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Praises to the group who brought this issue to life.

Robin Talj
It is outstanding.
The cover is your best.
The concept and design is fresh.
The paper quality is outstanding.
I haven't completed the magazine yet, but I only have a few articles to go. Hurray for you and your staff! Great job! Your hard work has paid off.

Dan Cheung, PhD
Director, Youth Ministry, Lake Union Conference

Robin Talj
Count on my prayer support!

I read your article in the Envision (“Coming to America” by Stella Nig). Your article gives me the information regarding why Asian students want to come to study in the U.S. They need to look at being educated in America as an investment, which will help them to secure a good job with attractive income in the future. As an educator, I need to respect that and market our college, HKAC, accordingly. (If we) focus on the needs of our customers, Hong Kong students, it will bring more success to our college. Thank you for sharing what you've learned with us.

Dave Cheung, PhD
President of Hong Kong Adventist College

HOW DO I SUM UP 7.5 YEARS at Andrews University and 7 issues of Envision magazine in one short note? First, start by a trip down memory lane.

Olivia Madakos’s mission, Joe Riviera’s true of courage, Carson and Andreas Bercua’s love triangle (with God), Nick and Deanne Smith’s coming of age, Natasha Cota’s extreme makeover, Patrick Knighton’s Sabbath stand, Christian Lees’s cry to God, Michael Elia’s journey from the rock industry to The Rock, Nathaniel and Jacob Gibbs conversion, Timothy Nagy’s fall into grace, Nina Mace’s quest for peace, Nina Marie & Tim Girod’s great adventure, the Syrian refugee crisis, struggles of an unsponsored seminarian, and women’s ordination.

During this time I was tested. My faith grew. I sat through countless pitch meetings. Endless story revisions. Multiple photo shoots. Borrowed too many Style section outfits from Target and just enough from Brooks Brothers. When a model was sick, the stylist jumped in and saved the day (thank God for safety pins). Pier 1 imports was great with lending their wear. I maneuvered each time at the stories literally coming to life from black and white word documents to colorful, creative photos and designs. I joined Facebook. Watched our Twitter account grow. Launched a website and then it’s re-design (twice). Dined for the Chatel down video stories for the digital version. Hit up advertisers for money to pay the bills. Learned to edit from the magazine pros at Chicago, Chicago Tribune, Ebony, Christianity Today, Indianapolis Monthly, and The Saturday Evening Post. My non-Adventist parents and sisters read every issue (though they might be biased). Our staff earned 26 national awards from the Society of Adventist Communicators, Associated Church Press, and Associated Collegiate Press.

Now it’s come the time to depart Andrews, and the magazine. I join the Lake Union Conference’s communication team and take these treasured memories. Leaving Envision is like leaving a beautiful city where one has grown up; this one being a beautiful city made up instead of polished sentences and saturated photographs. Servimg God often involves leaving “beautiful cities” behind. Abraham did so. Moses did so. We are all privileged to do so, because Christ did so. Thank you for this opportunity to serve and be ministered to. One good thing I found is that I’m still in the neighborhood. Let’s not become strangers.

By faith, Abraham obeyed when he was called to go out to the place which he would receive as an inheritance… for he waited for the city which has foundations, whose builder and maker is God.” —Hebrews 11:8
Directed by academy award-winning director Mel Gibson, “Hacksaw Ridge” is an upcoming epic feature film focusing on Desmond Doss, the first conscientious objector to receive the Medal of Honor. Doss, a Seventh-day Adventist, wanted to uphold the sixth commandment, a law against taking the life of another, and therefore refused to carry arms into combat but became a medic. He has been hailed a hero for taking high risks to save the life of his comrades.

Producer, Bill Mechanic, in conversation with Charles Knapp asked, “Will your church [Seventh-day Adventists] be ready to answer the questions that this film will generate?” The evangelistic implications are great, according to Knapp. While the film’s website will provide answers to common questions, Adventists must be prepared to give an answer for their faith as to why they choose to be soldiers of the Cross.

The film shines light on Doss’ firm decision to keep the commandments of God in the face of ridicule and the influence of his mother. Discharged from the Army in 1946, Doss spent years undergoing medical treatment for his injuries and illness. He died in 2006 at his home in Piedmont, Alabama and was buried in Chattanooga, Tennessee’s National Cemetery.
A recent World Health Organization report says processed meat is carcinogenic to humans and red meat is “probably carcinogenic to humans.” This makes me wonder, is eating vegetarian meats or meat analogs good for you?

Meat analogs have a long history. Tofu was invented in the Han Dynasty (206 BC – 220 AD). Over the centuries we have become more sophisticated and creative in our efforts to produce meat alternatives. We still have recipes to make vegan, rice, mushroom, and legume-based meat analogs dating back centuries, but we also now have many more flavors and processes to transform them to resemble real meats.

An Adventist Health Study reports that people who ate meat substitutes had a reduced rate of hip fracture by 89%, as compared to meat at 84% and legumes at 64%. Another study found that dietary purines in vegetarian meats had lower purine content than those of meat. While another study showed that meat analogs can be beneficial in a high-protein weight loss diet. The results of these studies seem to suggest that meat analogs may have better health benefits than their meat counterparts and may be a decent protein option, though not as beneficial as whole legume food items.

