out what the Bible says about the end of time.”

Marie “had been searching for something” and decided to attend, with 14-year-old Taj in tow. Taj, who at first was going to please his mother, heard something that struck a chord.

“Hearing the wonderful words of life as it is found in the word of God, the Three Angels’ messages, the bones started coming together,” says Taj. “Things started making logical sense. I heard about the Sabbath being on the seventh day of the week. I saw it from the Bible and it made total sense.” At the end of the meetings, he and his mother were baptized into the Seventh-day Adventist church.

But Taj’s problems were far from over. The very next day, he was at a drug house, buying marijuana. “My heart was not transformed,” he says. “I received information without transformation. And to be honest, I was baptized out of a selfish motivation: I didn’t want to go to hell.”

He began attending church and Sabbath school and eating clean meats. He even stopped wearing jewelry.

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The dry bones had come together. They had been covered in flesh. Now there was human form, but still no life. There had been an outward change, but the inside was still lifeless. He knew about Jesus, but he didn’t know Him.

At school, Taj was eager to share his newfound knowledge with his classmates, but not from a desire to see them come to Jesus. Instead, he took pride in being right.

“You’re talking about the Bible,” they countered. “Why you still smoking weed?”

His response: “Genesis 1: God has given to every man every herb-yielding seed.” In his mind, if it was “natural,” not chemical or man-produced, it was fine. He convinced himself that he had deeper thoughts and understood spiritual things better when he was high on marijuana.

Despite his rationalizations and misuse of Scripture, Taj knew deep inside that something wasn’t right. “I thought myself secure in the favor of God, but I was being deceived. I was following a false light, and in this condition, life seemed pretty good.” But God did not give up.

One evening, after getting high at a friend’s house, Taj was too lazy to skateboard home, so he called his mother to pick him up. Usually, whenever he did this, he would put Visine in his eyes to take away the telltale redness. But this day, he forgot. The moment his mother looked into his eyes, she knew. And she was so angry.

At home, he went to his room, consumed with guilt.

“If I could feel that much guilt in the presence of my mother,” he says, “what about the presence of God?” Suddenly, he saw the lukewarm, double-minded Christian he was.

Staring at him from the Steps to Christ on his nightstand was a picture of Jesus, arms outstretched. Looking at it, he realized how far he was from God. “I recognized that I hadn’t been taking steps to Christ, even though I’d been going to church and Sabbath school, even though I had the right answers. I recognized that I’d been walking away from Him who longed to give me eternal life.”

Conviction came upon him. He wanted to know God. He was desperate to know God. Just knowing about Him was not enough. But he was a complete slave to the things of the world and didn’t know how to break free.
One afternoon, he was blasting reggae music and getting high when two guys from his church came to the door. They had been as lukewarm and half-hearted as he, but now something was different. “They were dressed nicely and they had a solemn look on their face. They came to me and said, ‘Taj, it’s time for us to get serious about Jesus. It’s time for us to stop playing church. Jesus is coming soon’.” They invited him to another evangelistic series at the church, saying, “We need to give our lives to Jesus. It’s time to get ready.”

When they left, conviction came strongly upon him again, as though God was trying to get through to him in a way he could not ignore. So he went to the meetings.

Every night, hearing the theme song, “Change My Heart, Oh God,” he says his heart cried out for that experience. It became his sincere prayer, and he began to experience the peace of God’s presence.

God was breathing into the lifeless human form. But his struggles were not over. Satan saw Taj slipping from his grasp, so he sent his old friends after him.

One offered him all the weed he wanted if he would become a dealer for him. Other friends offered him free drugs, and tried to entice him away from his appointment with God at the meetings.

Many nights he wept at the altar of the church, giving his life to Jesus; then afterwards, he fell right back into the compulsive cycle of the old life. “As I heard about this God, my heart wanted it, but I would think in my mind, ‘What are my friends gonna think of me? How am I gonna get rid of all these friends? How am I gonna stop doing drugs? How am I gonna leave this music behind?’” It was back and forth, a tug-of-war, the great controversy between Christ and Satan raging in his mind.

Until one night, he could take it no longer. He went home and fell on his knees. He had reached the point of total surrender, where only Jesus mattered. “I came to the conviction: my friends don’t have a heaven to take me to. Who cares what they think! They can’t save me.” There, on his knees, he cried out to God, realizing his utter helplessness against his sins in his life. He begged God to free him from his addictions and remove the desires for those things so he would no longer want them. “Instantly,” says Taj, “by that prayer, the Lord set me free from all those addictions.” In their place, God filled him with growing joy, peace, and fulfillment.

God had breathed into the empty shell of human flesh and bone, and brought it to life. When the meetings ended, Taj was re-baptized in the Pacific Ocean. Born again at the age of 16. Almost immediately, Taj’s life changed. He began preaching. Though he did not know much, he knew Jesus, and he shared whatever he could. “People could hardly understand what I was saying, but somehow they saw the excitement and they knew that God was real.”

Since his conversion, there has been a series of miracles in Taj’s life. His parents re-united and—after almost two decades apart—were married. Sixteen years after Taj’s birth, they gave birth to another son. For many years Taj and Marie were the only Christians in their family. That changed in 2006 after Taj conducted an evangelistic series in San Francisco. His grandfather attended and felt God speaking. One evening, as he and Taj walked out of the church together, he broke into tears and told his grandson that he needed to be baptized.

When the meetings ended, Taj had the privilege of baptizing his grandfather. “He held me when I was born,” says Taj, “I held him when he was born again.” Last June he returned to his home church in Hawaii to conduct evangelistic meetings. There, his grandson gave her life to Jesus. It has been a long road for Pastor Taj Pacib. But today, his eyes are full of vibrant life. He has transformed from a valley of dry bones, into a living, breathing being, dedicated to living for God.
Graduation
Party
ON A TIGHT BUDGET

By James Tramell III and Athina Mendoza

Bettina Charles is graduating from college, and the happy occasion will be marked with a party. “It’s going to be party full of spunk and fun,” says Bettina.

Throwing a graduation party can be expensive, with the average cost of a graduation party for 150 people topping $1,200. But with a listless economy, there are ways to have these celebrations and still not break the bank.

Make a budget and stick with it.
Decide how much you are willing to spend, and then make the guest list. How much you are willing to spend will determine how many guests you can invite.

Another option is to find out who else is graduating and combine your budgets.

