XIARA MERCADO
On Finding Peace Above the Storm

PK’s Under Stress

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# CONTENTS

## FEATURES

<table>
<thead>
<tr>
<th>Title</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Trending Millennials</td>
<td>8</td>
</tr>
<tr>
<td>The Doomsday Dilemma</td>
<td>22</td>
</tr>
<tr>
<td>Life in the Glass House</td>
<td>32</td>
</tr>
<tr>
<td>Finding Peace Above the Storm</td>
<td>42</td>
</tr>
</tbody>
</table>

## HEALTH & FITNESS

<table>
<thead>
<tr>
<th>Title</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>How Sweet it is! Battling Sugar Addiction</td>
<td>13</td>
</tr>
<tr>
<td>I Like to Movie Move-it</td>
<td>15</td>
</tr>
<tr>
<td>Fit for Life</td>
<td>16</td>
</tr>
<tr>
<td>Surprising Oatmeal Recipes</td>
<td>19</td>
</tr>
</tbody>
</table>

## CAREER & EDUCATION

<table>
<thead>
<tr>
<th>Title</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Coming to America</td>
<td>26</td>
</tr>
<tr>
<td>Men at Work</td>
<td>29</td>
</tr>
</tbody>
</table>

## EYE 2 EYE

<table>
<thead>
<tr>
<th>Title</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Am I in Danger?</td>
<td>46</td>
</tr>
<tr>
<td>Finding Love</td>
<td>48</td>
</tr>
<tr>
<td>One Love</td>
<td>51</td>
</tr>
</tbody>
</table>

## FINANCE

<table>
<thead>
<tr>
<th>Title</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Open the Windows</td>
<td>54</td>
</tr>
<tr>
<td>Don't Let Loan Payments Sneak Up on You</td>
<td>56</td>
</tr>
</tbody>
</table>

## LENS

<table>
<thead>
<tr>
<th>Title</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fall in Line</td>
<td>37</td>
</tr>
</tbody>
</table>

## IN EVERY ISSUE

<table>
<thead>
<tr>
<th>Title</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>By the numbers</td>
<td>5</td>
</tr>
<tr>
<td>Editor’s page/Letters to the editor</td>
<td>7</td>
</tr>
<tr>
<td>Devotional</td>
<td>58</td>
</tr>
</tbody>
</table>
How to watch Dare to Dream:

1. Visit the Dare to Dream website d2dnetwork.tv and stream online.
2. Download the 3ABN app for Apple or Android mobile devices.
4. Watch us on your TV using Roku and high-speed internet. Visit Roku.com or call 1.888.600.7658
5. Purchase SDAdish satellite system with no monthly fee. Visit sdadish.com or call 1.877.875.6532

D2D General Manager, Dr. Yvonne Lewis, with co-hosts, Rico Hill and Jared Thurmon on the set of “From Sickness to Health.”
There are 582 students representing different countries on the main campus, while 60 international students partake in the distance education program.

In total, there are 727 international students, representing 91 different countries.
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Debbie Michel

SECTION EDITORS
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Emmanuel Leonard
Jenna Neil

Health & Fitness
Lucero Castellanos

Relationship
Jonghee Cho

Career & Education
Stella Ng

Finance
Patty Kardash

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TABLET EXTRA.
WATCH THE
MAKING-OF
THIS ISSUE
Number 7 represents perfection.

For the past five years we've produced the magazine you read annually (one year we printed two issues), we continuously ponder the question: how do we reach a young Christian collegiate audience with content that's relevant, content that uplifts, content that directs their gaze to Christ?

What you’re holding looks and feels different from any other Envision. For one, it's thicker—12 more pages to be exact. More articles. More advertising. We've also tinkered with the design.

Our writers—a fresh crop of students every semester—are tasked with bringing you stories you'll care about, written in the hopes you'll hang onto their every word.

This issue contains more feature stories. There’s Xiara Mercado. Check out her story on p. 42, which reminds us of Scripture: “How beautiful…are the feet of those who bring good news, who proclaim peace, who bring good tidings…” Isaiah 52:7.

And, the story of PK’s, pastor’s kids, on p. 32. Yes, they get a bad rap, but what's driving this? We humanize the eye-opening research, characterizing children stressed, not just with their own problems, but shouldering weighty issues burdening their parents.

Plus, on p. 9, there’s “Trending Millennials.” Algebra and Greek might bog you down but who’s to say you can’t have some fun, too. Young adults are unearthing stories worth sharing and using social media to reach an audience beyond their immediate group of friends.

In addition to collaborating with designers, photographers, psychology students, we're now collaborating with nutrition students, mining their expertise to get us on track to health and wellness.

We hasten our push into the digital realm: podcasts, slideshows, videos—not just because it’s the “future” but because, let's be honest, as much as we love the printed page, a magazine by and about young adults can’t just be static.

So, as you thumb or scroll through, it's our sincere wish you’ll see a magazine maturing in style and substance, and above all, catch a glimpse of the Perfect One.

How are we doing? Please give us feedback—warts and all. We truly value your input.

LETTERS

It was a very good magazine and I liked it a lot. Thank you for giving me the chance to share my experience with God in order to encourage others and fulfill God's plan in my life: "I will bless you and make you a blessing." Gen 12:1-5.

GERMAIN FELICIA

As a regular reader of Envision, I felt compelled to tell you how much I have enjoyed reading it over the past few years. I have enjoyed reading about the faculty and students and feel as if I have gotten to know them. I also feel that I am a part of the Andrews family and am looking forward to visiting your campus one day.

TERRY PINNOCK

I was blown away [by the cover of the last issue]. It is one of the most beautiful pieces of photography that I have ever seen. I would have bought the magazine for that cover.

LOCKSLEY DYCE
On average, Millennials spend a whopping 18 hours a day consuming media, over three hours of which is on social media. It’s not surprising, then, that some young adults have used social media to empower and make a difference.

THEHAYSTACK.TV

It started out as an idea churning in his head. Seminary student Jeff Tatarchuk wanted to find an effective way to spread the gospel and minister to many people, but he wasn’t sure the best way to go about it. He had a passion for blogging and using social media to engage with believers, but he didn’t have a blog to do that. He met Leslie Samuels, a popular blogger who was able to reach thousands of people each time he posted or uploaded a video on YouTube.

“As a pastor, seminary student I thought—at best—I’m going to have maybe three to four hundred people I’m going to be speaking to on a weekly basis, but every time he [Samuels] sends out an email or YouTube video or podcast he’s reaching 70,000.”

Jeff realized he needed to find a way to capitalize on social media to reach people. He began doing research and searching for different blogs to find inspiration. Rainn Wilson’s YouTube Channel, Soulpancake, which is popular for its ‘Kid President’ videos that often go viral, was one he found inspiring.

“I thought, man they’re just nailing quality, positive content, and really speaking to the young adult demographic.”

Jeff wanted to create something like this for young adults in the Seventh-day Adventist Church. In the midst of these thoughts he connected with his fellow classmate at the Seventh-day Adventist Theological Seminary, Keith Bowman. Keith was thinking of starting a YouTube channel that explained the doctrines of the Seventh-day Adventist Church in a way that was clear and concise.
"I was going to start a YouTube video site for Adventists that had relevant stuff, but it never went anywhere because I didn't have the energy. I didn't have anybody to do it with. I was just a little overwhelmed with the idea," explains Keith.

After exchanging ideas with each other, Keith and Jeff partnered up and began the process of starting a blog.

"We prayed a lot about it and along comes Sam who's a graphic design guy, sees the vision, says, 'Yes, I want to be a part of this,'" Keith recalls.

Sam Moreno worked with Keith as a pastor in Oregon. He was also in the seminary when Keith approached him about the idea of starting a blog for young Adventists called "The Haystack."

"I was immediately drawn by their vision for what this site was going to look like," said Sam. A haystack is such an iconic Adventist symbol, that revolving a whole website around it sounded so brilliant. I immediately offered Keith and Jeff my services to help with the branding, designing, and creation of the website.

The Haystack is a media community for young adults in the Adventist church. Its name is derived from the traditional church meal called a 'haystack.' Haystacks typically consist of corn chips or tortilla chips with toppings that include beans, lettuce, tomatoes, cheese, and whatever fits your liking.

It's a typical Adventist icon, especially in North America…where everybody can bring something to the table. Where some person brings chips, some person brings the guac [guacamole], some person brings the cheese or the salsa, but everybody can contribute," Jeff points out.

This idea of contribution is big in Jeff's vision when he and his co-founders created this media hub. "That is essential, especially with young adults today. They want to feel like they can contribute something and young adults have a ton to contribute. The idea behind The Haystack is that everybody can bring something together and it's something that I feel like most Adventist can identify with so that was kind of our goal to create this structure that can do something like that," says Jeff.

Visiting The Haystack website one will find content that ranges from videos on the topic of worship to articles on the blessings of God. They also cover topics on foundational beliefs, humor, health, music, evangelism, and more.

The Haystack has nearly 7,000 likes on Facebook and has won awards for best in class promotional video and TV/Internet Show, awarded to them by the Society of Adventist Communicators. The Society also awarded them the Reger Smith Cutting Edge Award which "honors communicators who produce creative, innovative and cutting edge projects."

The Haystack received a boost of attention when the popular Facebook page "Jesus Christ is KING", which has 2.4 million likes, shared one of its memes. The meme is a photo of a squirrel with its mouth full of nuts. It read "that moment after your first bite when you realize you haven't prayed." The meme received over 215,000 likes.

"Someone kicked us a message on our Facebook site and said, 'Hey, one of your memes just got some real good publicity' and it was shared over 70,000 times…so that was pretty cool," Keith says.

Social media is a platform that the founders of The Haystack believe will spread the gospel.

"We always talk about, 'Well, how can we take this gospel out to the world? There are so many people that haven't heard it,'" Jeff says. "Social media is that way and I really think we haven't even come close to figuring out how to tap into it because it's constantly changing, it's constantly evolving, but I think we need to do our best to keep up and find ways to communicate."
BEARDS WITH STORIES
Staring at a magnificent portrait of a man with a great beard in the Smithsonian National Portrait Gallery in Washington D.C., Suzanne Ócsai was inspired to take a picture. She was touring Washington D.C. with friends and along her tour she saw many pictures of men with amazing beards. A graphic designer, Suzanne pulled out her camera and began photographing all the beards that inspired her.

Suzanne posted her photos on social media.
“It made it into a collage on Instagram and my friends loved of it.”

Feeling encouraged, Suzanne continued to tour the Capitol buildings taking photos throughout D.C. of portraits or statues of men with beards. As she continued posting her photos on Instagram, people kept liking them and telling her how great they were.

When she ended her summer internship as a communication intern for the North American Division of the Seventh-day Adventist church, she decided to visit a friend in Chicago before returning to school at Southern Adventist University, Collegedale, Tenn. Though in a new city, she resumed her search for portraits of men to photograph.

“I was looking for pictures of men with beards but I wasn’t finding any. So I was like, ‘Hey, I’m going to just stop men on the street. I’m in Chicago; it’d be great to have a collage from Chicago.’”

She began approaching men on the streets, asking them if she could take their pictures.

“I probably asked 15 times and only two turned me down because what I found is that men really like having their beard get attention.”

WHAT I FOUND IS THAT MEN REALLY LIKE HAVING THEIR BEARD GET ATTENTION.
After an exciting time in Chicago, she headed towards school, but her adventure wasn’t over. On her way to school she stopped at a rest stop where she met a man with a long beard. She approached him to take his picture and he shared with her why he decided to grow his beard.