VIVO SMART HR | GARMIN $149.99

Pros:
- Main features include step tracking, calories burned, and heart rate monitoring.
- Perfect for all types of sporting activities from swimming to extreme mountaineering.
- Screen is perfect for notifications such as text messages or incoming calls.
- Cost: Price is steep, fully-featured strap.

UP2 | JAWBONE $99.99

Pros:
- Tracks steps taken, calories burned, and minutes active; in case you forget to log your workout, the Smart Coach feature is handy, automatically detects periods of sustained activity and sends the report to your feed.
- Battery life is up to seven days without charging.
- Custom goal setting ranges from “kind of active” to “active” to “pretty active”.

FLASH | MISFIT $29.99

Pros:
- Custom goal setting ranges from “kind of active” to “active” to “pretty active”.
- Also another feature called “Misfit link” that acts as a remote to control music, lighting, and take pictures.
- Inexpensive.
- No charge needed.
- Choice between the wristband or hip-clip.
- Limited to specific activities.

FLEX | FITBIT $39.99

Pros:
- Wristband hand is adjustable, as well as comfortable for all wrist sizes.
- Activity tracking through the app, such as amount of steps completed, calories burned, and minutes active during that day.
- LED watches when you are close to achieving your daily goal.
- Wear life is up to five days without charging.
- Rechargeable app is compatible for both iPhone and Android.
- Easy Bluetooth wireless connection.
- Nice Display is not informative.

The clasp band is a little difficult to secure...
I grabbed my keys, hopped into my car, and began my journey. When I arrived at my destination, a quaint yoga studio filled with mellows Christian music, fragrant smells, I was greeted warmly by yoga instructor Dawn Barber. She handed me a mat and I jumped right into the yoga class. We did an array of different poses and stretches such as Warrior, Dancer, and Prayer Hands, I truly felt connected to God through His Word, worship, and meditation. Dawn explained that the purpose of yoga is to “deepen people’s connection to Christ” and “facilitate a Christ-centered spirituality.” Based in Minneapolis, the company is now an international business founded in 2003 by yoga practitioner Brooke Hardinge, DrPH, RD, associate director of health and wellness.

According to U.S. News & World Report, some 21 million Americans practice yoga, a number that has nearly doubled over the last decade. Yoga doesn’t just entail improving your flexibility, channeling your inner “om,” or even burning fat. For years, yoga has been known for embodying three different practices, which are physical, mental, and spiritual. The history of yoga dates back over 5,000 years ago to Northern India as part of the Hindu Religion. One of the main purposes is to reach a higher level of consciousness.

“Holy Yoga”, a business founded in 2003 by yoga practitioner Brooke Boone aims to bridge the gap between yoga’s Hindu roots and Christianity. Based in Minneapolis, the company is now an international, non-profit ministry with more than 175 classes in the United States and Canada. On their website holyyoga.net, it states that the mission is to “deepen people’s connection to Christ” and “facilitate a Christ-honoring experience that offers an opportunity to believers and non-believers alike to authentically connect to God through His Word, worship, and wellness.”

Early last fall I attended one of the Holy Yoga sessions offered in Michigan, just an hour’s drive from Andrews University’s campus. Dawn Barber began teaching yoga two and half years ago after she found herself in the middle of a big life change. At the time she was managing a hair salon, but she felt the urge to do more in the areas of yoga and nutrition. Thinking about the life change, she felt the she should do it with God.

Barber said that she wanted to give her yoga poses and stretches names that people could identify with since the Sanskrit words—names of the poses—can often be intimidating. “I believe that yoga is to join or to work together,” she said. “There is no specific stance or recommendation from the church on yoga, there has been for many years the recommendation that one should stay away from it because of its historical roots.”

Hardinge said in our interview. He said that Hatha Yoga is the most popular form of yoga in the United States today, and its spiritual roots are tied to Hindus. “There are those who try to baptize or Christianize it and say one can separate philosophy from the activity that are associated with yoga,” he said. “It is a very dangerous stance to take, because it is almost impossible to differentiate the two.”

Hardinge further explained that the word yoga is derived from a Sanskrit term that means to yoke or unite. So what do you yoke or unite with? “The purpose of yoga is to unite the union with all reality, so that those who practice it become God themselves,” Hardinge said. He went on to say that yoga is associated with the teaching that every person innately has the nature of God and every person goes through exercises to become one with God. Hence, the purpose of obtaining union with God, and, later, becoming God.”

In closing, he added, “Matthew 18 states that all who are weary and burdened are to come to God and He will give us rest. Even though there may not be an official stance on yoga and church per say, any practice that is rooted in other worldviews are inappropriate for Christians.”

Hardinge said. He went on to say that yoga is associated with the teaching that every person innately has the nature of God and every person goes through exercises to become one with God. Hence, the purpose of obtaining union with God, and, later, becoming God. “I am concerned that those who practice yoga,” he said, “are actually yoking or uniting themselves with that spirit that is contrary to Christ and Christianity.”

“THERE’S A LINGERING QUESTION AS TO WHETHER IT IS IN HARMONY WITH CHURCH BELIEFS.”

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University FAMILY DENTISTRY
HOW TO AVOID A SEDENTARY LIFESTYLE

THE PROBLEM

We live in an obesogenic society where environmental factors such as food choice and lack of exercise are contributing to an obesity epidemic. As a result, we gain weight and weight loss becomes a real challenge.

THE SOLUTION

Andrews provides outdoor recreational activities to both the Andrews students, as well as the Berrien Springs community. Some of these recreational activities include the hiking trails found by the dairy, a frisbee golf course throughout the campus, a swimming pool, racquetball rooms, tennis courts, basketball courts, and a Wednesday weekly 5k walk.