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Ginger Venable, publisher of graduation-party.com, agrees that it’s a good idea for graduates to share parties but cautions that “it can get touchy is one (graduate) wants to invite more than the other.”

Choose the Venue
The cheapest route is to throw the party in your own backyard.

Other options, according to Venable, are to use the park, a party room at an apartment complex, a church hall or a community room.

Choose the Menu
Food is the biggest cost for a party. The time of day you choose for the party will determine the kind of food you serve. Venable suggests picking a time of day when guests will not expect a large meal. “If you have it at breakfast time, people are not very hungry. You can have bagels, some spreads and serve some colorful sliced fruits.”

Another good time of day, says Venable is 7 – 9 p.m. “People realize you are not serving dinner and you can serve desserts such as tarts and cakes.”

If you are not catering, consider buying foods in bulk from big-box stores such as Sam’s Club or Gordon Foods. And you may want to ask family to help with cooking.

Print your own invitations
If you have a good printer, you can design your own invitations. Or, says Venable, “You can go to the office supply store and find graduation themed papers and cards.”

For PC users, HP.com has a graduation party kit.

To save on postage, consider sending e-invitations. Venable also suggests using social media such as Facebook to spread the word to your friends. But Venable says she’s a firm believer in mailing invitations to the grownups on your list.

Craft your own decorations and favors
Balloons make a big splash and are economical. Venable says you don’t have to go for the expensive helium balloons. She recommends getting a hand pump to blow up latex balloons.

You may also try making origami ornaments to use as centerpieces.

The trend for college graduation parties is to have a themed party. Bettina Charles is having a “mad hatter” theme but there are other directions you can go in. For instance, if the graduate is going off to law school or medical school, you can buy construction paper and make your own themed decorations.
This spring, Annie Hoffman will drive some 600 hundred miles from Michigan to Nebraska to visit her boyfriend. After several months apart, she is excited about the time they’re going to spend together. “I can’t wait to see him and every moment that we’ve been apart seems like forever.” Despite her excitement however, she is not thrilled about the cost of the road trip which will run about $200.

According to Tom Kloza, Chief Oil Analyst at the Oil Price Information Service, gas prices are expected to top $3 a gallon this summer. We found some money-saving tips that won’t leave your wallet empty when you get a fill up.

Ease off the gas pedal: Simply reducing your speed by five-miles-per hour can noticeably affect your gas mileage. It’s recommended to stay under 60 miles per hour because every 5 mph increase can cost an extra $0.20 per gallon. Keeping an eye on the tachometer will help you gauge engine performance.

Avoid premium and midgrade gasoline: Unless your automobile won’t run on anything less, choose regular gas since premium does not increase your gas mileage. According to Nancy Cain, AAA Michigan public relations director, “Using self-serve regular fuel compared to premium can save an average of 17 cents per gallon.” Also be aware of the additives used to promote fuel economy since they really don’t make a difference.

Accelerate slowly and coast to stops: Avoiding sudden spurts of speed and anticipating a change in the traffic lights before approach will also save in gas. Using this in combination with a speed reduction can reduce your gasoline consumption by 33%.

Don’t let the vehicle idle unnecessarily: Most people don’t realize that using the drive-through is a waste of gas. It’s actually more economical to park the car, shut it off, and go inside to collect your order. Cain says, “Don’t let the vehicle idle for more than a minute. Idling consumes half-a-gallon to one gallon of gas per hour and wastes more fuel than restarting the engine.” For safety matters however, do not turn off the engine while waiting for a traffic light to turn from red to green.

Combine your errands into one to reduce your trips: Thinking about the stores you need to visit before starting off is helpful with route planning. Instead of zigzagging back and forth, try to plan your stops “along-the-way.”

Car pool: Car-pooling has its benefits because the passengers can share the gas bill while combining even more trips into one. Combining shopping trips with others can also be a fun bonding experience.

Avoid the rush hour: During the rush hour you often have to deal with a combination of stop-and-go traffic as well as unnecessary idling.

Check the engine oil level regularly: Engine performance is boosted when the engine is lubricated and can run smoothly.

Empty the trunk and remove the luggage on the roof: Extra weight in your vehicle makes the engine run harder, thus burning more gasoline. Stashing stuff on the roof can also have a negative effect in disrupting the aerodynamic flow of the wind around the car, creating drag also causing increase in engine work.

Keep your tires properly inflated: The US Department of Energy has estimated that Americans will waste $1.5 billion of gasoline because of failing to keep their tire pressure in check. Keeping them inflated according to the recommended p.s.i printed on the tire wall can save you up to $2 every time you fill up.
Best AIRFARE DEALS

Raimona White, a communication graduate student, is planning to visit a few European cities this summer. However, she's hitting a snag when it comes to landing inexpensive airfares. “I would like to keep the far low, because I’ve seen them as low as $500 - $600 to London in years past, and I don’t want to spend nearly $1,000 trying to get there,” says Raimona. “But it’s looking like I won’t be able to save as much as I wanted.”

To help students find better deals on summer travel, we checked with Anne Banas, executive editor of Smartertravel.com, for some money-saving tips.

What are the best Web sites to check for fares?

For student-only deals, check out online student travel agencies like STA, Student Universe, or Travel Cuts, which can undercut fares elsewhere. Also look at sites with student deals like CheapOAir (http://www.cheapoair.com/travel/travel_resources/student-travel.asp) and OneTravel (http://www.onetravel.com/travel/student-travel-deals.asp).

But don’t stop there, the best way for anyone to search is to compare prices (non-student specific) with a meta search engine like Kayak, Bing Travel, Mobissimo, or Momondo. These sites search all the other major sites, including online travel agencies and all the individual airlines (except Southwest Airlines). Another great tool is our sister site, BookingBuddy, which allows you to enter your travel information once and search multiple sites at the same time.

Q: Do you need to check several sites or is there one that pretty much covers it all?
A: Each site will turn up varied results, but meta search engines are the best one-stop shop. I prefer Bing Travel, but the others I mentioned are great, too.

Q: Do any airlines offer student discounts?
A: Not really anymore, but AirTran offers a unique standby program for students: http://airtranu.com/airtran_u.aspx. JetBlue has teamed up with ISIC to offer a discount: http://www.jetblue.com/deals/isic/. United has some student fares, but I don’t suspect they are that great: http://www.unitedairlines.co.jp/local/eng-lish/PB/gu/kamiki2009/one_way_fares .html. Nonetheless, still compare fares with the other sites I mentioned before booking since these deals might not work out the best.