An injured soldier in Vietnam, this war veteran was in a hospital and didn’t have a chance to shave for two weeks. Soldiers were required to have a clean-shaven face and his commanding officer threatened to court-martial him if he didn’t shave. He was being discharged, he said, and wasn’t afraid. “Do what you want, I’m not shaving’ and he’s never shaved since. And that’s how many years later? 30, 40 years later?” said Suzanne.

Inspired, she posted the photo with his story on Instagram. When she returned to school Suzanne’s friends convinced her to start a page dedicated to beards and the stories behind them. In October 2013 Suzanne made an Instagram account with the name “Men with Beards” then changed it to “Beards with Stories,” switching the emphasis and using the tagline “every beard has a story.” She started with the Instagram page first then created a Facebook page, a Tumblr, and a Twitter account accompanied with a logo she designed.

When you visit the Beards with Stories website you’re greeted with a page filled with photos of men with beards. Under each photo is a story about why these men have grown their beards. The reasons can be as simple as being lazy to keeping warm and sometimes you’ll see men with longer stories that tell of symbolically coming to a new stage in life.

As of March 2015, she has 329 likes on Facebook, 536 followers on Instagram, and nearly 1,000 followers on her Tumblr blog. She also sells T-shirts with the “Beards with Stories” logo.

Her goal is to one day publish a coffee table book. It’s similar to the strategy of “Humans of New York,” a popular blog conceived by Brandon Stanton in which he meets people off the streets of New York City and photographs them with their story.

“That’s always been something that I’ve had in mind since the beginning and that was also something ‘Humans of New York’ inspired me [to do] because he did a book and so I’ve been always working toward that goal.”

“After I started developing it, I definitely did look to his style to kind of guide me because I was really new. I never really just stopped people in the street before like that so I did take cues from what I saw that he did, but I didn’t know too much about him at the beginning.”

Suzanne is now a full-time graphic artist and views “Beards with Stories” as a side project. She plans on dedicating more time to the project as it continues to grow, but right now she considers it a feel-good project. “It’s purely for fun. It’s just having fun with life.”
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A friend of mine shared a documentary called “Sugar: The Bitter Truth.” I listened to the documentary spell-bound, as I had no idea that sugar could cause so much damage to my health and interfere with my life in such a drastic way. While our bodies need natural sugars from fruits and vegetables, it is the refined sugars that are deadly. The documentary deepened my understanding of how the body stored sugar and it was all I needed to take my five pound bag of sugar and just dump it in the trash.

But, it didn't stop there. I literally went through every item I had in my house—cereals, peanut butter, jelly, and even bread. Shockingly, the foods I thought were healthy, such as cereals, granola bars and chips, were killing me. Complicating matters, these sugars were hidden using different names such as sucrose, glucose, maltose, brown sugar, and cane juice to name a few. The amount of sugar I was actually consuming was astounding. It all had to go.

What I learned from the documentary and from every article I read after, is that refined sugars are the culprit for Type II diabetes, allergies, cancer (all types), tooth decay, high blood pressure, weakened immune systems, heart disease, Alzheimer’s (a disease that was initially named ‘diabetes of the brain’), and mental psychosis, to name a few.

Sugar was discovered to be harmful as early as the 1800s. In 1816 French psychologist Francois Magendie attempted to bring awareness to the dangers of refined sugar. He conducted a study based on the story of a shipwrecked crew. Nine days after the shipwreck, five
survivors were found. They were severely malnourished, after consuming just sugar and rum. Magendie decided to do his experiment with dogs. He fed them only sugar water. Not one of the dogs survived. While the article, “Dangers of Refined Sugars” (www.globalhealingcenter.com) doesn’t specify how long it took them to die, the point is that they all died.

I began my 30-day sugar-free experiment by going grocery shopping. I was flabbergasted as I went down aisle after aisle and realized that outside of the produce section, there was little else I could consume that didn’t contain refined sugars. This included processed foods such as crackers, cookies, chips, spaghetti sauce, peanut butter, jelly—the list was exhaustive. One of the hardest things for me to give up was lime-flavored Tostitos, as well as peanut M&M’s. My children struggled with candy, cakes, donuts, and Cheetos.

In the beginning, I had sugar cravings and would quench it with Bragg’s apple cider vinegar. I also made a tea each morning with lemon, raw honey, and two teaspoons of apple cider vinegar to eight ounces of water. I would sip on this tea twice a day and after a week my cravings diminished. Since the girls saw me drinking it, they began to drink some each evening, too.

I also decided to bake my own bread and pastries. My daughters fell in love with my treats and slowly started warming up to the idea of not having refined sugars. I know we were succeeding when I heard my youngest daughter tell a grownup offering her Halloween candy, “No thanks. I don’t eat sugar.”

As I look back on my experiment, I am immensely thankful for the end result. My youngest had a cold only once last year and bounced back within two days. She didn’t even have respiratory issues. I have since discovered that refined sugars can weaken the immune system so removing this from her diet has allowed her own body to be resilient.

My oldest, whom you’ll recall was struggling with remembering her multiplication facts, has since learned her multiplication and has come to enjoy math. Miraculously, all of these changes took place within the first three months without refined sugars. My own health issues have been resolved. I feel clearer in my thoughts and my demeanor is calm. I am able to accomplish more than I ever had before. The best news is that my family and I don’t even miss the refined sugars and processed foods.
I LIKE TO MOVIE MOVE-IT

Turn a lazy afternoon into a fun workout. With these movie workouts you can have the best of both worlds of leisure time and physical activity. These are great workouts to do with friends, on a day off, or on a slow evening in your dorm room. These simple workouts do not require any equipment, just a little floor space. Don’t forget to stretch.

**PRINCE OF EGYPT**

**WHEN...**

- Someone sings ........................................... 10 squats
- Rameses gets mad ........................................ 25 jumping jacks
- Moses laughs ............................................. 10 leg lifts
- Moses and Sephora have a moment ............. 10 lunges
- The Wise Men perform a trick .......... 10 push-ups
- God performs a miracle .................... 15 Russian twists
- There is a plague .......................... 10 crunches

**AVENGERS**

**WHEN...**

- You see the tesseract .......................... 15 leg lifts
- Tony cracks a joke ............................. 10 squats
- Tony tries to make the Hulk mad .......... 25 jumping jacks
- The Hulk turns green .......................... 30 second plank
- Loki makes a little speech ............... 10 lunges
- Hawkeye shoots an arrow ................. 5 Russian twists
- The Black Widow beats someone up .... 10 push-ups

**TANGLED**

**WHEN...**

- Rapunzel’s hair glows .................. 10 squats
- Someone sings ................................. 10 lunges
- Pascal changes color/ sticks out his tongue .. 20 leg lifts
- Rapunzel and Flynn have a moment ...... 10 push-ups
- A wanted poster is seen ................. 20 second wall sits
- Maximus sticks his nose up in the air .... 20 second plank
- The Crown switched between people ... 15 Russian twists

**STORY** BRITTANY WARD
**PHOTO** JEANNIE PARK
**DESIGN** CHRISTIAN MIRANDA

WWW.ANDREWS.EDU/ENVISION
Growing up in a suburb of Boston, Massachusetts, Esther Brochier somehow felt out of place. “People teased me and it made me not feel very good about myself,” she said. Her weight—at her heaviest she was 155lbs—was one issue she didn’t feel good about. As a Haitian-American, Brochier felt that her figure had been determined for her and there was not much she could do. She was “thick,” and that is all she would be. Her family and friends loved her body and urged her to embrace her curves. Yet, being “thick” was a difficult fate to accept.

At home, a full plate of rice could be seen as a solid meal, and Brochier confessed her eating habits were not as wholesome as they should be. “I was used to having a plate of rice and a plate of chicken,” she mentioned, with a slight tone of embarrassment in her voice. On top of this, she was overeating.

Brochier was sitting at home with her cousin one day when her cousin mentioned she had an Insanity workout DVD. Brochier had often come across advertisements for Insanity workouts, a type of max interval training workout, and was intrigued. “When I saw those commercials I’d be like, ‘I need to do this! Have you seen the body on the people in those videos?’ I wanted that!” Brochier saw her cousin’s DVD as an opportunity to officially start her fitness journey. She was amazed with the result. “I was in the best shape of my life and never been so small before or toned. I saw how I improved my speed and started to lose weight. It was then that I realized what I really was capable of.”

As Brochier continued her workout journey, she began researching—trying to lose more weight, get healthy, and stay healthy. It was a slow start, but her passion for fitness is what gave her the strength to endure through the long months of research and workouts. YouTube was one of the platforms Brochier used to search for fitness workouts, and healthy cooking ideas. “One of the biggest and most important things I learned about was portion control. It really is all about balanced portions.”
LIFE

TO SNACK OR NOT TO SNACK?
Only have time for a quick snack in between classes? Not a problem! Research shows that smaller snacks will satisfy your hunger or craving to the same degree as a larger, more calorie-filled snack. Keep in mind a snack is exactly that, just a snack, so think small. Whether it’s a banana or some yogurt, after a few minutes of snacking you will feel much better. Research shows that individuals eating a small snack reported 15 minutes later feeling just as satisfied as if they’d eaten a larger snack.

TIP: Carry a couple of granola bars and a water bottle in your backpack

THINK TWICE
Comfort food is what you would call food that a person eats to obtain a degree of psychological comfort. It might be a pint of chocolate chip ice cream when you are sad or a container of fries when you are happy. The random cravings for these foods are largely associated with feelings. Before you take a bite of those fries, make sure you aren’t eating solely to satisfy your craving.

HEALTHY OPTIONS AT ARMS LENGTH
Research has shown that what we eat is influenced largely by its visibility and convenience. If you keep a bag of chips on your desk, you will eat them a lot faster than if you kept them hidden in your pantry. Likewise, the items you see in your pantry on a daily basis are the items you’re more likely to use. Exchange the bag of chips with a healthier option (like a granola bar). To increase wholesome food consumption, keep healthy foods in convenient places for you.

FOOD FOR THOUGHT

Most of us don’t overeat because we’re hungry. We overeat because of family and friends, packages and plates, names and numbers, labels and lights, colors and candles, and other environmental factors.

The average person makes 250 decisions about food every day. Pop-tart or bagel? Ice cream from the container or a bowl? Cook or eat out?

The Food and Brand lab at Cornell University investigates how these factors influence us and how to make them work for us rather than against us. Here are a few of their findings, along with tips on eating, mindfully.

SIZE MATTERS
Have you ever filled your plate to the brim and not been able to finish it? While other times you’ve filled your plate just the same but have been able to wipe the plate clean? With the help of the Delboeuf Illusion, studies have found that people over serve themselves when using larger plates and under serve themselves when using smaller ones. So when you’re at the cafeteria keep in mind that plate size does matter. That may explain why some days you can eat more than others. Moderation is key in relation to plate size. Observe your body and ask yourself, “Am I truly hungry?” Remember, real hunger comes on slowly. If you’re not hungry, drink a glass of water or go for a walk.

TO SNACK OR NOT TO SNACK?
Only have time for a quick snack in between classes? Not a problem! Research shows that smaller snacks will satisfy your hunger or craving to the same degree as a larger, more calorie-filled snack. Keep in mind a snack is exactly that, just a snack, so think small. Whether it’s a banana or some yogurt, after a few minutes of snacking you will feel much better. Research shows that individuals eating a small snack reported 15 minutes later feeling just as satisfied as if they’d eaten a larger snack.