THE EFFECTS

We sit for prolonged periods of time and the circulatory system is not working at its full potential.

Cardiovascular disease can develop due to elevated blood pressure and high blood cholesterol levels related to sitting down for prolonged periods of time. Prolonged sitting increases the risk of developing type 2 diabetes by 90%.

Portion sizes continue to increase

There is an over-reliance on fast foods

We drink too much soda and other sugary drinks

We eat too many prepackaged foods

WE EAT TOO MANY PREPACKAGED FOODS

THE MARKET IS FLOODED WITH CHEAP, ENERGY- dense foods

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In 2012, Cathy Tang, along with 18 youth from Hong Kong Adventist College, boarded a plane from Hong Kong to Malaysia for a two-week mission trip. Little did Tang know that her artistic skills were about to save a woman from committing suicide. The group’s aim was to carry out a series of religious services, combined with English classes and volunteer work. Each day, Tang and the other volunteers met with the children from the villages to teach them songs about Christ, as well as participate in other activities designed to uplift the spirits of the villagers. A portion of their duties also included packing materials for distribution amongst the villagers.

One night, the youth were jolted from their sleep by sounds of someone attempting a break-in. Even though no one managed to break into the house, rumors and stories quickly circulated amongst the small group. “I was so disappointed,” Tang explained. “We were Christians on a mission trip and here we are afraid.”

While everyone else bickered back and forth and fear stifled their once joyous disposition, Tang grabbed a few markers lying around the living room. She vented her frustration on a box of supplies stacked in a corner of the living room that was supposed to be delivered to needy villagers.

“The drawing was really abstract,” Tang described, in reference to what she drew that night. “It was just graffiti.” The scribbles included the words hope and faith, and by the time she was finished with her doodle on the box, the tension and fears had subsided and everyone returned to bed. Four days later, the missionaries returned to Hong Kong and Tang never thought about her drawing on the box; until two months later.

An email came to our choir director who headed the trip and they were asking who did the drawing on the box,” Tang stated. “I thought I was in trouble.” The choir director explained to her that messengers delivered the box to a home where a woman was struggling with an ill daughter. The child’s illness had driven the mother to despair and she made a decision to end her own life. Moments before doing so, she went outside and saw the delivered box. The words faith and hope, artfully drawn on the box was a message from heaven to the woman not to end her life.

“When they told me this, I was like, ‘Wow!’” Tang smiled and said. “I saved someone’s life!” She realized that God was capable of using anything, even her own purposeless doodle on a cardboard box, to save someone from death. The experience changed Tang’s life. Years later, having already obtained a degree in health and fitness, Tang decided to pursue a Master of Arts degree in Art Therapy at Andrews University. “With art, I can help persons who are suffering from PTSD or those who are autistic. I can help them share feelings that are difficult to express through words.”

She realizes that she need not limit herself because God’s power works with simple things to achieve life-transforming results.

Paint brushes, stethoscopes, and Bibles are some of the tools used by these servants of God. Here are three young women whose response to God’s call was like Mary’s; “I am the handmaid of the Lord, let it be done to me, according to your word.”

I T H E N O W
“I NEED TO SEE YOU ARE THE SAME GOD… WHO SPEAKS CLEARLY, GUIDES CLEARLY, AND INTERACTS CLEARLY TODAY.”

Just as heeded and stressed out as the rest of the world. It seemed to provide no life-changing joy or solution for the struggles she witnessed in people’s lives. She wondered whether there could be more to life. In desperation she told God, “I need to see you as the same God I see in the Bible—the God who speaks clearly, guides clearly, and interacts clearly today.” As her academically rigorous year ended, the search for a field to study came into focus.

“I didn’t know what I wanted to be growing up,” Connell says. “I had a love for laying blocks and making good mortar.” The mission work created a love for physical labor, working outdoors, and experiencing the eye for laying blocks and making good mortar.”

At home, she continued to allow the Lord to train her in prayer; doing literature evangelism amongst celebrities, and atheists come to accept Christ!”

She was not convinced of what she would do after her studies. Having graduated in 2007, she would not entertain the thought of going to the Seminary. Instead, she traveled to Indonesia and preached an evangelical series organized by Shire Ham Ministry. “I was

“YOU DON’T KNOW THE IMPACT THAT YOU HAVE.”

health expo and other activities centered on presenting the Gospel through the tool of health evangelism. “I started applying the principles to my own life and lost 50 lbs,” she says. Physical and spiritual improvements were becoming evident in her life. Other

found at the health workshops where Brown began volunteering. She reported


“Envision” is the peer-reviewed Student Journal of Adventist Theological Seminary.

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DANA CONNELL
APRINOS ARCHITECT TO GOSPEL MINISTER

and caused a major turning point in her life. Other

had a great internship, but I couldn’t

Nothing registered in the doctoral student’s mind. What am I doing here? she thought. It dashed across her mind as quickly as the professor’s voice came out as nothing more than a mumbled speech on forensic science. Nothing registered in the doctoral student’s mind.

Surrounded by a Muslim and atheist population in England; yet during her sophomore year, a conversation with a dynamic, practical, spirit-filled female pastor during a week of prayer challenged everything the pastor told her; “I believe God has called you to be pastor. Go back to your dorm room, pray about it, and God will show you the way.”