Q: Are there cheaper windows to travel during the peak spring/summer months?
A: Usually travel before June 15 is the cheapest for big summer travel destinations like Europe. Also, non-U.S. destinations tend to be quiet around Memorial weekend since they don’t celebrate the holiday.

Q: How can you save money on the extras such as bags, food, etc?

You really need to factor in fees when you’re booking fares since they can add hundreds of dollars onto the total cost. For example, on a given route, JetBlue might have a slightly more expensive fare than American, but JetBlue doesn’t charge for a first-checked bag and American charges $25 ($50) each way, so, who is the better option? Also, some airlines charge a few dollars less if you check in your bag online versus at the airport.
SABBATH

To enter in is to be blessed
Come as you are or refinely dressed
But bring your heart, your Sabbath best!

Sabbath, day of holy rest

Photographs by Bradley Austin
Are you looking to brighten up that skirt or pant suit ensemble that you usually wear to work? Add a pop of color and perhaps a cool, yet conservative accessory and you can still pull off a professional look for the office. Two clients chose a look that they would wear to work.

**Before:** Sarah chose a Navy Blue tailored dress. Amazing choice, but sleeveless and a bit plain; she paired it with a pair of pointed-toe flat shoes.

**After:** Pair that great dress with a blazer or cardigan, something with a little color; and a pair of peep-toe pumps.

**ALTERNATIVE LOOK:** A neutral colored handbag and belted cardigan would also go really well with this look!

**STYLE GOAL:** Update the look and add some pizzazz!

**Before:** Styves chose a black collared shirt over his Khaki pants.

**Style Tip:** Simply add or change non-focal pieces to update your look!

**After:** Spring is here! Pair those Khaki pants with a plain pastel buttoned shirt, adding a contrasting plaid tie (with the burst of color).

**ALTERNATIVE LOOK:** A neutral or navy blue cardigan would be a good fit to this look as well!
RECIPE FOR GLOWING SKIN

INGREDIENTS:
Sea salt
Olive oil
Lemon peel

Mix all of the ingredients and apply in a circular motion. Rinse and then pat dry. This can be used for face and body. You can also add a fragrance (essential oil) such as rose or chamomile.

*For Dry Skin: Use raw sugar instead of the sea salt.

FACE MASK

INGREDIENTS:
Cocoa powder
Honey
Soy Milk or soy milk powder
Avocado (mashed)

Mix all these ingredients together. Apply to face and leave on for 15-20 minutes. This mixture makes a fabulous face mask and will leave your skin very soft and supple.

*You can do the scrub on your face first then follow with the mask.

*To fade dark spots apply lemon juice to dark areas every night for 15 minutes.
TOP PICKS

FACIAL MASK: 
Indian Healing Clay. 
$6.00 at Health Food Stores  
“I have used it for years. It pulls all of the toxins out of your skin and a little bit goes a long way. It’s also great for acne prone skin.”

BODY CREAM:  
“Avocado Oil, Extra Virgin Coconut Oil, and Shea Butter are very nice moisturizers for the skin, face and body!”

You can mix all of these together for the ultimate skin moisturizer.

Melt 8 oz of Shea butter mix 2 oz of coconut oil and 2 oz of avocado oil.

NATURE’S HAIR CARE  
How-to Hair Conditioner 
Recipe for “All Hair Types”:  
Mayonnaise (use the Kraft olive oil mayo if you can find it)  
Avocado  
Honey  
Aloe  
Vera gel (fresh)  
Blend all together and apply to hair. Leave on under the dryer for 30 minutes or an hour if not under the dryer. You can also add an egg if you need to do a protein treatment.

Beauty Tip
Remember that beautiful glowing skin and hair starts on the inside. Eat a diet filled with fresh raw fruits and vegetables and drink plenty of water.

HAIR CONDITIONER:  
Silicon Mix  
$6.00 at Amazon  
“Very cheap, but works very well!”

Alter Ego Garlic Conditioner  
$15.00 at Amazon  
“A little pricier but works very well.”

Natures Gate Herbal Shampoo and Conditioner  
$7.00 at Health Food Stores  
“Great for natural and relaxed hair and it’s all natural.”

Loutrina Staley, a licensed cosmetologist since 1994, graduates Andrews University in May with a Bachelor of Technology degree in horticulture, with nutrition emphasis. Lou believes that God has provided so much in nature and we need to take advantage of it.
Sitting one day in her high school Contemporary World History class, Olivia never expected to make a decision that would change her life. She always knew there was more to life than meets the eye—a higher purpose, if you will. And she decided to devote her life to finding it.

As the class screened the news that day, Olivia watched tragedy stretch the globe, and wanted to do something. Instead of sending money for aid, she thought to send herself—a more physical, influential response. “I know there’s so much more to this existence,” she said, “than often times what we see around us, that I just [want] to look outside myself.”

During her freshman year at Andrews University, Olivia participated in a children’s outreach ministry. “It was a blessing to work with people in that way and I thought I would love to do something more,” she said. That same year, Olivia attended a mission’s event where all university ministry organizations come to recruit prospective volunteers. Hesitantly, Olivia signed up as a potential student missionary. With an obvious need for volunteers in the Federated States of Micronesia, she scribbled down “Yap”, a small island in the Pacific, as a possible location. Having never traveled outside the United States, such a decision was monumental; but she disregarded all fear and chose God’s plan over conformity, poverty over prosperity, and hope over misery.

Olivia’s decision did eventually lead her to the island of Yap, some 3,500 miles away from the comforts of home. And she recalls that August day when the group of missionaries first arrived: “We got there late at night and we couldn’t see anything. We had no idea what was going on, so were just looking out the
window, trying to make out what was happening. All we could really tell was that it was very hot, humid, wet, and sticky; it felt like we were in a sauna. We could see crabs running around on the pavement...” She describes the island as having dense forest, lush jungle, bumpy roads, and beautiful beaches and trees. Yap is about sixteen miles long and four miles wide with just over 6,000 residents.

There, Olivia served as a teacher to grade five. Aside from mentoring her own students, she was able to impact the community through her involvement in church programs and community outreach on Sabbath afternoons. “A lot of things were required of me with regards to service,” she said. But these “things” proved worthwhile because during her time in Yap, Olivia matured her relationship with God. She attributes it to her wonderful surroundings: “It was such a great environment that enabled me to focus on spiritual things. I was able to direct my time and attention to studying the Bible because I didn't have a lot of distractions. I didn't have a TV, and Internet, radio, and music were very limited.”