TIP: Carry a couple of granola bars and a water bottle in your backpack

However, Brochier was so focused on her goal, she knew she would have to watch her eating. “I went from overeating, to filling my plate with just a handful of rice and a side of chicken.” This didn’t go over well with her mother. “At home my mother would look at me like I’m crazy, but I’d be like, ‘No mom, you’re making me fat!’”

One of the most important things for Brochier to do while eating was to listen to her body. If she felt bloated or full, she knew to slow down—or altogether stop eating.

The use of smaller plates helped her overcome her poor eating habits, as well. “Filling a smaller plate with healthy food, mentally leads you to think that since your plate is full, once you’ve finished all that is on you’re plate, you will now be full. I will only ever go back for more food if my body tells me I need more.”

Since she began the Insanity DVD’s in the summer of 2011 she has lost 20lbs., and is encouraged by the drastic change in her body. “I’m going to say it, I’m going to claim it: I want to be a figure model,” she confidently stated as she sat back and smiled. “I have grown to have such a passion for fitness. It’s amazing to see how much you can really push yourself and your body, when you really think you can’t, your body just amazes you and pulls through showing you that you really can.”
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When you are busy and trying to stick to a budget, cooking has to be quick and cheap, but there is no need to skimp on delicious and healthy! This collection of oatmeal recipes fits the bill: they are ready in 30 minutes or less and cost $3 or less per serving. Oatmeal is a whole grain that can lower the risk of several diseases including high blood pressure, type 2 diabetes, and heart disease. Another benefit of oatmeal is that it is the #1 whole grain for breakfast in satiety index, which prevents overeating.

One cup of unprocessed oatmeal contains about 150 calories and 4 grams of fiber and 6 grams of protein. Oatmeal is rich in thiamine, magnesium, phosphorus, zinc, manganese, selenium, and iron. Eating oatmeal is one of the best ways to gain the strength and energy that can carry you through a hectic day. Enjoy these simple recipes that will make you happier and healthier.

Oatmeal Crust Breakfast Pizza
Makes 3 six-inch pizza pies
Serving Slice: 1 slice
Prep time: 30 minutes

**INGREDIENTS:**

<table>
<thead>
<tr>
<th>For crust</th>
<th>For toppings</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 cups rolled oats</td>
<td>¾ cup blended tofu</td>
</tr>
<tr>
<td>⅓ cup whole wheat flour (or white flour)</td>
<td>⅓ tbsp. minced garlic</td>
</tr>
<tr>
<td>⅛ tsp. sea salt</td>
<td>Salt and pepper, to taste</td>
</tr>
<tr>
<td>1 tsp. dried basil</td>
<td>Vegan cheese, if desired</td>
</tr>
<tr>
<td>1 tsp. oregano</td>
<td>Other veggies of your choice, and mushrooms</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>For crust</th>
<th>For toppings</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 tbsp. extra virgin oil olive</td>
<td>⅛ white onion, chopped</td>
</tr>
<tr>
<td>⅛ cup water (adjust amount as needed to reach desired texture)</td>
<td>⅛ cup bell pepper, chopped</td>
</tr>
<tr>
<td></td>
<td>4 basil leaves, chopped</td>
</tr>
<tr>
<td></td>
<td>⅝ sundried tomatoes, crumbled</td>
</tr>
</tbody>
</table>

**DIRECTIONS:**
1. Using a food processor grind the oats into a fine flour (it should measure ⅛ cup of flour) in a bowl. Add olive oil and mix to combine. Slowly add water and continue mixing until dough is fully mixed. The dough will be sticky and wet at this point. Slowly add wheat flour in ⅛ cup increments and incorporate it into the dough using your hands.
2. Spread dough ⅛ of an inch thick using a rolling pin on a pizza stone or on a parchment paper lined baking sheet.
3. Preheat oven to 400°F and prebake pizza crust for 12 minutes.
4. In a bowl set aside blended tofu. Heat 1 tsp. of olive oil in medium skillet. Add onion, garlic, and pepper and sauté for about 3 minutes. Add spinach, salt, and pepper and sauté until spinach is wilted. Reduce the heat and mix in the blended tofu for about 30 to 45 seconds.
5. Pour mixture over crust, top with crumbled sundried tomatoes. If desired, add vegan cheese (such as Go veggie!).
6. Bake for another 15 minutes.
7. Remove from oven, sprinkle with fresh basil, slice and serve.
Oatmeal Rice
Serves 6
Prep time: 10 min

INGREDIENTS:
- 3 cups rolled oats
- 2 tbs. olive oil
- ½ tbs. minced garlic
- ½ tsp. salt
- Pepper, to taste
- Cilantro, to taste
- ½ warm water

DIRECTIONS:
1. Heat olive oil in a skillet over medium heat and sauté the garlic and salt for about 1 minute.
2. Add oats. Stir and cook for about 3 minutes. Don’t let it brown.
3. Add warm water until it has a dried rice consistency, if needed. More water may be added according to the desired texture.
4. Sprinkle with chopped fresh cilantro. Adjust seasonings if needed or desired. Serve with any side dish and enjoy!

Vegan Oatmeal Walnuts Balls with Mushroom Sauté
Serves 6
Prep: 20 min for Walnut Balls, 20 Min for Mushroom Sauté
Cook time: 27 mins for Walnut Balls, 20 Min for Mushroom Sauté

INGREDIENTS:
For Walnut Balls
- 2 cups rolled oats
- 1 ½ cup of warm water
- 2 cloves of diced garlic
- ½ cup smashed walnuts
- ½ cup blended tofu

For Mushroom Sauté
- 1 lb. button mushrooms, sliced
- 1 tbsp. olive oil
- ½ tbsp. lemon juice
- 1 clove garlic, minced
- 1/8 teaspoon dried oregano

DIRECTIONS for the Vegan Oatmeal Walnut Balls:
1. Heat 2 tsp. of olive oil in a frying pan, add garlic until roasted.
2. In a separate bowl add warm water, rolled oats, blended tofu, walnuts, salt, and the roasted garlic.
3. Mix until it forms dough (avoid over mixing).
4. With clean hands form the mixture into oatmeal balls about the size of a Ping-Pong ball.
5. Heat vegetable oil over medium heat, and fry the oatmeal balls until they are browned on all sides and cooked through.

DIRECTIONS for the Mushroom Sauté Topping:
1. Heat olive oil in a skillet over medium heat.
2. Add garlic, oregano, lemon juice and mushrooms.
3. Sauté for 5 to 10 minutes. Pour over oatmeal balls and enjoy!
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It all started with a visit to his co-worker. “I know who the antichrist is!” an excited Anil Kanda announced to Abraham one day in 1999. The big Y2K was just around the corner, and Anil had been reading about end-time events and prophecy. What made this so unusual was that Anil was not a Christian. Born in Southern California, the fourth of six children in a Punjabi Indian family, he had grown up with a mixture of Hinduism and Sikhism. Besides keeping Hindu idols in the house and going to the Sikh temple on Sundays, the family also adhered to Satsangi, a pantheistic Eastern philosophy with a focus on meditation. Because of this, Anil viewed God as an “impersonal force that’s out there that pervades everything, that you really can’t come into contact with.”

Living in Orange County, his family regularly participated in cultural activities with other Indians, such as the Indian Independence Day celebration every August 15. Something very significant happened at one of these events when Anil was 13.

“I was walking around the booths at this Independence Day fair, and… there was a little booth that was shaped like a boat.” Curious, he went inside and found an elderly Caucasian woman, telling Bible stories. Anil listened, but understood little. At the end, the woman said, “Who would like to accept Jesus?” No one responded. So she said, “Whoever does, gets this free Bible.”

“I heard the word free so I put my hand up,” says Anil. After briefly paging through the Bible, he tucked it away in a drawer for the next few years. That was his first encounter with Christianity.

By the time 1999 rolled around, Anil, now in college, had developed an interest in the supernatural and world events. He fed his interest with books about the end of the world and even a few Y2K doomsday documentaries. “It was just like this…really deep hunger for something that it was hard to actually identify,” he says. One day, he had an epiphany. He knew who the antichrist was!

Excited, he told some co-workers, but none paid attention. Except for Abraham. He wanted to know who Anil thought was the antichrist.

“I said, ‘It’s Saddam Hussein.’ And without wasting a breath he immediately replied… ‘No, it’s not; it’s the Pope.’

Anil was blown away, mostly because someone had finally taken him seriously. Eager to know more, he started studying with Abraham, and for the first time, learned end-time prophecy directly from the Bible. Abraham was not baptized or attending church but had been raised hearing the Adventist message, so he shared what he knew with Anil. “I could see what the Scriptures were saying, as opposed to these other prophecy books where I never really understood,” says Anil. “For the first time the Bible became clearer to me…it was very logical…the consistency, the coherency.” He found answers to his questions, and that combined with the love, care, and prayers of the Adventist Christians he met had a huge impact on him. “Across the board, in every aspect of the human soul, Adventism was fulfilling it,” he says. “God was through Adventism fulfilling me.”

In 2000, both Anil and Abraham were baptized. “It’s interesting,” says Anil, “that the person who won me to the Lord Jesus wasn’t… this big time preacher. It’s just this guy who wasn’t even baptized, and he was struggling in his own life.”

And as God was changing his life, Anil’s own struggles were beginning. The diet issue was no problem, since he was raised vegetarian, though for very different reasons.

“We thought possibly there were souls…who were in certain phases of reincarnation,” he explains. The church family support he received as he started keeping the Sabbath and studying the Bible was in marked contrast to the disapproval of his family and relatives, who didn’t know what to make of these changes. They felt like he was denying his heritage. Anil explains, “In leaving the religion, it’s almost like betraying your culture because they’re so intertwined.”

Yet he still values his Indian heritage. “I appreciate the culture more now that I’ve become an Adventist,” he says. “God has taught me, ‘This is where you come from and understand where your roots are.’”

His first year as a Christian was one of transition, family difficulty, and struggles with personal decisions, during which, his father passed away. “There were a lot of things that were happening and it was a time of test and trying, and trying to understand why,” he says. He had a deep desire to know God’s will for his life, and began praying about studying computer science or law at California State University.
“I appreciate the culture more now that I’ve become an Adventist,” he says. “God has taught me, ‘This is where you come from and understand where your roots are.’”

After graduating with a degree in pastoral ministry in 2004, Anil spent a year and a half as a Bible worker and youth pastor at Arroyo Grande Seventh-day Adventist church in Central California. Next, he spent two years, first as assistant leader, then as leader, of the Central California Conference Youth Evangelism Team. Then the Central California Conference placed him as the associate pastor of the Ceres Seventh-day Adventist church, a church he loves and has enjoyed serving since 2008.

“I prayed one night…till midnight,” he says. “It was probably one of the deepest times of prayer that I’ve ever had, and it was like God spoke to me in such a strong way and said, ‘I want you to go to missionary school.’ And I was like, ‘What in the world is that?’”

He immediately called Abraham, and the next day, they spoke to their pastor. He told them about a four-month evangelism training program in Northern California called Amazing Facts College of Evangelism (AFCOE). The church offered to pay, and Anil went. “It was such a special blessing,” he says. For the first time, he was surrounded by Christian friends, experiencing his first taste of Christian education. When the program ended, Anil applied to various Adventist colleges and received acceptance letters from all of them. But he had no money. To get financial aid required his mother’s signature, and she wasn’t going to sign for him to attend another Christian school.