“I realized that you don’t know the impact

Brown was not convinced of what she would do after her studies. Having graduated in 2007, she would not entertain the thought of going to the Seminary. Instead, she traveled to Indonesia and preached an evangelical series organized by Shire Ham Ministry. “I was

After initially being accepted to Loma Linda University, she enrolled at Andrews University. “I wanted to work more closely with the patients, so I chose to do nursing,” she says without a hint of regret.

Finding employment after school became a challenge. “I applied to all the major crime labs in the D.C., Maryland, and Virginia area and got denied. I was vexed and disappointed because I thought I had done everything right. I made good grades and had a great internship, but I couldn’t even get an interview and that made me feel depressed.” Miraculously, due to a man hiring that was taking place in the New York City Police Department, she was employed six months after submitting her application.

As a novice, she quickly settled into the lab scene and did exceptional work. During this period, her long-standing, unstable relationship with God had started to take shape. “I was searching,” she says. Despite the fact that she was not completely devoted to God at the time, she recalls sincerely wanting to find truth and serve God. Brown was baptized into the Adventist faith in June 2009. Before long, Brown, who was overweight at the time, was invited to attenders at the health workshops where Brown began volunteering. She reported

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Another devastating relationship, severed in her chosen field, and wrangling with God during her student missionary year led Connell to study theology at Union College in Nebraska. She was not convinced of what she would do after her studies. Having graduated in 2007, she would not entertain the thought of going to the Seminary. Instead, she traveled to Indonesia and preached an evangelical series organized by Shire Ham Ministry. “I was

Her faith in June 2009. Before long, Brown, who was overweight at the time, was invited to

Looking back, Brown says, “I was sitting in class and I knew that I did not want to do this for the rest of my life. I didn’t want to spend any time in the lab.” Health ministry overpowered her desires as she saw the impact on her life and the lives of others. She had been in the forensic science program for a year by now and fears began to swirl in her mind. “Then I heard this sermon and the preacher spoke about how God will provide and that we shouldn’t worry. I knew it would work out.”

In September 2011, Brown declined and delivered her resignation letter to the NYPD. She got on a plane to Arizona where she learned about growing her own food and participated in a health program that yielded many baptisms.

Healing showed tremendous change, and, above all, souls were being won to Christ. “I felt called more and more to health ministry,” Brown recalls. “But I was still working in forensics. I was being called to testify against so many young men and I thought it was unfair.” Brown felt an inner struggle as her work was helping to send people

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Perceiving, leading out in cooking classes, and culturer work brought the joy that Brown had sought. After initially being accepted to Loma Linda University, she enrolled at Andrews University. “I wanted to work more closely with the patients, so I chose to do nursing,” she says without a hint of regret.

From a forensic scientist working to solve crimes, to a nursing student serving God by teaching others about a healthy lifestyle, Brown looks forward to other work that God has for her.

HISTORIC ADVENTIST VILLAGE

“Envision” is the peer-reviewed Student Journal of Adventist Theological Seminary.

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As a novice, she quickly settled into the lab scene and did exceptional work. However, the gruesome murder of a co-worker and fellow trainee shattered Brown and caused a major turning point in her life. “I realized that you don’t know the impact
Questions after. Unable to restrain his anger, he expressed outrage against this Sabbath preacher. Before long, anger began to well up inside Korollos, a young teenager and a Copt from the Coptic Orthodox Church in Egypt. The teenager thought the Sabbath service was a lie. He found himself walking towards the church on attending to hear for himself the lies he had been told. He wanted to rebuff what the teachers were saying against Adventism, seeing the faith as a cult and nonsense. “We were told that they would brainwash us and that their teachings are false. I wanted nothing to do with them.”

However, because he had an aunt whose husband was an Adventist pastor, occasionally, he would accompany them to church. “Even though I went to church, I didn’t listen to what they were saying,” he said with a laugh. “I would sleep through the services.”

And so continued amidst religious division, tensions would occasionally flare up between the denominations. There were moments when the situation got so tough that Adventist churches were burnt and members would worship in private. According to Open Doors USA, Egypt ranks number twenty-three in the world for persecution of Christians.

This was also a time when Korollos was not doing well in school. His aunt advised him that the Adventist Academy would be a great choice for him. She told him that if his sister could not pass Math, he too would not succeed. “When my sister enrolled at the Adventist school, she got so much help from the teachers that she passed Mathematics. I know that I wanted to attend the Adventist school.”

CHALLENGING THE SYSTEM

After much discussion with his parents and despite his disdain for the faith, at the age of fifteen, Korollos enrolled at Nile Union Academy in Qalyubia, Egypt, in 2008. It was not long after this that the debates began. Korollos would attend classes and challenge the teachers about the doctrines of the Adventist Church. With his friends egging him on, he would go class prepared with answers to rebuff what the teachers were saying against the Adventist Church. “I thought I was really smart,” Korollos said, with a distant look in his eyes. Although the debates were mainly with the teachers, he would sometimes engage the Adventist students. Due to the small number of Adventists in Egypt, Korollos students were the minority at the academy. His zeal for his faith and this would leave Korollos feeling empty.

During the summer of 2009, the academy was having a camping meeting where the invited guest was former assistant pope in Egypt who had accepted the Advent message. Now living in New York City, Yacoub came to his home land to tell others about the love of God and the truth of His Word.