Olivia was privileged to work alongside seven other student missionaries. “We did everything together,” she said. “We really were like a family.” One fellow missionary, Kirsten Wolcott—who Olivia remembers being like the mother of the household—had a particular presence, according to Olivia. “She wasn't just off in a corner somewhere doing her own thing,” she said. “She was very sweet and loving. I remember saying, ‘Oh Kirsten, you're going to be the perfect mom and teacher and wife one day' because she was so nurturing. I remember the kids loved her so much.”

Such memories are painful to recount, as Kirsten’s life was tragically ended during a morning jog. Reports show that she was found dead [off campus] “in a wooded area with stab wounds” on Wednesday, November 18, 2009 (Adventist News Network). Consequently, Olivia’s year-long missionary experience was shortened nine months, as she was required to return home several days after the incident.

As the volunteers came to terms with death, they also had to console their students. To do so, the school decided to hold an assembly where students could come and express their concerns. They asked universal questions like, ‘How can God let this happen?’ ‘Why wasn't there a miracle?’ and ‘Didn’t God see it happen and why didn’t He stop them?’

“In these kinds of situations,” Olivia said, “we have a tendency to look to God and ask, ‘Why is this happening?’ I was so troubled for a long time because I hated how we die and how we have to watch people we love slip away from us. There's something about living in comfort and safety that we start to expect it; we think we're going to live forever, but it's like we hold on to something so tightly that isn't going to last.

“I don't think that dying and suffering was ever a part of God's original plan, nor is it something God wants to inflict upon us. It's just the way our world is since sin entered it. What has helped me is the song, 'A Mighty Fortress'. I think about how God really is a mighty fortress, a bulwark never failing. That doesn't deny the fact that there is a storm of prevailing mortal ills, but it says that even amidst the storm, He is our help.”

It is evident in talking with Olivia that the wounds created by her friend’s death remain present. But as she nears the end of her sophomore year at Andrews, Olivia looks back on her experience with hope. Though wounds do remain, God’s goodness also remains, a point she has made abundantly clear in her testimony. She deems her life back in the States frustrating at times because her daily schedule is not as demanding spiritually as it was in Yap. Yet, she has been resistant to getting caught up in television and other such distractions. “I think that I’m just kind of in an adjusting mode,” she states.

Olivia does not want people to be frightened by the possibilities of missionary life. “There’s a level of risk involved in anything we do, even if we don’t realize it,” she says. “There was risk involved when I left and didn't realize it, and I’m sure there’s risk involved in wandering around Berrien Springs.

“If you feel really strongly about wanting to do out and if you something in you, and if you have something bigger than your own
life, like sharing God’s love, and you find that you want to go to a particular place and feel like you can help those people, then you should go.

“I remember Pastor Dwight said something during one of our mission class sessions – he came to us and spoke and said something like: ‘You have to go, but you don’t have to come back.’ He kept saying that and he kept talking about if you have a seed and you put it in a jar and keep it on your shelf, nothing’s ever going to come from it. A seed doesn’t really produce anything until you take it outside and put it in the ground and then the seed dies or something but a plant comes out. And so you know, you have to sacrifice and being willing to give your life.

“I wouldn’t want to give the impression that [being a missionary] is a frivolous thing. It’s real life and it’s serious… and there’s something big in existence. The things we’ve learned about Jesus, salvation, God, and redemption… those are big things that if we really believed them, they should change our lives. And they can change other peoples’ lives.” She says you have to sacrifice and be willing to give your life, as evidenced by the loss of Kirsten Wolcott. Olivia concludes, “It’s a hard thing to let go, of goods and kindred and even our own mortal life. Though we may call to God and it seems like there’s no hope and it seems like it’s too late, Jesus is still on His way, help is still coming; and we will rise again.”

To say that Olivia found that higher purpose she was looking for in Contemporary World History is likely an understatement. As we are all on life’s journey together, we appreciate Olivia’s willingness to share such personal thoughts. Our deepest condolences go out to the grieving Wolcott family.

Ashleigh Burtnett is a senior at Andrews University, graduating May 2010 with a Bachelor of Arts degree in Journalism, and a minor in Photography. She served as a student missionary in Thailand during the 2006-2007 school year.

TRIBUTE TO
KIRSTEN ELISABETH WOLCOTT

As we mourn the loss of Kirsten Wolcott…
Beloved Daughter…
Sister…
Teacher…
Friend…

who died tragically Wednesday, November 18, 2009 in Yap, Micronesia;
may we remember that joy comes in the morning.

Psalm 34:18: “The Lord is close to the brokenhearted and saves those who are crushed in spirit.”
and Psalm 30:5: “Weeping may remain for a night, but rejoicing comes in the morning.”

Donations to a memorial fund supporting Adventist education and student missions can be sent to:

Kirsten Elisabeth Wolcott Memorial Fund
c/o Tappahannock Adventist Church
P.O. Box 1106, Tappahannock, VA 22560
How to Be the Best Intern You Can Be:

Tips and Tricks from Former Interns
Who Have Not Only “Been There, Done That,”
But Have Done it Well.

Compiled by Ellen Poirier

Learn how to anticipate what your boss will want, and do it before they ask you to do it. It shows you’re attentive and it shows initiative.

Always ask if anyone needs any help. Do this especially in a small office.

Stay late! Don’t be quick to leave.

Have great e-mailing and communication skills.

Do everything you’re asked to do ASAP.

Consider eating at your desk for lunch, so you can work extra time.

Talk, communicate, and network with EVERYONE!

Introduce yourself to everyone you will be working with during your first days on the job.

Take initiative and grab coffee and lunch with as many people as possible; listen to their stories and how they got to where they are because at one point they were in your shoes too.

Do everything with an open mind and a willingness to learn.

Really listen to directions and remember that every situation is an opportunity.

Be able to take criticism, and have an open mind.

Don’t be afraid to speak up with ideas or questions, as long as they’re informed. Your boss might be impressed with your initiative.

Special Thanks to the former interns of Teen Vogue, Details, Marie Claire, People, Brides, and Philadelphia.
with an estimated 3.5 million new college graduates about to hit the job market, you might be asking yourself, “What can I do to stand out among the pack?”

“The Complete Job Search Book for College Students, 3rd Edition” is a useful book for college students looking for a job. Whether you are an incoming freshman or just about to graduate, this book is designed to help you land a job in this tough economy.