A friend urged him to try another option: Weimar College, a small Adventist college near AFCOE. Though a bit skeptical at first about Weimar, Anil finally met with the financial director about the cost to enroll. He still had no money, so he started praying. “For two weeks I prayed and prayed,” he says. “Nothing!” Until the very day the money was due.

The phone rang. It was a lady to whom he was giving Bible studies. “I have money for your college,” she said. “It’s just crazy!” says Anil. “God opened the door, and I started going to school there, and from quarter to quarter, He would do these miracles and provide for me. It was just amazing!”

One summer he reluctantly went colporteuring, hoping to sell enough books to cover his balance from the previous quarter and the cost of the next quarter. Unfortunately, he wasn’t able to make enough. “But I said, ‘Lord, I’ve done what you wanted me to do.’”

Returning to campus, he called the financial director. “Anil,” she said, “this is so amazing!”

“What is so amazing?” he asked.

“The very day that you left to go colporteuring,” she said, “an anonymous donor called…and she wanted to pay off your college bill. Here’s the crazy thing. Right before you called me, she just called me and asked me how much is next quarter’s bill. God kept on providing, all throughout his studies at Weimar. Even on graduation day, when his family did not come, God sent members from a church he had worked with in Yuba City to be Anil’s family for the day.

“When I walked up there, they screamed so loud, it was hilarious,” he recalls. “It was just like God was saying, ‘I sent My family there to cheer you on.’ It was this way of…reminding me, ‘Look, I got you. I’m taking care of you.’”

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“It’s interesting,” says Anil, “to look back and see the tremendous ways He’s provided.” God has also provided opportunities to serve internationally. Last year, he was a speaker for the Pacific Island Youth for Christ (PYC) Conference in Saipan. He has also ministered at Adventist schools in northeast India and neighboring Pakistan nearly every year since graduating. It has been 15 years since Anil’s baptism, 15 years of struggles with his family, and he is still the only Christian. But God has been quietly working.

“They’re more tolerable with me now,” Anil says, “and I love them even more now that I’ve been a Christian. It’s interesting to see the little things take place and how when I’ve been praying for them, God’s been putting things in motion. You know what it says about Mary: she kept all these things in her heart while she was watching Jesus grow up. Although she didn’t understand everything, she was storing these things away. At the right time these things would make sense.”
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Next to Andrews University
Nearly two years ago, Yeseul Hwang, a business major from Korea, made the difficult decision to transfer to Andrews University from a Korean university. It was difficult because it meant she’d pay more to live abroad, but in the end she decided to come anyway.

“In Korea, the public schools don’t have many foreign teachers, and the local teachers are really good at writing and reading, but they are not really good at listening and speaking,” she said.

Hwang is among a growing group of students from Asia who are choosing to come to the Andrews University to improve their English proficiency and make them more marketable when they return home. According to the data from James Massena, director of Institutional Research at Andrews University, in 2004, there were 4.73 percent of Asian (Chinese and Korean) students who held student visas.

In 2014, the percentage jumped to 7.87 percent. This growth parallels national trends, particularly among Chinese students. The Institute of National Education Statistics shows that there were 11.1 percent of Chinese studying in the U.S in 2005-06, and it more than doubled to 31 percent in 2013-14.

Dr. Alayne Thorpe, dean of the School of Distance Education at Andrews University has noticed the trend. “During the past few years the number of international students studying in the U.S. has grown, with the largest growth being among students from Asia, especially China.” The growth is driven, in part, she says by the prevalence of American music, movies, and television. The Asians on campus are largely from Korea, which currently numbers 164; as well as mainland and Hong Kong China, a group experiencing steady growth, with 42 students.
**Why Asians Are Coming**

This large influx of Asians coming to Andrews University is happening primarily because the students would like to learn English, which makes them attractive to prospective employers. Yeseul Hwang says, “Media companies like Korean Pop Music and Korean drama are reaching out to a global market. To promote these businesses, communication with the other countries is needed, where the main language is English.”

There are many U.S. companies conducting business in Hong Kong. For example, U.S. banks conducting major operations out of Hong Kong are JP Morgan, Morgan Stanley Bank of America, Citigroup, Wells Fargo and RNY Mellon. Eighty-four Fortune 500 companies are based in Hong Kong, with 98 based in Beijing. Employers such as Alibaba, an e-commerce company based in China, recruit candidates who can “provide that bridge between China and the international community,” according to Julie Huang Tsang, director, International Corporate Affairs at Alibaba Group. Tsang, who is based in Hong Kong says, “The combo of skill sets that matter are those who can speak/read Chinese and write/communicate in English.”

Peter Udall, a Hong Kong recruiter for MainstayAsia.com says that in addition to employers requiring employees to have a high standard of English speaking, writing, and reading, students who study in the U.S. are at an advantage for having experience working in another very different cultural environment. “Multi-national companies put a premium on hiring independent, self-sufficient graduates with a global view. Asian students are very aware of these employment advantages, he continues, “which explains why an overseas education is an attractive option.”

**Language Skills**

Jonghee Cho, a communication major from Korea, currently studying at Andrews University says that almost all of the companies ask for results from the Test of English as a Foreign Language (TOEFL) Examination when they have their interviews with prospective employees. She says that competitive TOEFL results are the best way to get noticed and hired.

Hwang also mentioned that learning a proper American accent is one of the main reasons why she is here. “A lot of Koreans are scared of speaking English and communicating with foreigners. This is because they can’t speak good English. Studying in the United States at least makes me feel comfortable to speak English.”

**Professional Programs**

Another overseas student on campus is a nutrition and dietetics major, Rafael Gonzales, who is from Hong Kong. He said, “There are no professional schools for studying dietetics in Hong Kong.” He also said, “There are no professional examinations for dietetics and psychology back in Hong Kong. For those who want to study these majors, they need to go overseas.”

**Teaching Styles**

Gonzales is attracted to the American style of teaching. “The teaching style is more flexible, I have room to think, and I can always ask questions. In Hong Kong the learning style forces me to memorize all the things without explanations.”

Meanwhile, Hwang thinks that learning in America helps her understand more in another perspective, “I feel like studying business in America is better than in Korea. In Korea, we need to memorize all the theories, but for studying in America, we did a lot of projects. It’s much more practical. I like this more because business is supposed to be practical.”

Jessica Jai, an accounting major said, “Chinese teachers just focus on the written exam results, like midterm and final. But American teachers always require us to do presentations. Sometimes, we thought we know how to do it, but when we need to do it, we just can’t do it. Practicing it helps us to fully understand the process.”

Dr. Jerry Chi, assistant dean in the School of Business, points out there are big differences between the learning styles of Asian and U.S.-based students. “Asian students are very dedicated to completing assignments. They do them very well and try to be on time; they learn from the assignments and get correct answers from the teachers until they submit their assignments. However, the U.S. is not that way. Most of the time, they require you to interact with teachers, talk to the teachers, and when you do assignments, it is not the main thing you learn. The main thing you learn is they want you to not just logically think, they want you to be creative.”

**Different Cultures**

Multi-national companies put a premium on hiring independent, self-sufficient graduates with a global view, according to Udall, the Hong Kong-based recruiter. He said, “Asian students are very aware of these employment advantages, which explains why an overseas education is an attractive option.”

Jai agrees. “My major is business. I believe we need to have business trades with people from different countries. If I can communicate with them well, my boss will give me more chances to take these jobs, and I can level up faster than the others who don’t speak English well.” Adding to that, Jai mentioned that if she knows traditions of different countries, she’ll knows how to cooperate with them better. “For instance, Americans likes to shake hands and hug the others for greeting, but Asians don’t usually do that, so I know what to do when I greet Americans. I think it makes them like doing business with me more.”

Udall emphasized that employees who have a similar cultural affinity will be more likely to be hired. “Recruiters look for individuals with the hard and soft skills to match a job, but cultural affinity plays a role too. Just because someone communicates well in English, it doesn’t mean that they can navigate the nuances of working well with individuals from the East Coast, West Coast, Europe, or Australia. This is where a candidate’s previous life experience, being educated in the U.S. working in the U.S. or having come up through a U.S. company, for example, will give them the cultural affinity to be successful as a new hire into an American Corporation. Most businesses have a cultural style. Hiring someone who can easily ‘fit in’ de-risks the hire (all things being otherwise equal) for the overseas employer based in Asia.”
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Brandon von Dorpowski, Sophomore
ELEMENTARY EDUCATION

When Brandon von Dorpowski worked at FLAG camp, a ten-week summer day camp operated by Pioneer Memorial Church, he discovered he bonded well with the children. “During that time I realized I liked forming those positive relationships with my boys.”

He says he’s in the field of Elementary Education, a major of two males out of a total of 14, to combat the stigma that you must be a woman to work with younger children and because he sees it as his mission to serve as a positive role model.

“There are a lot of kids, and even in the Adventist Schools, a lot of them don’t have fathers in the picture, so I think it’s really important for positive male role models to be a part of their lives and also I just think that if boys are always going throughout school and all they have are female teachers, that’s not a bad thing, but it can be really positive to have male influence in their lives.”

There aren’t many challenges he faces in a major dominated by women but there are some conversations he’d rather not join.

“Some of the girls talk about girly things. Sometimes, they will be like ‘This movie star is so attractive’ and I would just sit there.”

Despite this, he’s convinced he’s in the right field. “I realize that I’m just part of a bigger picture and I have to do my best, to the best of my ability, and as long as I can keep pointing them [the children] in the right direction, pointing them to Christ, then I’m happy.”

Adrian Marston, Senior
ELEMENTARY EDUCATION

Adrian Marston, also wants to teach the next generation and break the negative stereotypes of men. “I think it comes down to the role model cycle that is repeating, in terms of young men growing up with the lack of male figures in their lives.”

The reason why he wanted to be a role model for younger students is because he thinks that he can give them a different perspective on things, something he learned from his father and other male teachers. “What I experienced as a student influenced me, in that when I could speak to them, it wasn’t just about school, I could talk to them about the problem of relationships, about the problem of sports; it is something that makes you closer to them. I think that is something a lot of students need.”

He says he’s blessed with great classmates who’ve supported him over the years, despite him being the only male in the class. He also credits his family for allowing him to not be bothered by going against the flow and choosing a path most don’t men take. “My family thought me to be independent and not be swayed by peers.”

He’s quick to say that both men and women can do the job of teaching younger children just as well. “Teaching method is less about a gender and more about you as a person because sometimes people may think that women may not be able to handle difficult children but I have seen some of my [female] professors, when we’ve gone out to teach, who are handling difficult children very well.”
Sanson Suarez, Sophomore
NURSING

When Sanson Suarez was in high school he had the opportunity to help out in an adult foster care home and the experience changed his life. It was a taxing job helping the mentally-challenged patients, but he realized he liked it. “My personality is for helping people.”

Since studying nursing, a major where he’s one of five men out of 50, he sees there’s a huge need for others like him. For instance, he remembers when he was helping a female nurse take care of a male patient. “The gentlemen needed bathing and he felt uncomfortable getting undressed and taken care of by a female; he said he would rather have a guy do it.” Sanson says he learned in nursing that the patients’ comfort and safety is number one, so this was at least one situation where he could ensure the patient’s comfort.

Despite the need he fills he still feels there’s a barrier. “When I tell people I’m in nursing, they say, very good. There is a need. But there’s a stigma that nursing isn’t for guys.”

He says that though females are known for being more caring, males can also do well in the field, and that men shouldn’t feel intimidated being in the minority.