Korollos did not attend the weekend meetings but opted to wait for the final day which would be the Sabbath service. He was eager to hear what this preacher had to say against his faith. “I just planned on attending and listening,” Korollos explained. “I didn’t intend to do anything.”

He sat in the congregation and listened. Korollos again boiled over with fury and zeal. The speaker spoke against the baptism of babies and against prayers to saints as two of the main doctrines of the Orthodox Church.

Unable to restrain himself anymore, he stood up in the middle of the sermon and shouted in anger at the preacher. “You cannot say those things about the church! I may not be able to answer you, but if an Orthodox priest were here, he would be able to speak against what you are saying.”

The peaceful congregation of worshippers quickly transformed into an angry mob and tore at the insolent youth. “Shut up! How dare you!” someone shouted. “You are saying something against us!” The administrator who was in charge of the service demanded that he go back to doing the same thing,” he said. “All of a sudden, a friend of mine who I had invited to come to the service began to jostle him outside the meeting space. “My sister is very smart,” Korollos bragged. “Even though she studied very hard, she still had great difficulty passing Mathematics at school.”

“Everyone was against me!” Korollos continued. “The administrator who was in charge of the service demanded that he re-
In the summer of 2013 I moved from Idaho to Michigan to complete my BS degree at Andrews University. I have three children, all grown, two of whom are currently attending college and另 two who plan on traveling within the U.S. during their school breaks, so here is my travel advice for them, and my young college friends.

Ever since I bought my first new car in 1975, I have been roaming the country. My wanderlust led me to become a cross-country, long-haul truck driver for many years. In recent years, I have lived in my RV and traveled to 36 states, living for various periods of time in over a dozen states. Travel can be the chance of a lifetime, but does not have to empty your bank account. You just have to follow some easy tips to get the most out of your travel dollars. Two of the most valuable tips I can suggest are to plan ahead and make a list. Time spent researching online before you leave can save you time and money on the road. Establishing your available budget is the first thing to do. Next, research your possible destinations, and have you want to travel (car, bus, train, or plane). In my opinion, car is the best way—it gives you the most security on the road. You can always sleep in it, and it will keep you warm and dry in a pinch. Once you choose your mode of travel, the next thing to decide is how you want to spend the night. Be focused, flexible, and minimal to save the most money and have the most fun.

These are several ways you can plan your night-time accommodations, and these will be directly affected by your choice of transportation and budget. I have listed several handy travel tips, plus a list of possible accommodations in order of cost: hotels (most expensive), motels, hostels (a burgeoning marketplace), airbnbs.com (a recent innovation of the couch-surfing concept and really worth looking into), and camping (probably the least expensive, but the most equipment heavy). Next, choose your route to include major destinations in the most cost and time-effective order. Once you have decided on these major destinations, they will dictate the rest of your planning.

**Do not forget your charger (AC power adapter is great if you are in a car), and keep track of battery life so you do not get caught unprepared.**

**Do not buy souvenirs. They cost too much, weigh too much, and will just become dust-collectors back in your home. Photos are a much better memento.**

**Create your own version of a first aid kit. It can be very small and easy to carry but can save you in an emergency.**

**Pack a Pocket Swiss Army knife (wheat, best, so no battery issues).**

**Backpacks and wheeled duffle bags. Do not back more than you can comfortably carry more and maximize in one trip from room to car (or whatever). You want to be as self-sufficient and streamlined as possible.**

**Get the most out of your travel dollars. Two of the most expensive, but the most equipment heavy). Next, research your possible destinations, and have you want to travel (car, bus, train, or plane). In my opinion, car is the best way—it gives you the most security on the road. You can always sleep in it, and it will keep you warm and dry in a pinch. Once you choose your mode of travel, the next thing to decide is how you want to spend the night. Be focused, flexible, and minimal to save the most money and have the most fun. These are several ways you can plan your night-time accommodations, and these will be directly affected by your choice of transportation and budget. I have listed several handy travel tips, plus a list of possible accommodations in order of cost: hotels (most expensive), motels, hostels (a burgeoning marketplace), airbnbs.com (a recent innovation of the couch-surfing concept and really worth looking into), and camping (probably the least expensive, but the most equipment heavy). Next, choose your route to include major destinations in the most cost and time-effective order. Once you have decided on these major destinations, they will dictate the rest of your planning.**

**Create your own version of a first aid kit.** It can be very small and easy to carry but can save you in an emergency.

**Duct tape is a miracle item. What it lacks in strength, a pen or pencil and it can temporarily fix just about anything.**

**Map or GPS app on your Phone. If you phone has a good camera, this will be a great way to take pictures of your adventure.**

**Try new things that the whole family will enjoy.**

**Buy souvenirs. They cost too much, weigh too much, and will just become dust-collectors back in your home. Photos are a much better memento.**

**Create a journal notebook or blog to keep track of your adventures and costs.**

**Try to avoid carrying a lot of cash—it can mark you as a target, and credit card purchases are guaranteed. Keep cash and ID in your front jean pocket or a sock, never in a purse, always on your person.**

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**STORY PATTY KARDASH DESIGN JEFFREY EMILE**
What if you’ve already missed out on orientation? Vogel says, “Find ways to get involved in life outside the classroom.” He expanded on this saying, “Some transfer students may be old enough to live off-campus, and when you’re trying to break into campus life, that can be the death of you, because it’s just that much harder to get involved.” He suggested taking steps to ensure that you get involved in a student organization somewhere or work on campus where you can have interaction with other people. “The worst position you can be in,” he says, “is living off-campus, not working on campus, not involved in anything, just coming to classes and leaving. You’ll meet a few people in your classes, but the quality of your life at the university at that point is going to be diminished.” Vogel advised.