The book begins with a schedule of what you should be doing in each of the four years you are in college. Walsh, a publishing professional, divides the book into four parts: Gearing Up for the Hunt, Tools of the Trade, Resumes and Cover Letters, Making the Right Impression, and Landing the Job.

In Gearing Up for the Hunt, Walsh gives advice before you start the job search. He says you should start your search by asking people you know if they have connections to people who work in your field.

Tools of the Trade is another helpful section where Walsh gives a fill-in-the-blank resume. It is quick and easy – perfect for college students with hectic and busy schedules. This section also contains sample cover letters and resumes for most fields of study. Walsh cautions that it is important to proofread your cover letters and resume, and not rely on spell-check.

Making the Right Impression gives a sampling of possible questions an employer might ask, for instance: Were you ever fired from a summer or part-time job? Or, how would you like other people to think of you?

Landing the Job points out things to consider, such as how to negotiate salary and benefits — important stuff to ensure you get all you deserve.

The book ends with resources for online job hunting and detailed descriptions of various types of jobs — great for anyone undecided about what career to pursue.

For additional job search tips, a good place to visit is your school’s career services. They can help you create a career path and connect you with alumni and other career professionals.
There is a big difference between a lightning bug and a lightning bolt

By Heather Marie Thompson

No boyfriend, good boyfriend, bad boyfriend, dumped—you name it, and I’ve lived it. It’s only now in my life that I’ve discovered the antidote for relational success; Whatever you do, don’t settle.

Let’s be serious. We’ve all had that heinously nerve-wrenching moment where we look at our lives and wonder, what if I never meet someone? What if I never meet someone? What if I never get that miraculous sign from God where the heavens part my eyes, and the Lord Himself puts His finger directly over the person’s head and screams, ‘Yep! This is it!’ What if He doesn’t do that for me, and so I miss it?

Because we’re filled with these fears and insecurities, we settle. We decide that good, is good enough and we’ll take what we can get. Well, I’m a firm believer that there’s a big difference between a lightning bug and a lightning bolt. I’m not sure who first said that; maybe it was Shakespeare or Forrest Gump. Either way, it’s the truth.

There are thousands of lightning bugs in the dating world. Those people who make you turn your head and smile. The ones who seem to fit our “type”. Heck, you can go outside in July and catch a jarful of them if you want to. Realistically however, we are better off leaving them in our backyards. The problem comes when we confuse these “bugs” with bolts. Lightning usually only strikes once in a lifetime and when it hits, those “bugs” scatter like leaves in the wind.

I don’t have a degree in psychology, nor would I dub myself the queen of relational wisdom. I come at you with nothing more than common sense, and a life full of great, and not so great experiences. I also know what it’s like being a Christian and trying to figure out where you stand and what you want out of a perspective partner. This is not going to be easy; life usually never is.

Here’s the truth, and I’m going to be blunt because anything else would be confusing. If you have to ask yourself what lightning means you probably haven’t
struck. A lightning bolt in my analogy is true love. It’s Romeo and Juliet but with a less fatalistic ending. Love (and I believe true love can only be acquired once you love Christ first), is not missable. It’s not gone in a blink of an eye or blown in the wind. It’s permanent, like words once they’re said, or first impressions. Once it’s acknowledged, there’s no going back. That’s the good news. Once we are in it, we’re playing for keeps and therein lies the bad news.

Often, especially in today’s day and age, love, and the ultimate symbolism of love and marriage are viewed as a telephone number. It’s great if it lasts, but if things get sticky and you need a fast break, you can always start over and get a new one. If you have some bad experiences and would rather cut your losses, you do have the freedom to do so, regardless of whether the change leaves one of you permanently out of service. God, however, insists that marriage is sacred. It’s not something you throw the towel in on because things get a little sweaty.

In fact, the first time we see God’s view on marriage in the Bible, it seems almost irreversible. Genesis 2:23-24 says, “The man said, ‘This is now bone of my bones, and flesh of my flesh; she shall be called Woman, because she was taken out of Man,’ For this reason a man shall leave his father and his mother, and be joined to his wife; and they shall become one flesh.”

This is no light thought. God says you will become one flesh, one body, and one person. Your two souls will intertwine and your hearts will beat rhythmically. To cut flesh apart from flesh seems almost inconceivable. This is not an outpatient surgery we’d be dealing with and certainly would not be without scars.

I was engaged once to a man that I was madly in love with and that I had chosen but God had not chosen for me. Two months before my wedding, I had been feeling uneasy and praying to God at every spare moment for a sign that I was making the right decision. I begged Him to speak to me and then I realized that He had been all along; I just hadn’t wanted to hear it. I do that a lot to God—tune Him out. It’s a good thing that God is so invested in who we are in spite of what we may do.

My heart was broken. I was humiliated. The truth is that it blew up so quickly that I didn’t even know what hit me. If you think breaking up is painful, try breaking up and then having to tell all your wedding guests about it. I felt like the whole world was whispering behind my back, even though I am sure it was all just in my head. I could barely walk past my closet for fear that that dumb wedding dress would poke its head out and laugh at me. I realize now though that I was lucky. It’s never too late to do an aboutface and give God back the reins. That doesn’t even mean that it would never work out between us, but I was certain that we were not supposed to get married right then, and if God Himself intercedes on your behalf, you’d better listen. Just keep in mind that there is nothing you can do to disappoint God so badly that He doesn’t want to deal with you and your drama anymore. Take it from me, a person who has been the worst backseat driver He has probably ever seen, He will always take you back. No matter how bad the collision, how bleak the wreck, He’ll make you new.

So how do we know when to let go of the dream? Sadly, sometimes we just can’t see it. Sometimes we are so blinded by what we want that we don’t realize it’s not what we need. You will probably never know positively whether you are with your soul mate, not aside from God anyway. That’s exactly where He comes in. Once you talk it over with Him and tell Him you are ready for His will to precede your own, the rest is easy. He’ll take care of it. He’s got everything under control. Don’t worry about missing it and don’t try to tell God how to do His job. I can’t stress to you enough how important letting go, and letting God, is in this situation. That’s the key. That’s everything.

1 John 5:14-15 says, “This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us. And if we know that he hears us—whatever we ask—we know that we have what we asked of him.”