“I feel that a lot of guys feel like they may not be welcomed. And they will be the minority, maybe a lot of guys don’t like that idea of being minority in a field.”

Ricky Alarcon, Senior
SOCIAL WORK

For Ricky Alarcon, switching from biology to social work was one of the best decisions he has made. He is one of four men out of 35 undergraduate social work majors. However, it was a fairly easy decision since social work fit better with his early goals in life. “All my life, I always thought about, would I do something that actually matters in people’s lives or I do something that it is only for myself? The more I thought about it, the more I wanted to do something that wasn’t for myself and more for people, to make the society better.”

He sees social work as his mission. “In a way, you can say that it’s a ministry to help. Just doing little things like listening to others or just being there when someone needs help. There are a lot of people, they don’t have anybody, sometimes they need someone like a social worker to come in and make some kind of difference.”

Throughout the times he has gone to classes with a large portion of females, there were some awkward experiences, for instance, discussing how to counsel a person who raped someone. “Some

“In classes, though oftentimes the only male, he gets along well with his classmates. “I really feel like there’s less competition with females. The girls are not competing with us [men], I feel very comfortable.”

“TEACHING METHOD IS LESS ABOUT A GENDER AND MORE ABOUT YOU AS A PERSON.”

Adrian Marston

Sanson Suarez

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He sees social work as his mission. “In a way, you can say that it’s a ministry to help. Just doing little things like listening to others or just being there when someone needs help. There are a lot of people, they don’t have anybody, sometimes they need someone like a social worker to come in and make some kind of difference.”

Throughout the times he has gone to classes with a large portion of females, there were some awkward experiences, for instance, discussing how to counsel a person who raped someone. “Some
of the girls, not all of them were like, 'No! I wouldn't work with him. Why would you consider it?' But for me, I would give him a chance and just work with the person. I am more like, I know they did something bad, but I will look at the person and try to help them. I don't think about what did they do, I just think about how can I help them. I don't want to judge them based on what they did. I would just try to work with them to see what they have to figure out at the moment; like what their issues are."

He does have friends question his decision to enter the field, but says he doesn't let that bother him. "They are not the ones who are going to have to live my life, I have to live it. I don't really care."

He says that since there’s a need for more male social workers, employers might want to hire him before hiring a female. But he doesn't want any special treatment.

"I'd like to think they'd look at what I've done, my internship, my classes and take that into consideration, more than I'm a guy. Hopefully it's based on what qualities I have, my qualifications, what I've done to prove I belong in my field."

Nolan Baker, Senior
SPEECH-LANGUAGE PATHOLOGY
AND AUDIOLOGY

It was summer 2013 when Speech-Language Pathology and Audiology (SPLAD) major Nolan Baker had an awkward telephone conversation with his advisor, to discuss the program and whether he was a good fit. "I said, 'Hey did you look at my abilities on paper? Do you think that I would be suited for this career? And she said, 'Yeah, you're going to have a great transition.'"

He didn't expect what she would say next. She told him that there were mostly all girls in the major.

"And she's like, 'If you can deal with that, you can be good in this major.' I just felt weird in this little conversation," Baker said.

He hung up the phone, unsure if he was making the right choice, and gave himself a pep-talk.

"I was just like, 'Yeah, I can do it; It's alright.'"

Baker is one of eight males out of 98 in the undergraduate SPLAD program at Andrews University. It’s a field similar to those such as nursing, social work, and elementary education that are dominated by women. He represents one of the brave men who chose to chase their dreams, fueled by a passion to help others and serve as positive role models to a younger generation.

Baker was initially encouraged by his grandmother to think about the field. He initially thought of pursuing Elementary Education, but realized it wasn't for him. SPLAD offered him more options. "You can be in a hospital, school, private practice, anything you want to do. I like helping people and this is a career you can see from one end to the other, and see the progress with the patient from beginning to end."

He is enjoying the field so much that he even convinced a friend to come join him. But there are the friends who poke fun at him.

Baker said, "'We can see why you chose that field.' But when I talk to people how much I enjoy it, the passion I have for the major, then all jokes aside. It's what I want to do."

ALL MY LIFE, I ALWAYS THOUGHT ABOUT, WOULD I DO SOMETHING THAT ACTUALLY MATTERS IN PEOPLE’S LIVES.

Nolan Baker

Ricky Alarcon
LIFE IN THE GLASS HOUSE

PASTORS’ KIDS UNDER THE GLARE AND UNDER STRESS

STORY: JENNA NEIL AND JOELLE ARNER
PHOTO: HEATHER BRIGGS
DESIGN: DACHELE CLuke
It was eight years ago when her world came crashing down. Ashley DeWitt, a freshman, elementary education major left her home in Kenya and migrated to the U.S. with her family.

“It’s hard,” she says. “I lost all my friends and I’m kind of shy and it’s hard to make new friends. I was bitter with my dad because we followed him to the U.S.”

The bitterness continued as her father was moved to other congregations another three times, across various U.S. cities.

Meanwhile, as DeWitt entered her teen years, more tensions arose. “I fought with my dad because I wore nail polish. On a Friday night he would tell me to take it off and I would tell him to just accept me for who I am; what I did should not reflect on him.”

But the pressure didn’t stop there. DeWitt says, “at church, members would look at me like they’re better than us. They would say comments like, ‘Oh, that’s a really short dress.’”

The comments stung, and DeWitt’s mom, who she’s close to, would try and shield her from the blows, advising her to just ignore them and be herself. Still, the intense scrutiny was enough to send Dewitt into depression.

DeWitt’s story, and the resulting stress, is far from uncommon. She represents pastors’ kids across the U.S., and elsewhere, who felt as if their parents put the church above the family, or they chaffed under the high expectations placed on them by both their parents and the congregation.

RESULTS OF THE STUDY

In 2012, a team based at Andrews University began studying the topic of pastoral family stress. The study, which included surveying 389 pastors, 313 spouses, and 171 adult children at Andrews University and Southern Adventist University, found that the emotional and psychological affects placed on PKs were greater than the general population by 17.9 percent.

The reported side effects on the stress included depression, anxiety and addictive practices (pornography, media addiction and overeating). Seventy-one percent of the pastors’ kids and 45 percent of the pastors reported a concern about media addictions. Seventy-two percent of the kids reported struggling with unhealthy food, compared to 61 percent of the spouses and 54 percent of the pastors.

“We found out that with these PKs more emotional and psychological abuse happened,” says Wendy Thompson. Thompson, who at the time was a Social Work professor at Andrews University, and part of a team including professors from Behavioral Sciences, along with the School of Social Work at Southern Adventist University and the General Conference of Seventh-day Adventists Department of Family Ministries, investigating this issue.

“In correlating it, we saw that if the PKs were abused emotionally or verbally, they were more likely to express depression, anxiety, and they were also spiritually abused.”

Looking deeper into these affects, Thompson found that a lot of pressure is placed on PKs by the church. Forty-five percent of the respondents in the study expressed a concern for the behavioral expectations of the congregants, community, and church organization.

LIFE UNDER THE MICROSCOPE

DeWitt says the stress got to her older sister, too and she rebelled by getting tattoos and body piercings, which of course infuriated their father. As this went on, her dad faced his own mounting struggles.

“My dad would come home and talk about what was going on at the church: which member was fighting who; who was wearing jewelry. I could also overhear phone calls with members telling him why they weren’t happy with him. It stressed me, too. I wanted to make things better for him. I felt so bad that our (sister and I) actions were causing him stress but at the same time we wanted to be ourselves.”

Kirk Nelson, son of Pioneer Memorial Church Senior Pastor Dwight Nelson, was under the microscope, too, and recalls that many times he would be with a group of friends at a movie on a Friday night and his parents would get a phone call but no one else’s parents would. “I was supposed to be a leader and an example just because of who my dad was.”

PKs don’t have a lot of privacy growing up and Nelson compares it to the way that everyone knows which celebrities are going to rehab—with PKs everyone knows when they make a mistake.

Nelson says he pierced his ears and got tattoos and became so fed up with the system that he left home for five years to try and get away. But he found that with a father who was so well known in Adventist circles, he would hear about his actions no matter how far he ran. The first day he was at an academy hundreds of miles away from home, he said the teacher called him out for simply asking the person behind him what page number they were looking at in class. The teacher, he said, told him, “I don’t care who your father is, you’re on the West Coast now and we value manners. And being Dwight Nelson’s son, you should know what manners are,” recalls Nelson. He had told no one who his father was and yet everyone knew as soon as he got there.

Justin Thurber, a senior Biology major at Andrews University and son of Gary Thurber, president of the Mid-America Union Conference of Seventh-day Adventists, says he personally put a lot of pressure on himself. “I didn’t want to do anything that would make people say, ‘Oh, did you hear about the conference president’s son? What he did?’ Church gossip is one of the most dangerous things. I’ve always been careful about that so I’ve put pressure on myself so I can reflect my dad’s image the best that I could growing up.”
MISPLACED PRIORITIES

Dr. Harold Smith, a licensed clinical psychologist from Berrien Springs, Michigan and a former pastor for twenty years tells a story of a friend who received a call to transition from being an assistant pastor to senior pastor at a church in a different state. He had four children—one in college, two in high school, and one in grade school. Instead of waiting until the end of the current school year that the children were in, they moved immediately which didn’t allow their children to graduate with their friends. “A good pastor will move to a new and different place about every three to five years…it becomes really problematic for a pastor to decide what might be best for his family and what might be best for where God is calling them to do this responsibility.”

According to Thompson, neglect is one of the reasons why pastors’ kids revolt. “Look at the pastors, their roles, and how much is placed on a pastor. [They may have to] go visit a hospital, go to board meetings at the church once a week, [they play] so many roles. So most of the time they’re not home and the child is left on their own to take care of themselves.”

Kirk Nelson explains that a lot of the times the pastors are pressured by the church members to put the congregation first. “It’s okay to have God as a number one priority in your life but your family, your wife, and your kids need to be your number two priority. Pastors need to realize that their kids didn’t choose to be a PK they’re just like any other kid.”

While the study doesn’t include specific recommendations on how the church can address the findings, the researchers hope the report will make the church and congregations aware of the issue, and to educate themselves on how a pastor and their family can best be supported. One of these examples is being aware of the family’s privacy and family time. Or, helping PKs have more positive experiences.

Although many PKs struggle and eventually leave the church, there are those such as Hannah Abbot, a junior Speech-Language Pathology and Audiology major at Andrews University, who felt they had a very supportive childhood. “Dad always made sure that God came first, but also that family came first before he gave all energy to the church, because if our family came apart, then the ministry would fall apart.”

Her father made it a priority to include the family in the ministry. “He’d take me to people in the hospital, take me to help give Bible studies, and be really involved, because I wanted to be involved.”

Kirk Nelson is moving forward with his life. Today, he and his family are involved in their church community. Meanwhile, his father, Pastor Dwight Nelson, offers encouragement to other PKs and their parents. “Parents, always love your kids, no matter the circumstances or position that your child is in at that time. Let them be themselves, and eventually, they’ll come around and see that you’ve never given up on them because you’ve continually loved them. PKs, don’t take it so seriously. Be yourself, because that’s who God called you to be. Not to be your parents, just yourself. There’s no ‘PK’ tattooed on your back. God doesn’t see that. He sees you.”

Since fighting with her dad, DeWitt has since had an epiphany. Last summer, her father almost died after a major health complication, and she has grown closer to him. She says, “I don’t take anything for granted anymore.”