When I attended State College of Florida my time there mirrored this. I needed-off-campus, commuting to school on days when I had class and when I didn’t. I was nowhere to be found. I walked off-campus at a mall on the other side of town so I never once saw anyone from my classes out. My days on campus were very bleak; I went to class, I sat in the cafeteria alone, I stumbled around a bit aimlessly and then I left. I never made any friends there; I never found a social circle to be apart of. I simply showed up every day and turned in my assignments, which made for a very unfulfilling time at the school.

S teve Gedeon made a rough landing his first week at Andrews. He had just transferred from Hering University in Florida, after changing his mind about a degree in nursing. It was the Friday before school started and everyone who had come for orientation week was at the beach so the campus was deserted. “I was scared, I’m in a city I’ve never been in, in a state I’ve never been in with nobody I know besides a cousin I haven’t been in contact with,” said Gedeon. “It was one of those moments where I had a mini-panic attack like ‘Wait, I’m not going home tonight, I’m not going to be in my bed.’”

Gedeon’s spent the day running around campus, asking questions like, “Where is the Administration Building?”

As the semester progressed, Gedeon felt even more lost. “I’m in a class where everyone knows each other, but I don’t. It was kind of surreal coming in and not having any friends and having to start from the beginning even though I already did it once before, so I had to retrain that whole ‘freshman’ process.”

According to the National Student Clearinghouse approximately one third of students in the United States switch schools at least once before obtaining a degree and many of them cite the opportunity to save thousands of dollars. For instance, if a student didn’t have enough grades in high school to get into their university of choice, they could attend a two-year institution to bolster their grades, and then transfer schools. They are these, like Gedeon, who chose to transfer to a university with more career options. Although uprooting from one’s social and academic surroundings to start all over in a foreign environment can be rough, there are steps you can take to make the process a lot smoother.


t Transfer students may be old enough to live off-campus, and when you’re trying to break into campus life, that can be the death of you, because it’s just that much harder to get involved.

St and unusual for a moment: you’re in a crowded room and there are constant conversations buzzing from all around. Words and sounds from different directions are all mingling together; noises of different groups participating in various social interactions all mingle into a sonic medley of campus life.

But in the middle of all this you are alone, silent. There is no introduction to these people, no guide to take you around and familiarize you. This is not an orientation, simply your first day in a new place.

Having transferred from Southern Adventist University to State College of Florida and, from there to Andrews University, knows this scenario well, which is why he’s compiled some helpful tips.

Steve Vogel, the Assistant Vice President for Student Life at Andrews University, stated that because transfer students are “coming into something already in motion” and don’t have a large group that gives them a “natural opportunity to bond and make relationships right off the bat,” it’s not as easy to integrate into the established social life smoothly. Freshmen have orientations sometimes lasting an entire week and they are dedicated to preparation for life on campus. But what do transfer students have?

Vogel recommends that transfer students take advantage of any orientation opportunities offered, even if you’ve been through orientations at a different school and feel they aren’t going to gain any new information. He urged transfer students to “go just for the relationship-building” because many universities, Andrews among them, focus their orientations on “making connections and developing a support network and friends.”
Jeffrey Emile

His website, jeffreyemile.com, is a neat collection of stunning portraits of clients, and short clips from a recent gig with Israel Houghton and New Breed. He speaks with enthusiasm about his business and exudes confidence in his maturing work. As a design major steadily treading through his senior year, Jeffrey Emile is busy running his growing business of photography and film making. "I had no interest in photography whatsoever," he recounts. "I helped in propelling the new business and helped to reaching a website where he could display his work. This is a stage that newfound love of taking pictures and began to build his network and portfolios. "I started asking everyone 'hey, would you like to do a photo shoot?' Then, I would take the pictures and post them." Dave Jones, his first intern suggested that he set up a website where he could display his work. This is a stage that helped in propelling the new business and helped to reaching an unsolicited audience. His second platform is social media. "I took pictures and I started pushing them through [the networks] and I would start getting calls." Our each call landed Jeffrey a photo shoot with an advertising company and another request got him working backstage at a concert by Israel Houghton in summer 2015. New projects and experience like these are what he says keeps him motivated.

When asked what contributes most to his success, he responded, "using social media a lot and networking." Of his major attributes is his willingness to later a genuine interaction with everyone, rather than being an opportunist. However, he’s not short on challenges when it comes to actively running a photography business while trying to slash through the final leg of his schooling journey. "My biggest problem is trying to determine which gets priority and at which time." Emile says. "Sometimes there are major photo projects and I just put school on the backburner." He does acknowledge that his schoolwork is crucial yet sees a great benefit in first-hand experience in the business he hopes to grow.
When Cointe St. Brice graduated from Andrews University in 2015, he accepted a job outside of his intended field of community and international development. “After a couple of unsatisfying interviews, I decided to join my brother in handing out résumés for political internships,” St. Brice explains. After submitting his résumé for review at a congressman’s office, they conducted a quick interview with him on the spot. The hiring staff took a liking to him and offered him a position. “Although this was not the job I originally wanted to go after,” he confesses, “I realized how useful it would be to have the perspective of a policy approach in development work.” He currently works as a legislative intern for Congresswoman Dan Kildee, the U.S. Representative for Michigan’s 5th congressional district.