RELATIONSHIP

From the Dollhouse to the Doghouse

By Elroy Byam

Dollhouses & Action Figures: A Difference in Mindsets

There's one thing that I believe everyone can agree on when it comes to relationships – men and women think differently. I know that I for one am a male, so at times some of my joys and pleasures may not be the same as a female's. One of my female friends once said, "I don't understand that brain of his. It's like he never wants to do anything with me." Ladies, have you ever considered what you want some of your
men to do? And men, just because our favorite game is on doesn't mean that your lady is absolutely dying to watch it with you. We often feel that just because our significant other doesn't think the way we do, something is innately wrong with them. If we find it easy to wake up, they should as well. We exercise a certain amount of days per week, and they need to do the same. Have we ever considered why some men are the way they are and why some women act the way they do? Instead of criticizing every time there's a difference in opinion, empathize. Seeing the world through their eyes may give you a better perspective into the life we believe should be in congruence with our own.

When we're little kids, we have constant desires for toys. We'll play with them, have our fix, and then eventually put them down after a commercial introduces the next best thing. In most cases, commercials that appeal to boys are ones of action, hence the indulgence of action-figure marketing. I definitely fell victim to TV advertisements of Teenage Mutant Ninja Turtles and Power Ranger collector sets. It was always the moment within the commercial that captured me – the tense atmosphere of the hero about to face their adversary.

Girls are marketed to a little differently. In my day, they had commercials like My Little Pony, Polly Pocket, and most important of all, the Dollhouse. Now dollhouses come in all shapes and sizes and allow girls to fantasize about taking care of their own home. They get to maneuver a mommy and daddy (and a baby in some cases) through different areas of the home, gaining an idealistic view of what taking care of a home should be like from a womanly standpoint. These toys allow girls to see life as a whole, and think about their future as a grown woman with responsibilities.

Now let's compare the two types of toys. The dollhouse is a symbol of completion, success, and unity. It allows females to believe that they too can obtain the perfect family and maintain the perfect home. That the man should always be there for his woman is another ideal the dollhouse brings to light. Girls carry this all the way to womanhood. On a different scale, the action figure represents the moment – nothing matters before or after the event, and the interest is directed towards a situation of action and adventure. This is why men enjoy living in the moment, while women see the bigger picture. Ladies, please understand that this is how men were trained, but not necessarily the way they should think.

From the Dollhouse to the Doghouse
Whenever a woman gets what she considers to be a good man, he becomes a certified member of their "dollhouse." He fits into the woman's ideal of what her life should be like, and meets the criteria of most of her closest friends. He seems to have it all together, and treats her well enough to induce a smile on her face and in her heart. As they continue to grow in their relationship, she expects the man to have a dollhouse mindset as well – to see the relationship in its entirety, to be futuristic, to know the date of the wedding and the middle name of their second child. What they fail to realize is that most men (hopefully all men) have never played with dollhouses in their childhood. They were action-figure guys, living in the spur of the moment or whatever time the relationship appealed to them. This mindset may explain why most women are ready to commit to a serious relationship before men are. Now whenever the man acts up and doesn't see eye-to-eye with the woman, he gets plucked out of the dollhouse and shoved into the doghouse. It's the doghouse where men are put for messing up and not keeping up with the requirements. In some cases, men can be there for something as small as showing a lack of appreciation or affection, and in other cases for something as large as cheating and infidelity.

Why is it that a good man must fight really hard to stay on the dollhouse side of the spectrum? Is a good man really hard to find nowadays? Of the nearly 93 million unmarried people in the US, women make up a little more than 53 percent (according to the 2008 US Census Bureau's Current Population Survey), and since 2005, the unmarried household has become the majority of all US households. I think about these staggering statistics and ask myself, Why? Has marriage become both like a hard-earned degree and commercialized decree? What can a man do to change the negative connotation he has brought on himself over the past few decades? I think part of the problem lies with men being afraid to put their “action-figures” down for a bit and truly tend to the women's needs on a larger scale, not just for the moment. Part of the man's issue is PRIDE, which I like to believe is an acronym for a Personal Resistance to Include a Different Effect.

Women, for those of you who are blessed to have a man in your lives, realize that he is indeed a man. He's not going to want to shop fervently, watch a Desperate Housewives marathon, or have “pillow talk” sessions for hours about one subject. Invite him to the dollhouse, but know that he doesn't live there – at least not for the moment. Men, please remember that women are not action-figures. Don't attempt to “pick them up”, “force them into a fight” or try to “collect them all.” Know that she is indeed a woman, and what she brings to the table is just as special and unique as what you bring. By understanding each other's mindsets, we can establish the ultimate Venn diagram of a relationship – a man's desires, a woman's desires, and what both desire together.

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What do you think?

Weigh in or read what others have to say
www.envisionmagazine.com

Elroy Byam will receive his Bachelor's degree in Communication with a minor in Journalism from Andrews University this May. A native of New York City, Elroy's ambition is to become a talk-show host. He considers himself a romantic and is currently in a relationship.
They almost didn’t meet. Nick Snell, Berrien Springs, Michigan native, was a missionary in Washington State and the church where he was serving as a youth pastor wanted him to stay on. Yet he had already taken off two years from studying theology at Andrews University and wasn’t sure he should be away much longer.

Meanwhile, Deanne Horinouchi was attending Newbold College, just outside London, England, and had interrupted her studies to serve as a missionary in India. When she returned home to Loma Linda, California, she decided she wanted to remain closer to her family, but her options were limited for places to study speech pathology there.

It was August 2008 when Nick and Deanne’s paths crossed in the Center for Youth Evangelism (CYE) at Andrews University. Japhet J. De Oliveira, the missions chaplain, had invited a few returning missionaries to videotape their mission field experiences. When Deanne arrived for her taping, Nick had just wrapped up his. Since it was late in the day and the person conducting the interview had to leave, Nick volunteered to conduct Deanne’s interview.

Deanne remembers Nick, the “really nice” guy, listening intently to her answers, but there was no instant attraction. Nick, on the other hand, sensed something special about her and wanted to establish a friendship.
We're looking for the next person that we're with, to be that person we marry.

The opportunity came when they were both working in the same campus ministries office - she helping coordinate missions, he working in student outreach.

Nick would often stop by Deanne's desk, and this grew to hanging out with her outside of work. "When you enjoy being around someone, you make time for that kind of thing," he says.

Deanne began seeing Nick in a new light - past the long hair she didn't care for much - and began to warm to him.

"I was constantly praying about this guy who kept visiting me and stuff. And not too long, I just felt I was supposed to give him the chance and get to know him."