WARNING SIGNS

Thompson says some warning signs to look for when a PK may be struggling with the pressure put on them include:

- Withdrawing from others
- Excessively reaching out to everyone around them
- Excessive behavior such as smoking and drinking
- Not attending church or not participating when they are present
- Admitting they don’t want anything to do with their parents
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WHEN XIARA MERCADO ARRIVED Summer 2011 in the small city an hour east of Los Angeles, California she realized there was something about the literature evangelism program they neglected to tell her. All the food they provided was strictly vegan. Coming from a background where she didn’t eat fruits and vegetables this change in diet was difficult for her. She was accustomed to eating junk food daily, and so day after day she found herself eating the same thing for breakfast, Honey Nut Cheerios.

Everything about the program was new to her and she began to feel that it was not for her. Xiara recalls writing in her journal, “Oh my God, what am I doing here? They tricked me. This is not a vacation; this is hell. I don’t understand these people, I don’t even like the food, [and] I’m starving myself.”

Nearly three weeks into the program, she received a setback. “I go to breakfast and again I see nothing that I like, so I’m just like, ‘Whatever I’m just going to wait till lunch.’”

However, she never made it to lunch. As she was walking to the bathroom she fainted. It was a cataclysmic event that almost sent the 19–year-old to the hospital, but ended up saving her life in a way she never imagined.

LIFE ON THE ISLAND
It was only a year earlier, Xiara was swaying to the music, drink in hand, living the life she wanted. There were no cares in the world. She could lose herself to the upbeat tempos of reggaeton and rap while she partied and no one could stop her. She was content with her life. Her mom would ask her where she was going but never what she was doing. She kept these things away from her but made sure she had good grades.

Wanting to get away from her mother’s influence, Xiara applied to Antillean Adventist University in Mayagüez, Puerto Rico. It was three minutes from her home and her older brother was enrolled there. Having gone to religious schools all her life, she was familiar with Seventh-day Adventists and thought it would be fine. However when she got there she hated it. She kept thinking to herself, “all I want to do is get away from these religious people.” Yet, “here I am, one
more semester in another Adventist, religious school.”

Xiara decided to make the best out of a seemingly bad situation. She saw that Antillean had a gymnastics team and joined the team. She always wanted to try it and she found that she really enjoyed it too. She became friends with her teammates and spent more and more time with them. “Let’s go to church,” they would say. “Nah,” Xiara replied. “I don’t want to dress up.” “Ok, we’ll dress casual with you.”

During the service, when the pastor would read a verse, her friends would ask if she understood and explain it if she didn’t. Over time, Xiara spent more and more time with her new gymnastics friends until, one day, she realized that she stopped going to parties altogether. She didn’t have to go out every night and spend money to have fun. Going to the beach, playing cards, and spending time with friends was so much better.

The summer after her first year in college, Xiara’s friend Will told her that he was going colporteuring—selling religious literature door-to-door—in California—and she should come. “It’ll be just like a vacation,” he told her. A vacation in California? She was convinced.

After telling her mother that she was going to California for the summer, her mother tried to dissuade her. “That’s stupid,” she said, “Why would you spend your time, your whole summer walking around?” But Xiara was convinced and she was going. She talked to the leader of the program and he explained to her all the rules and expectations. When she heard that they couldn’t wear earrings, and the many rules they had, she began to feel a bit wary about it, but was up for the challenge.

Except, when she entered the program, she ran into the hurdle of not eating, and then fainting.

**PRAYER WARRIORS**

When someone found her they woke her and gave her three options, either go to the hospital, stay at the church where they resided, or go into the van with the colporteuring group and be a prayer warrior. Prayer warriors were responsible for praying for the colporteurs as they tried to sell books. Xiara decided she didn’t want to go to the hospital or stay by herself at the church so she went with a group as a prayer warrior.

That day their bestseller Dominic was having a hard time selling books. Usually he sells them quickly, but that day he hadn’t sold one. One of the leaders, Pamela Carter, told Xiara to pray for Dominic. Praying out loud for someone was weird for Xiara, but she made her best attempt. Xiara remembers the prayer being an improper kind of prayer. After her prayer, she decided to pick up the smallest book in the bag of books they were selling. It was called “Peace Above the Storm.” As she flipped through it, she looked for the shortest chapter. Then something caught her attention, something she had never thought of before. How to talk to God. As she read, she started excitedly telling Pamela all she was learning:

“Pam, haven’t you read this before?”

“Yes, I have,” replied Pamela.

“Then why are you listening to this?”

“Because you’re learning.”

“Can we pray for Dominic again?”

“Of course.”

“Okay, God. I know you can do great things. I see the birds flying and the flowers blooming and I know that you can do all the stuff so I want you to help Dominic.”

Pamela suggested that Xiara go to Dominic to motivate and encourage him. Pamela dropped off Xiara so she could join Dominic. When Xiara joined him, she saw that he was really discouraged so she started helping him sell books. When Xiara joined them, together they started selling books and it was going very well until they came to a house where they saw a woman crying. After debating if they should approach the home they decided to do so. When they reached the door the woman said she didn’t want anything, but Xiara spoke to her anyway. Xiara explained to her that they’re in the community trying to do something nice and asked her if she could pray with her. The woman accepted and Xiara prayed for her. Dominic and Xiara ended up selling books to this woman and Dominic found the encouragement he needed.

**CHALLENGE TO GOD**

Xiara realized she was good at selling these books so she challenged God. She wrote in her journal, “God if you really want to see me in heaven, if you really want me in your kingdom, with your family in heaven, You’re going to give me three dump bags.”

In colporteuring, each book sells for $10. Every colporteur walks around with a bag that holds ten books. If all ten books are sold at one house that is
considered a dump bag. It's considered a rare feat for colporteurs. The most sold was four dump bags in an area. At first, Xiara didn't think it was possible because after she sold her first dump bag to an Adventist man she met, other people in her group began selling dump bags too. Then towards the end of the program she sold a second dump bag. She asked God for three dump bags because she felt it was impossible. She remembered a teacher told her when she was younger that, "If you really want to see God work, challenge Him. Even though He doesn't need to show you anything He will show you, if you really need to see something.”

The week before Xiara challenged God, she called her mom and told her that she was thinking about getting baptized. "She told me, 'This is the worst decision you're ever going to make in your life. You're going to take it back.' She wasn't supportive at all. I was crying like, 'This is something that I want to do, this is something that I think is good.' It was sad for me to see how God was working, but she couldn't see it. I was sad and thought, 'This is going to be rough. How am I going to do all these things? Because as a Christian, what do you want to do more than to know God? You want all your family to know God.'"

The night before the last day of the program Xiara still did not have three dump bags. She got a letter from a woman who had been impressed with her service. "I'm reading the letter and she's praising me. Then at one point she stops and says, 'You need to get baptized.' I stopped right there. I hadn't told this lady that I wasn't baptized, I didn't talk to her about that. I keep reading the letter...and when I turned it around, there was a check stapled. When I checked the check, it said $100. I'm thinking, 'Wow, $100, what am I going to do with $100?'

On her last day of colporteuring, Xiara suddenly realized what that $100 meant. Each book sold is $10 and a dump bag consists of ten books. That equates to $100. God gave her the third dump bag she asked for. With this realization she was happy, but also nervous. She promised to give her life to God by baptism if He gave her three dump bags and He did. Now she had to follow through.

That night she talked to her mom to tell her what happened. "She just started crying. I don't know why she started crying, if she was happy or sad, but she's just like, 'Do whatever you want to do.' I just hung up because I couldn't do it. I was Skyping with her and I saw her crying. It would have broken my heart if she was crying because she was so sad for me."

That was on a Thursday and she was getting baptized that Saturday. That Saturday Xiara woke up early to study. She had a Bible that had notes by Ellen White and other beliefs of the Seventh-day Adventist church. She said to herself, "If I'm going to be Adventist, I need to know everything about Adventists." She read everything in the back of the Bible. She kept thinking, "I'm not ready."

Her leader, Pamela, came to talk to her and she confided in her. "Pam, I'm so nervous, I can't do this," and she said, "You know you don't have to do this. Nobody is pressuring you into doing this. You can just back off if you want, take your time." But that didn't sit right with Xiara. She thought, "Are you not going to do this? You're such a coward. You made this promise with God, He made His part. Are you not going to commit to your part?"

Even though she was scared, Xiara knew she could not turn her back on God when He did so much for her. She was going to get baptized. That day she gave a testimony to the people there of what God did for her life and the promise she made to Him. She even gave an alter call and encouraged others to get baptized with her. Seven other people from her program decided to get re-baptized.

When she was baptized she came out of the water, thrilled. "I came out and I'm so happy and so nervous. I was still nervous because nothing has changed, but everything has changed. The world is still going in the same direction but I feel as though I'm going in the opposite direction. This is the point where I want to be different but the biggest thing that I was afraid of is that if I'm going to do this, I need to commit to this. I don't want to feel like a hypocrite."

At the beginning, Xiara's mother was unsupportive. If Xiara asked for money for school she would tell Xiara, "You're on your own, I'm not part of it. You moved out, you're Adventist, Christian." However, now that she's living away from her mom, the relationship has changed. "She's asked me to pray for her several times, which is new. I asked her to sign a paper for me and she said, 'Sure, whatever you want.' It's been a turn of events."
Dear Relationship Guru,

The other night over dinner I shared a few things with my best friend that have happened between my boyfriend and I. One instance was the time I forgot my phone at home and he tried calling me all day. When we met that evening, he was so angry that he cursed at me, called me some terrible things and threatened to hurt me if he found out that I’d “tricked” him. He also threw something, but it missed me. Of course, he calmed down later on and even apologized when I showed him the phone. My boyfriend says it’s a misunderstanding, and that I should remember to take my phone. I say we’re in love; but my best friend says I’m in danger. What do you say?

Signed Crazy in

Dear Crazy in Love,

Your best friend has reason to be concerned about you. It’s almost impossible for someone to predict if a relationship will turn abusive so don’t blame yourself for being in this difficult situation. You may feel confused, afraid, angry, or trapped. Don’t worry; those feelings are normal for anyone in your situation. I understand that you love your boyfriend and that you feel he loves you too, but love can not overlook the possibility that your safety may be in jeopardy. Abuse is not only physical. It can be verbal, emotional or sexual.

From the situation you described it seems that your boyfriend is using tactics to manipulate and exert his power over you. Still not sure? Answer these questions. If you answer yes to any of them, you may be in an abusive relationship.

• Does your boyfriend make decisions for you and expect you to obey without disagreements?
• Does your boyfriend insult or shame you in public and/or private situations?
• Does he ignore or belittle your accomplishments?
• Does your boyfriend limit the amount of time you spend with friends, family or work?
• Does he make you ask permission before seeing anyone or doing anything?
• Does your boyfriend threaten to harm you, someone you love, or even himself because of you?
• Does your boyfriend make threatening looks or gestures, or break or throw things in front of you?
• Does he make excuses like, “I was worried” or “it was because I was jealous, and I love you so much.”

It seems like you’ve described some of these situations in your letter. I would advise you to create a safety plan for yourself in case you ever feel your boyfriend has become abusive again.