Similar to St. Brice, Joyce Yoon graduated from Andrews in 2015 and interned for Congresswoman Lisa Youslee on Capitol Hill as a staffer in the office of Congressman Walberg, the U.S. Representative for Michigan’s 6th congressional district. Prior to her current job, the communication major fulfilled an internship working for Congressman Upton, the U.S. Representative for Michigan’s 6th congressional district. “I never intended to start a career in politics,” she admits.

When Ben Carson, a prominent Adventist neurosurgeon, launched a campaign to secure the Republican nomination for the 2016 presidential elections, his messages triggered discussions nationwide and worldwide about the role of Adventism in politics. “I was aware of the negative connotations or morals in politics, among other things,” Joyce Yoon recalls. “I prepared myself for the job with this in mind, but the confirmation was nothing like I imagined. Everyone in the office was so nice. She interacted with constituents over the phone. She went to get to hearings. She was able to get a look at what happens behind the scenes of American government.”

In order to be fully aware of the proceedings on the Hill, she may reach out to fellow Adventists. “We have a relatively small pool of Adventists on the Hill,” she explains. “We need more Adventists involved in the political arena, having conversations with individuals who are voting and impairing laws.” In fulfilling his role, he acknowledges the difficulties of the political realm that may discourage Adventists from being involved. “Politics can be difficult because of the partisan nature,” he admits. “But you don’t have to leave your faith behind to be in politics—you can still be a committed Christian, and be an effective and passionate advocate.”

CHALLENGING THE ADVENTIST FAITH

St. Brice and Yoon both identify as Seventh-day Adventist. In their jobs, no one has opposed them for their beliefs or hindered them for their faith. Their observance of the Sabbath is respected and their opinions on different topics are considered. They have not encountered any individual who outright manipulates, “he observes. “But I found a totally different narrative. I have found a caring and supportive environment, a space open to discussion and learning.” As a legislative intern, he has the opportunity to see first-hand how the American government works. “The topics our office focuses on depends on what is currently being discussed in the media and what is repeatedly being asked by our constituents,” St. Brice explains. He is included in many discussions about a wide range of topics, including controversial ones that put his beliefs to the test. “I have sat in on discussions about gay marriage, marijuana, and other topics that may be viewed as controversial,” he reveals. “I was timid to speak up when certain issues came to the table, but I realized I’m representing a small group of the population who believes what I do. This was an opportunity to speak on their behalf.”

Dwayne Leslie, a 1998 graduate of Andrews, currently serves as the Associate Director in the Department of Public Affairs and Religious Liberty, as well as the Director of Legislative Affairs for the General Conference of Seventh-day Adventists. He minimizes the occurrences on Capitol Hill, scanning for any issues that may affect the Adventist church or impact religious liberty.

Yoon agrees: “If you’ve never been outside of the Adventist world, stepping into politics would be a huge shock.” The shock stems from the many varying religions represented in the world of politics. She recognizes that there are not many Adventists in the political world. “In the Adventist world, specific religious ideology and beliefs are central, but in the non-Adventist world, there is not one prominent religion,” she acknowledges. “I have had to push myself to be more cognizant of what I stand for and what I believe in.”

She has encountered many opportunities to evaluate her faith, especially in the social environment. “Being Adventist, the opportunities come up when I work or don’t work, or [when] I eat or don’t eat,” she discloses. “I do try to be mindful to make the distinction between cultural Adventism and the Adventist faith.”

CHALLENGING THE ADVENTIST NARRATIVE

“I have definitely had to explain my faith to people,” St. Brice explains. “Especially the Sabbath. He’s been known to discuss the differences and similarities of his belief system with a Muslim coworker’s, for example. I brought up the concept of Sabbath, explaining that it was sundown Friday to sundown Saturday, he recalls. “I explained to her that the Sabbath was 24 hours set aside for communion with God and fellow men,” he remembers. “I was able to show her Exodus 20:8 and the Ten Commandments.” Despite the similarity of the subject matter, St. Brice’s conversations with his co-worker have been respectful and understanding. “I felt very relaxed and comfortable because I have developed a good rapport with her,” he states. “I didn’t feel like I was preaching at her—we were just two friends having a conversation.”

Leslie, who has occupied his position for approximately five years, says he’s noticed a greater awareness in the halls of Congress. “In Washington D.C., veterans on the Hill are aware of the Adventist church,” he states. “We are well-known for our large educational and medical institutions.”

Although he has never come across the politicians of their government system, there is a need for a stronger representation of the Adventist perspective in certain conversations on Capitol Hill. “We should have a voice,” he affirms. “It is important for us to share our beliefs.”

Leslie’s office strongly advocates for one theme that Adventist Young Adults do not lobby on every issue, but they strive to lobby on issues impacting the religious liberty of any individual, whether Adventist or not. In early 2015, Leslie’s office spearheaded a court case against the clothing retailer Abercrombie & Fitch, supporting a young girl who was denied a job because of her hijab. “We support the rights for people to believe something or not believe in anything at all,” he declares.

Yoon acknowledges that everyone has different experiences, but she would not discourage any Adventist young person from looking for a job in politics. “It’s going to be challenging,” she echoes. “You’re in an entirely different environment, but doing an internship definitely helped me figure out what direction I wanted to take.”