After all, there was something different about him and the way he treated her; "I remember saying something embarrassing and everyone laughed, but he didn't."

By October, their friendship had shifted into a higher gear, where they liked hanging out with each other, yet the transition between friend and suitor was becoming muddled.

"Pretty soon, it was awkward to just hang out and say, "OK, see you!" without showing any kind of affection," says Nick.

"It just got so awkward. Like, goodbye one night - I gave her this side hug. "It was so awkward, I just had to call her and say, 'I'm sorry, that was so awkward.'"

It was shortly after that incident that they had a serious conversation about their feelings, and the fact that they were attracted to each other.

At the point where some may chose to trust their own instincts, the two made a sober decision to keep God the central focus in their relationship. Deanne says, "We just prayed a lot because we didn't want to even enter a dating or courting whatever unless we knew it was what God wanted for us."

They also made the decision to court rather than date. "We told each other, we're not looking to casually date anybody," says Nick. "We're looking for the next person that we're with to be that person we marry."

As the relationship progressed, Deanne would learn more about the difference between courting and dating from Nick.

Dating, says Nick, is "you're kind of enjoying the ride and seeing where it ends up. You're not quite as intentional. Whereas, courting is more like, 'OK, God. Do you want me to marry this person?' It's not like you're both up in the air. You're more intentional."

Courting also requires a total dependence on God: "Because sometimes you feel like, 'Do I know this person well enough to be committed? It's really a faith thing, and sometimes faith is scary, because you don't know everything God knows. But you pray about it."

It was during that conversation about liking each other, they discussed setting boundaries. One rule, says Nick, was, "It's inappropriate to explore the bikini zone." They also decided that they should really try to limit their time alone by spending time together with family and friends.

During Christmas break, Nick flew to California to meet Deanne's entire family. "My family loved him," says Deanne. "My dad thought Nick was just a really good guy; my mom thought he was so compassionate and sweet."

In March 2009, Nick had to take a friend to school early one morning. Nick's class had not yet begun and so he decided to pass the time in the Campus Ministries office. There he met Pastor Japhet and they went to the cafeteria for breakfast.

"He told Pastor Japhet how his relationship with Deanne was progressing, and the plans for marriage after graduation, more than a year away. Nick says Pastor Japhet asked, "Why wait till whenever, if you already know?"

Pastor Japhet, who married while in college, says he encouraged the marriage because he saw two "mature students committed to God and ready to begin the adventure."

Yet they hadn't really considered his question, until others began asking the same thing. "It was so weird," says Deanne. "After he (Pastor Japhet) brought it up - "Why are you guys waiting if you know you want to get married;"
why are you putting it off for an extra year?’

‘After we prayed about it for a while, and for like a whole week or two, all these different things kept happening. Remember that? Like your aunt, uncle, my parents. Just a lot of things kept happening where people were like, “Why aren’t you guys gonna get married soon?”

Nick says: “They were asking us like when are we going to get married, and it had seriously not been that long. Why would you ask somebody that so soon? But they weren’t kidding.”

Then in April 2009, five months after they decided to court, Nick felt it was time to solidify the relationship further. He asked Deanne for a list of her favorite things, and later invited her over to visit him on Easter Sunday. When she came over, he was making peanut butter sandwiches (peanut butter was one of her favorite things). Cellist, Yo-Yo Ma’s music (another favorite) was playing in the background. Nick came up with a rouse for her to play the piano (another favorite), by telling her he had to meet a friend that morning, so she could spend the time playing until he came back.

But a few minutes after she began playing the piano, Nick came behind and blindfolded her. While she was blindfolded, he took her into his car and drove her to an undisclosed destination. When they arrived, he took off the blindfold and she discovered he had driven her to the Andrews University airpark. Nick got down on one knee and proposed to her. She told him yes.

But there was more to the pre-calculated proposal. Nick had arranged for a friend to fly them to Chicago, where the newly engaged couple spent the day trying to find more of her favorite things.

The subject of a wedding date came up and after much prayer and encouragement, they decided to get married that August.

On August 9, 2009 – almost a year to the day of their first meeting - the pair exchanged wedding vows in front of 200 family and friends at the Pioneer Memorial Church on the campus of Andrews University.

Deanne’s father, a pastor, officiated at the service, which was turned into a praise and worship celebration. “After the vows, my guitar was on the stage and we kinda grabbed my guitar and sang a song called, ‘How Deep the Father’s Love For Us’, says Nick.

Deanne continues: “We had another part where during the prayer part, usually the pastor prays; my dad asked everybody to get into groups of three or two or by yourself, and just have a prayer for our marriage.

“We just really believe that our relationship happened because of God. So why would you praise anything else but God who brought you together?”

Choosing to trust God’s leading in choosing her husband has brought some pleasant surprises for Deanne. “There were things about Nick that I didn’t even think about that I would want in a relationship, but it was so wonderful to have in a relationship.”

As Deanne graduates this May, the couple is undecided about their post-graduate plans, but their journey together so far has made them optimistic about the future. Deanne says, “This has affirmed my faith, in letting God lead in your life and how things will work out even better than you could’ve imagined.”

The couple’s advice for others contemplating courtship, or even dating, is to first have a personal relationship with Jesus Christ. “I mean, if anyone is gonna pick who you’re gonna marry, why would you want anyone else to pick it besides God?” asks Deanne. “I mean, He knows you better than anybody. He knows you better than yourself.”

They were both 22 years old when they got married, and they feel this was the best decision for them. But their advice for others who are not sure when is the right time or right age to get married, is not only to trust God, but it also helps to have a serious heart-to-heart talk with Him.

“I remember just going out for a walk and being like, ‘God, am I ready for this? Can I handle this?’ says Nick. “And He’s like, ‘You know, you’re never gonna be ready for this. So you’ve got to trust me all the way, from the beginning. Go for it!’”

Samantha Blake is a journalism freshman at Andrews University
Public Display of Affection in the church pew
All in plain sight? Can make us go “Ewww!”
A public display of affection by who?
Someone you know, or maybe its you!

Here’s a little rhyme to cause you to think...
Now those who are guilty, may think my rhyme stinks
But no need to worry, God gets the glory!
Drum roll please, listen to my story...

Come Meet Jane as Jane meets Jack.
They’re headed to church in his black Cadillac.
They’re a PDA pair and that’s a fact.
Seems like they’ve got it going on, but there’s something they lack.