You have shown a lot of courage in sharing your experiences with your friend and seeking advice. Keep that connection with your friend strong and nurture relationships with others in your life who are supportive and truly love you. These connections will help you stay strong and resilient in case your relationship takes a more negative turn. Always keep in mind that you have rights under national and state laws that can help protect your safety.
Please reach out and get more information from The National Domestic Violence Hotline if you have even the slightest doubt about your safety in this relationship. Go to www.thehotline.org for access to online resources as well as the ability to chat one-on-one with an advocate from Monday-Friday 9am–7pm CST.
Feeling overwhelmed with emotions stirred by remnants of the past, Chloe Lewis scouted the room in the religion department. She needed an escape from the reminders that triggered an endless cycle of grief, anger, and pain. Chloe quickly planted herself in a chair across from a man she had met before in this same room, but he was someone she barely knew. Chloe decided that this stranger was perfect for what she needed: someone unknown and detached.

“Hey you,” she said bluntly. “Distract me.” Asking no questions, he complied, becoming the distraction she urgently needed. Little did Chloe know that not only was this man perfect for what she needed at the time, but he was also perfect for what God intended him to be: her future husband.

It was October 19, 2013. Chloe decided to have a simple evening, dressed in a cozy duster draped over a casual dark teal t-shirt that was paired with loose light blue jeans and a pink knitted hat. “I can remember what I wore that night,” Chloe recalls. “I just wasn’t at my feminine best, nor was I in great shape at all.”

Her evening included hearing David Asscherick speak at the Religion department about marriage, relationships, and holiness. It was a simple evening that rapidly became a complicated evening. She ran into an older friend, of her newly ex-boyfriend. The encounter left Chloe nearly in tears, pushing her to find any distraction in order to keep her composure. She spotted Russell Murnighan, the perfect stranger, and she decided to engage in conversation with him. “He looked like someone I assessed that I didn’t know well,” she concludes. Russell confirms how little he knew about Chloe, assuming things about her based on his observations from an early morning class they shared: “The only thing I knew for sure is that she was a talker in class and that she did not do mornings well.”

The conversation was meant to be a distraction, but it became a distraction that lasted through the evening. Russell and Chloe continued their conversation in the car on their way to go out to eat with friends.

The couple confesses that they were not interested in the other at first. “A fresh interest was the last thing on my mind,” Chloe says. “I was too sore to think about someone new.” Russell had a different impression of Chloe’s intentions for the evening. “I was concerned almost immediately that she might be interested,” he confesses. When he was teased by a mutual friend about a budding romance, he unequivocally responded, “Yeah, no.”

Despite the lack of interest from either side, Chloe acknowledges the irony: “It was just a Saturday night I was surviving,” Chloe recollects. “With my future husband.”
The Past
Besides trying to survive the aftermath of a break-up, Chloe was still in the midst of recovering from 2011. It was a year of grief, pain, and anger. Chloe was left with post-traumatic stress disorder and a broken relationship with God. “My suffering genuinely frightened me because it literally made me feel like I wasn’t myself anymore,” Chloe reveals. “That I’d become someone I didn’t recognize. It changed everything.”

After experiencing emotional trauma, Chloe decided to quit school. She worked as a caregiver for a home healthcare agency. In her free time, she found herself being as negative and self-absorbed as she could possibly be, immersing herself in darkly callous TV shows to gain excitement in her life. “I let myself go in almost every way,” she concludes. “I did try to have my cake and eat it too.” God was placed on a backburner, giving Chloe the freedom to do as she pleased and when she pleased to do it.

Russell was also chasing after freedom, diverting away from God’s plan and forcing his own. “I made a commitment to God early in my Christian experience that if He wanted me with someone, He would make it clear that it was His doing and not mine,” he explains. “But as time drew on and the desire for a relationship grew, I began to slowly take things into my own hands.” Soon, Russell found himself hoping for nothing, chasing after nothing, and pursuing no one.

Before Russell realized his need to change, Chloe decided that it was time to clean up her act. On October 13, 2013, just a few days before her real conversation with Russell, Chloe chose to start trusting God: “Despite my feelings, despite the initial cost, I let Him plant real submission in my heart.” It was the beginning of something new for Chloe. It was a time when responsibility, perspective, and change began to bloom. As if right on time according to God’s schedule, Chloe was ready for God to move in her life.

For Russell, it took a bit longer. “Before Chloe and I got together, the rejections seemed like birth pangs,” Russell confesses. “Coming closer together and stronger as my time as a single was coming to an end.” When the pain became overwhelming, Russell decided that it was time to take a backseat to God. At this point, Russell and Chloe were maintaining a steady friendship that was blooming. “Within a week [of trusting God], I felt I heard God say, ‘Maybe there’s already someone in your life that you haven’t noticed yet,’” Russell reminisces. “Just over a week later, we were dating.”

“I look back and I love the irony,” Chloe admits. “How God must have been smiling after all the wrong guys and at the one time I was finally so worn out that I wasn’t looking for a guy at all, I’d begin a friendship with my future husband.”

The Proposal
Chloe and Russell stepped out of the friend zone and into a place of great joy and love. They dated with intention and purpose. “Russell and I had marriage in mind from the very beginning of our dating relationship,” Chloe discloses. “We had talked about a marriage date early in our relationship,” Russell concurs. The date was March 1, 2015 – the day before their 12-month marker. It was with this wedding date in mind that Russell decided to propose.

On September 1, 2014, Chloe began the day with a migraine and a lack of awareness that it was a holiday, while Russell was conscious of the fact that the holiday would give him a day off, and an empty Religion department. The pair spent the day together, but there was something that peaked Chloe’s concern levels. “Russell started exhibiting a mix between squirrely, spontaneous and sentimental,” she recalls. “I thought he was acting funny.”

“I started acting weird because I have never had to practice hiding something from her,” Russell explains. Every detail of the proposal scene was planned. A string of white Christmas lights draped around the same chairs they sat on during their first conversation in the religion department, set the ambiance, with the song, “We Shall Always Be With the Lord,” playing softly in the background. It was such a special song to Chloe that she stopped Russell in the middle of his proposal to replay the song.

“I took notes for some time about what I would say,” Russell discloses. “Especially since she told me that she wanted me to use a lot of words.” Russell proposed to Chloe with her favorite flower, an orchid, along with a watch tucked into a book, a commentary on the book of Romans, which played a significant role in their courtship and relationship.

“When he actually knelt down in front of me, it was so much to absorb that I hid my face in my hands,” Chloe remembers vividly. “He took my hands away, held them, looking up into my eyes with an eye contact that did not waver and said, ‘Will you marry me?’” Chloe quickly nodded her acceptance followed by a verbal consent of, “Yes.”

Yes, to marrying Russell. Yes, to accepting God’s will. Yes, to embracing love. After a long journey of ups and downs, Russell and Chloe finally came together, enabling God’s intention for the two of them to become a reality. On February 22, 2014, the couple tied the knot at the Pioneer Memorial Church, starting a chapter in their story.

“The one time I was finally so worn out that I wasn’t looking for a guy at all, I’d begin a friendship with my future husband.”
Born in 1965, Rachel was raised wearing long dresses and broad-brimmed bonnets and living without modern conveniences, separated from society. Her family lived under very harsh conditions in an old, abandoned house atop a remote range of hills in Tennessee, awaiting the end of the world. Then at 16, Rachel faced a world in which she was not raised to live. She struggled to adjust and experienced confusion, heartbreak, and defeat but eventually developed a full, balanced, and vibrant life. Rachel’s amazing story ultimately testifies of God’s faithfulness, His redemptive power, and restorative loving care.

Born Yesterday received the Associate Church Press’s 2014 Award of Excellence for a non-fiction work.

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Yankun Li, Junior, Marketing, Chinese
Faith Read, Sophomore, Architecture, American

Q. How did you meet?

Yankun: We first met through a mutual friend, in 2010, at Andrews Academy.

Q. How did you start dating?

Yankun: We started when I was a senior at Andrews Academy and she was a sophomore in high school. It was two years ago.

Q. Do you have any obstacles in your relationship? How do you overcome them?

Yankun: We've had one or two fights and we meet halfway and see who's right and who's wrong. We usually fix it up really quick. Normally, as a man you have to let the girl win.

Q. Did you have any differences since you are from different cultures?

Yankun: I came here when I was young, so I got use to the culture. I don't think it's been a major issue.

Faith: No. I don't feel as if our relationship was different because of our culture.

Q. What about parents and friends?

Yankun: They are open. They say as long as I'm happy, they're happy with it.

Faith: My parents are still learning Chinese culture and learning it better.
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Ruben Maciel, Sophomore, Communication, Portuguese
Vanna Giddings, Sophomore, French studies, American

Q. How did you meet?

Vanna: We met in France. I went to the Adventist school in France, and he was attending there. I’m a French major, so I was going to learn French.

Ruben: The school is small. I lived in the guys dorm, and she lived in the girls dorm. There is just one, big cafeteria; we all go out together, go bowling together, play sports or play music and we talked to each other. Then there’s that spark, you know.

Q. How did your family and friends react when you started dating?

Vanna: My family was cool; they are open. My friends were shocked, not because we came from different cultures but because I went away and then I started dating someone. They didn’t know him. They were like, ‘Oh, all of a sudden, Vanna has a boyfriend.’

Ruben: Yeah, my family was open too. They didn’t know her, so, it’s kind of surprising, you know, but they always supported me. There is no cultural shock. Because some of my family came from Africa, it was normal for them to have that mixed kind of family.

Q. Did you have any differences since you are from different cultures?

Ruben: Yeah. We have some differences. Well, food is obviously one of those differences. There’s no barrier about that, because I eat a lot and I like to eat. And she has tried a lot of Portuguese dishes, and she liked them. They like potatoes, and I like potatoes. They like beans, and I like beans. So, it goes well. Well, other differences…when it comes to dealing with people, we have different ways. In Europe we’re more open-minded. In Europe, even if you don’t know the person, we kiss on the cheek as a greetings. But, in the U.S., you shake hands. It’s just small things that you have to be aware of and adapt to. But when you love someone, those differences are just small. If you have major differences, you have to talk about it, and find harmony.

Vanna: Another difference is the language. With the language, brings a lot of things. A lot of expressions he uses that I never heard and so we have to learn different things.

Ruben: She can speak French, Portuguese…She can speak everything I can speak. So we can have conversations.

Q. Describe a cultural misunderstanding you experienced in the relationship?

Ruben: Obviously, sometimes she has to explain to me how this works—not just American culture, but her family’s culture. She has Indian background, too, and they eat with their hands. I was, ‘Oh, that’s cool!’ Then I was going to grab food with my left hand, they were, ‘No, no, no, you can’t do that. You can only grab food with your right hand.’ So, more than just barriers and stuff like that—just trying to understand trying to find time to talk about it, and then you find the answer. If you are open-minded and you have good relationship in general, then you gladly adapt.

TIPS FOR CROSS-CULTURAL DATING

• Know it is not always easy because each person has different ways of viewing the world

• Be ready to accept that you will not be dating the person in isolation, but in the context of their family

• Be prepared to be open minded and willing to try new things

• Be aware of how the traditions of each partner influence the relationship

• Seek out information on the success of intercultural dating

• Individuals may be from the same religious group but differences in cultural/ethnic background will impact beliefs and practices

• Be aware of harmful racial stereotypes that impact each other’s cultural group

• Support your partner in discussions on race and culture
The notion of sacrificial giving and tithing can be a difficult one to embrace, and many people see it as a hardship. It is tough to let go of your own self-reliance and give over to God the responsibility of caring for your family. Many people find it prohibitively difficult, but we have to be the ones to take that first step of faith, in order to allow God to keep His promises.