Let me give you a clue, they’re stuck like Elmer’s glue.
If you catch them at church, PDA is what they do
When you say, “Happy Sabbath!”, they don’t even notice you.
They are card-carrying members of the PDA Crew.

Holding hands with sweaty palms that won’t let go
They think that if they do, they’ll melt like snow
To them nothing else matters but thoughts of “love”
Not you, not me, nor Heaven above

Instead of focusing on a blessing at church
They focus on love lessons, to make things worse!
And if you tell them that what they do is absurd
They call you a hater and still ignore the Word.

Never mind that the pastor is preaching on the pulpit.
Jane looks too fly in her fitted outfit.
Jack’s got swagger and her eyes are on him.
Does it matter that God is left hanging on a limb?

PDA in church is quite insane
Put it on pause, Jack and Jane.
When you come to worship, make your worship plain.
Focus on God. Bless His Holy name

Next time you see Jack and Jane in church.
Entwined in the pew like lovebirds on a perch.
Like lovesick wanderers dying of thirst
Tell them its okay to let God be first!

For more discussion on this and other topics, you can listen to Beatrice & D’Jenice on the Campus Ministries radio show “Another Edge” online at andrews.edu/cm/cmradio
We are curious if any of your friends are named Helga, wear bones in their hair and carry clubs. In the 21st century you are still very young. It is important to recognize that the brain is not fully developed until age 25. This means that you are only one year into being a full-fledged adult. Many women across many cultures around the world marry past 26 years old. There is nothing wrong in waiting for the right person or even choosing a single lifestyle. In fact, research suggests there are many benefits for women who remain single, such as higher earning potential and more day-to-day freedom.

“In a dual-working family, women still end up with more of the responsibility for children, less of an opportunity to advance their careers than do men, and a lot more stress engaged in both at work and at home, because they are trying to negotiate those two spaces,” according to Florence B. Bonner, Ph.D., professor and chairperson of the department of sociology at Howard University.

God has a plan for each of us and it doesn’t always include marriage. Entering into a relationship or marriage is not something to be taken lightly. It is not something to do just because friends say you are “past your prime.” That would neither be fair to you nor the man you are with. Only you will know when the time is right and that is how it should be. Now, for your hopefully well-meaning ‘friends, next time they make such a remark, try one of these responses: When did 26 become a senior citizen?

“I’ve sometimes thought of marrying and then I thought again.” — Noel Coward

Marrying is easy, it’s housework that’s hard. Proverbs

Thank you for your concern, however I’m not worried about it.

“Marrying to increase love is like gaming to become rich; alas, you only lose what little stock you had before.” — William Wycherley

“What’s nice about my dating life is that I don’t have to leave my house.” — Julia Roberts

“Marrying a man is like buying something you’ve been admiring for a long time in a shop window. You may love it when you get it home, but it doesn’t always go with everything else in the house.” — Jean Kerr

“Marrying for love may be a bit risky, but it is so honest that God can’t help but smile on it.” — Josh Billings

“If marriage is to be a success, one should obviously begin by marrying the right person.” — Herman Keyserling

God Bless you and your singleness.

Answer provided by Andrews University Counseling Psychology PhD students Kristina Johnson, Anna Liu, Brice Petgen, Nathanael Stephens, Noel Woodward-Giudice, under the guidance of Prof. Carole Woolford-Hunt.
When I was six years old I was told I would be taking the bus to school. I was immediately aware that this was a terrible idea; my father however, wasn't following my line of thinking. I didn't want to take the bus. I had gotten glimpses of what the bus looked like from time to time and it was scary. There were giant children, children that were hardly children at all. There were mean, unruly boys who I knew would pull my pony tail and call me names.

I took extra time in getting ready the morning my dad was supposed to walk me to the bus stop. I pleaded and begged with my father not to make me ride the bus. I made deals and promises I knew I'd never keep. I grabbed his arm and pulled my hair. I stomped my feet and let snot fall from my nose. I told him I'd do anything as long as he'd keep me off that bus. Regardless, there I was ten minutes later, waiting at the bus stop. I was a complete daddy's girl. I had spent years wedging myself into this man's soft spot, and I couldn't believe that he was turning on me now. I knew him like the back of my hand, and because of that I also knew that if my father said I would be riding the bus that year, I would indeed be riding the bus. My arguments were arbitrary. I felt the sweat collecting underneath my armpits as that yellow bus rolled around the corner. Tears welled up in my eyes, as I looked at my father one last time. I swallowed back the large lump that had collected in my throat and gave his wrist one last squeeze as if to signal to him that if there was ever a time to save me, it was now. He leaned down over me and kissed my forehead.

“T’ll be here when you get off to take you home.”

I wanted him to change his mind. I wanted him to look in the windows and see all those children who were at least triple my size and realize they could kill me if they pleased. I wanted to be his baby girl right then. To morph back into early childhood and let him stick a pacifier in my mouth if it meant he would take me home.

I wiped my tears as I found myself taking my place on the last seat of the bus. I pressed my face against the glass of the window. My father stood stationary, staring at me as the bus began to pull away. I kept my face pressed to the bus window as I began inching away from my father. He stood there, unflinching, like an old cypress oak in winter, whose roots are firm and solid.

It may have been my imagination, but I could swear that in that moment, I saw my father cry before. Not even when I fell off the handle bars of my bike and the smack of the concrete filled my mouth with blood. But then however, from the seat of the bus he had put me on, I saw it. I squinted as if that would give me a better view but it was too late and I had lost him.

Sometimes I think that God is cruel. There have been times that I catch myself wondering how He can watch me down here, going through all this turmoil and just stand still. I wonder why He won’t just leap in and save me.

To this day, however, when I think of love, I think of my dad putting me on that bus. You see, there are always going to be buses filled with mean people. There are always going to be bullies that pull your hair, and kids who call you names. There will always be situations that take you outside of your comfort zone, but you still have to get on the bus. It’s the bus that makes you grow. It's surviving something you thought you could never get through that makes you strong.

I understand this now. And in those moments when I wonder where is God, I press my face to the glass of that bus window and I see that through the mist, He is still there. With tears in His eyes, He is rooting us through it. I press my face to the glass of that bus window and I see that through the mist, He is still there. With tears in His eyes, He is rooting us through it. And just like with my daddy, when the brakes push and the wind blows, when the ride is over and you get off stronger, He will be there, just as He promised, waiting to take you home.
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