Pastor Sharon Terrell is Stewardship pastor at Pioneer Memorial Church on the campus of Andrews University, and she says, “Tithing has been misunderstood because people have misunderstood the commandments. They believe that the commandments were done away with at the cross, so that there are really no rules, because we are under grace, so everything is grace.” Terrell goes on to say that she agrees, “we are under grace, but everything that happens to us is because of the grace of the Lord. And we live by faith.” Terrell adds, “As people who are overseers of stewardship and finance, we need to understand the thinking of today’s people. We have been given a lie from Satan about God’s character.”

God says that if we trust Him, and honor His Sabbaths, tithing one-tenth of our increase, He will open the storehouses of heaven, and we will have more than enough to keep us happy and healthy. I know this actually works from our increase, He will bless all we set our hands to, as long as we are faithful, and so far He has kept His promises, opened the storehouses of heaven, and just showered us with so much of His blessings that we will not be able to even count. God also says that God asks every person to use: He asks to be put to the test, so that He may shower in my everyday life. My life has been forever changed by the simple, heartfelt prayer I decided to further put God to the test by praying for a good Adventist Christian college to transfer to, so I could complete my bachelor’s degree.

A JOB OFFER
My roommate and I were baby Seventh-day Adventist Christians, just beginning to learn about the Sabbath and tithing. We were broke and in a new town. A good paying job was available, but it meant working on the Sabbath. Our first impulse was to take the job and at least be able to eat and pay rent for a month. It was so tempting, but after several days of prayerful searching, we decided we would test God and His self-proclaimed promises; we would honor the Sabbath, so we turned down the job. The feeling of peace that immediately came over us was so strong as to be unmistakable.

Feeling completely optimistic and hopeful, we were impressed to get in our truck and go for a ride, even though we could not afford the gas. We traveled to the outskirts of town and drove onto the newly paved and landscaped campus of a community college only recently constructed. We parked and got out to look around. I had not been near a school in over thirty years, so I went inside the building for a nostalgic glimpse of a life long since past. Right within the entryway, providentially waiting for me, was a tall brochure rack filled with various brightly colored booklets, shining like beacons. There was every technical and academic course available at the college level. I picked up one that advertised adult education courses and another for FAFSA. I took these, as well as a variety of technical program brochures, back home to do some research.

BACK TO SCHOOL
To make a long story short, I ended up applying for and receiving a complete financial aid package. I learned that attending a community college in my state of residence was the most economical way to proceed. So, I decided to take the risk of becoming a non-traditional, adult college student. I was able to put in applications online, and with the help and suggestions of a very friendly admissions worker, I was accepted to begin school in the fall of 2011 at North Idaho College in Coeur d’Alene, Idaho.

That was four years ago, and since then I have completed an associate’s degree and earned a Microsoft Office Technician certification. While going to college, I found a local Adventist church and became a steady member. I began taking Bible studies and was soon baptized, another milestone of my happiness. I was having the time of my life learning and using brainpower that had long lain dormant, so I decided to further put God to the test by praying for a good Adventist Christian college to transfer to, so I could complete my bachelor’s degree.

GENEROUS SCHOLARSHIP
After applying to several universities, and being accepted to all of them, I prayed that God would show me which one He wished me to attend by providing the financial aid package best suited for my situation. In His providence, He blessed me with a very generous scholarship to Andrews University. After I graduated from North Idaho College in May of 2014 with my AS, we packed up our stuff into a U-Haul and our RV, and moved 2,000 miles from Idaho to Michigan. God has kept His promises, opened the storehouses of heaven, and just showered us with blessings. I am so excited to see where this journey takes me after I graduate with my bachelor’s and go on into a master’s program.

Through my own personal experience, I have become a complete convert into the Adventist beliefs of stewardship, tithing, and honoring God’s Sabbath. I am so convinced that these basic principles work that I would be afraid not to practice them in my everyday life. My life has been forever changed by the simple, heartfelt prayer that God asks every person to use: He asks to be put to the test, so that He may shower us with so much of His blessings that we will not be able to even count. God also says He will bless all we set our hands to, as long as we are faithful, and so far He has kept every promise. We approach each day, one day at a time, and we faithfully tithe and give out of our increase. God has promised and I have placed my complete trust in Him, and I know He will not let me down. I also know that this concept of stewardship needs to be shared. As Pastor Terrell says, “We have a responsibility as people who know better to let other people know.” As it says in Hebrews 13:16, “But do not forget to do good and to share, for with such sacrifices God is well pleased.”
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Lucero Castellanos, a Journalism major at Andrews University, is one semester away from graduation and is beginning to seriously worry about her life after college. She says that her field is so competitive she is not confident she’ll be able to find a job. Castellanos is worried that if she has to take a lower paying job she might have trouble paying off her loans. She admitted having only limited knowledge of her own financial aid situation. “My mom deals with all of my financial things. I thank her all the time, but now my issue is, I am in my last year and I don’t know how to do all that. I sat down with my mom over Christmas break and said, ‘Mom, thank you for handling all of this for me, but I haven’t learned anything.’ So now I find myself in a situation where I don’t know how I am going to pay off my loans; I don’t even know how much I am going to have to pay.”

This is not an uncommon situation among pending graduates. Many students have depended on their parents for their financial navigation through college. Too often, the end of their school years arrive, and the student suddenly finds he or she is not armed with the necessary knowledge to step in and take over the reins of their own financial responsibilities. Students have spent
so much time grooming for a career, the preparation for paying for their college education seems to have slipped through the cracks. This can come as an unwelcome surprise, and often becomes an overwhelming burden on top of post-graduate concerns, such as finding a good paying job and a place to live. In fact, unless handled properly from the onset, this souvenir of your college education is likely to be with you until your own children begin college. On the brighter side, this is not insurmountable and can be easily rectified by just becoming aware of some pertinent facts. There are many options available to students, but they are best undertaken as informed decisions. The best source of information is www.studentaid.gov, and your college’s financial aid office.

COMMON MISTAKES
Vicki Thompson, associate director of accounts, and Cynthia Gammon, assistant director of financial aid at Andrews University’s Student Financial Services office, say that the number one most common mistake graduates make is not communicating their new address to their college and their lenders. They advise students not to depend on the school to provide the lender with their current address. This small omission can cause untold misery down the road. Thompson suggests that graduating seniors seek assistance from their school’s financial aid office well before graduation looms on the horizon.

Gammon states that seniors should obtain their graduation information online during mid-April at www.andrews.edu/services/registrar. Once on this page, go to “Quick Links” on the center right for a list of helpful links to get the graduation information you need. At this time, students should also update their address information with their college, as well as with their lender. For Andrews University students, finVue will automatically populate a list on each student’s Vault page, which will show what needs to be completed prior to graduation. This will include exit loan counseling, which is a refresher of all the previous counseling. Stafford Direct Loan counseling can be done online. This will provide the student with valuable information about the procedures they need to follow as their loans enter into repayment status at the end of the grace period following graduation. Stafford loans have a 6-month grace period, while Perkins Loans have a 9-month grace period.

Thompson added that updating addresses with Perkins Loans are the ones most commonly neglected by students during the bustle of graduation. The student will normally receive notice from both lenders, but most students seem to neglect or forget the Perkins, perhaps mistakenly thinking that notifying the Stafford lender takes care of both, but this is not true. If you have Perkins Loans, you must receive separate attention, and the exit counseling itself is only done in a personal interview at your school. With Perkins Loans, payments will be made directly to the school that made the loan, or the school’s loan servicer, if the school designates one. Perkins has a separate servicer that varies from school to school; each school is required to offer a third party servicer. This will all be covered during the Perkins exit interview.

COMMUNICATE WITH LENDERS
Additionally, Gammon advises students not to expect their lenders to come after them with a reminder that loans are going into repayment. Stafford loans have five loan servicers, and all are under the umbrella of Direct Loans, so be sure to check the studentaid.gov website. Procedurally, as the lenders receive graduation dates, they will send out a notice prior to the first payment due date, along with the amount due, to notify the borrower that their grace period will be ending soon. This initial communication is where the correct contact information is most important, and is also the best time to work out the payment plan that best fits your needs. Options available are deferments, forbearance, or an IBR (Income-based Repayment Plan). These are there for students to take advantage of, but they will need to apply for them on an individual basis. The best way to become informed is by asking lots of questions, and referring to the website often.

Finally, Thompson gives a suggestion for students who are considering graduate school, especially for those who will not enter graduate school immediately after commencement. After their grace period is over, student loans will be considered eligible for repayment, so the borrower must make arrangements for the interim between graduation and enrollment in a graduate program. However, once the student enrolls as a graduate student (four credits is considered half time), this information will be reported, so they are once again considered a student and their loans go back into deferment status, provided their loans are in current status.

As Castellanos has come to realize, these loans are a big responsibility: “You need to know going in because, once you have graduated, you are basically in limbo, looking for a job, looking for a place to live, and then paying on your loans. There might have been something I could have been doing before now; I wish I had had more information.”

“STUDENTS HAVE SPENT SO MUCH TIME GROOMING FOR A CAREER, THE PREPARATION FOR PAYING FOR THEIR COLLEGE EDUCATION SEEMS TO HAVE SLIPPED THROUGH THE CRACKS.”
Growing up in northern Michigan as a child, I spent a lot of time in the cherry orchards with my older brother. My grandmother ran an adult foster care home, and my mother often worked for her in the summer. I was probably 6 years old, and my older brother was around 7 years old. I can remember one hot summer day in July when we were running around like mad men in the cherry orchard next to my grandmother’s house. No shirt, no shoes, just two rebels without a cause. And I can remember very vividly in the center of that orchard was a line of wooden boxes. You see, inside those boxes were honey bees. One thing my brother and I liked to do in summer was catch crickets. We would turn over logs, fallen branches, rocks, etc. Anything to find crickets. So this day, my brother got the idea to turn over one of those big boxes with the honey bees inside. Not knowing any better we pushed at the same time and collectively heaved one of those big crates full of bees on its side. We were right! There was an enormous amount of crickets underneath, but within just a few moments the air began to fill with a roaring buzz.

Those bees attacked us like vicious warriors. The house was about 50 yards outside the orchard. Screaming with excruciating pain we took off back to my grandma’s house. Crying the entire way. Upon our approach we saw mom already running for us. She had heard her babies crying through the open window and she came galloping in for the rescue. When we finally caught up with her the bees were still chasing us. She took one look at our bodies covered in stingers and the infuriated bees that were still hurting us. Immediately she began squashing them one by one. Throwing her body over ours, she got stung many times in her efforts to deliver us. I was stung 40-50 times on my back. I still remember later that evening getting a horrible fever and vomiting from the poison in the bees’ stingers.

Looking back on that story, now, I realize something. During this entire time my mother stayed by my side, and in the process of her rescuing me something else happened. My affliction became her affliction. Throwing her body over mine in an attempt to stop my pain, she actually inherited the consequence of my poor choice. She didn’t just save me, she suffered with me and somehow that little detail changes everything.

You see, God is just like that! We often find ourselves in painful situations, dry out of luck, and in desperate need of deliverance. The thing about God is that if we call out, He comes running at all costs. In fact, he too didn’t just save us, he suffered with us, and somehow that little detail changes everything.

So what’s your strategy going to be today? Perhaps you’re in a state of panic because your choices have caused you great pain. Let your strategy be one that guides you straight into the embrace of your heavenly Father. Run, crawl, or, if your decision has you pinned to the ground, just groan. He will hear you. Scripture is clear. In the book of Isaiah 53:4 it reads, “He was beaten that we might have peace.” Find yourself this day, huddled under the embrace of a God who defies logic with love. For God knows no limit when it comes to relieving the suffering of all His children.
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