Leslie suggests, “Find a candidate with views that are comfortable with and start from there. It is a chance to tell the world who we are.”

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I spend a lot of time counting while supervising a mural project. People are numbered. The length of the wall is measured. Brushes, buckets, and paint cans are counted and recounted...and counted again. Quick estimations in my head are adjusted. How long will it take us to finish at this rate? What time should we transition to activities today? How many children will we have in the afternoon?
These questions are just a small part of the running monologue in my head. I’m an artist and generally have an aversion to numbers, but this is part of the job. Counting.

Beyond Walls is a public art initiative that aims to promote education and tolerance through the creation of murals in urban areas in the Middle East and North Africa. We take a drab wall and we bring it to life. The murals are simple designs to accommodate the young painters among us. We use bright colors, and sometimes geometric or organic shapes, to piece together a pattern. To our amusement, we have found a “paint by number” approach to be the most successful. The colors and design are completed beforehand and each tone of paint is labeled with a number. Participants then take a small container of whichever number they choose and fill in the numbered spaces accordingly. We bring color and beauty, but we hope to bring so much more.

In the capital city of Tunisia in May 2015, Beyond Walls teamed up with six volunteers from Southern Adventist University and worked side by side with Tunisians and workers at the ADRA Jobs Center to beautify several walls of the Centre Intégré de Jeunesse et de l’Enfance. The number of participants varied from day to day, but there were typically around 20 adults and 15-25 Tunisian youth, ages 8-16. In the mornings we painted a mural and in the afternoons, activities and games were played. We sang songs. We danced. We braided colorful patterns with bright threads. Friendships emerged between our team and the children and employees of the center. That’s one aspect I love about my job. I get to watch individuals from diverse backgrounds come together to achieve a common goal. I’m able to see assumptions fall to the wayside, friendship and tolerance develop, as those who thought they were inherently different realize...
Liminal space is defined as an opening or a threshold. It is neither fully one side, nor the other, but both. Our world is full of boundaries; we create walls between each other with labels. We often tend to fear what is different and shy away from it. But liminal space is free of such boundaries and restrictions. It is a transitional area where those with differing perspectives can meet as equals.

The ideas we want to share are simple: that people matter—regardless of religious or cultural background. That service is valuable to us and the communities we are a part of; and education broadens and deepens our life experience; and young people throughout the world are an untapped source of positivity and change.

We may never know the full results our actions have had here. For our team, for the children, for the volunteers...

I sometimes wonder if what we do can be quantified. What impact are we making? What can really be achieved by painting a wall with beautiful splashes of color? But, as I watch the children smile and hear their laughter ring throughout the courtyard as they paint, I know it's worth it.

Art and service complement each other even more beautifully than the carefully chosen colors that adorn these walls. Perhaps this is what makes it priceless, something I simply cannot count.

Tunisia is a small country in North Africa with a population of over 10 million. Tunisia's revolution in 2011 sparked the Arab Spring and the country has since established a constitutional republic. Tunisia has a rich cultural history and despite two terror attacks last year, the Tunisian people remain resilient and hopeful for the future.

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Art and service complement each other even more beautifully than the carefully chosen colors that adorn these walls. Perhaps this is what makes it priceless, something I simply cannot count.
With a few oranges in his pocket, a bottle of water, and a military Bible in hand, the soldier trekked up the rocky terrain along mountainous New Mexico, on the run from military security forces. Exhausted, overwhelmed, confused, and afraid of what had ahead of him for disobeying orders and fleeing the base, the American soldier fell into a somnolent sleep on the mountainside, hoping rescue would come from the Commander for whom he risked it all.

Sunday morning, with an unseen Army protecting him, Airman Christopher Da’Costa returned to base to face the risk of federal prison. Bewildered as to why a soldier would risk everything for a newfound faith, his superiors concluded that maybe he was suffering from post-traumatic stress disorder and scheduled him for mental evaluation.

During de-briefing, the military lawyer harshly driled the airmen with questions regarding his faith, hoping to find some loophole in his answers that would help them determine how to reprimand him.

“Soldier, we’ve researched your faith and there’s no current conservative stance on Adventism joining the armed forces,” the military lawyer explained. “There are many Adventist soldiers in the military and they’re all obligated to work on Saturdays. Are you a special Adventist? Are you a Jew? Why do you, out of all the others, refuse to comply?”

The airmen was not above the solemn about his faith. He did not always believe in God and he surely never dreamed that one day he would stand and risk it all as a soldier of the cross.

Born in New York in 1990, Christopher Kingsley Da’Costa was raised by a single mother. By the time he reached his teen years, Da’Costa was spiraling downward. “I had no sense of purpose; I didn’t want to live by anyone’s rules and I didn’t care what happened to my life. I just wanted to live for myself.”

Growing up in an atheist, Da’Costa became a slave of vice and fed on things that nourished only his carnal nature. His grandfather, who ran a thriving drug cartel, wasted no time in teaching the impressionable teenager about the family’s way of life which revolved around drugs and money. During high school, Da’Costa reveled in being a rebellious teenager. He partied when he wasn’t selling school, Da’Costa reveled in being a rebellious teenager. He partied when he wasn’t selling drugs, and avoided all that might attempt to take him away from that kind of lifestyle.

At the age of sixteen, Da’Costa wanted no parental boundaries and left home to live with a friend. “I wanted to be cool,” Da’Costa remembers. “My curfew was 2 a.m. and for me that was too early.”

He had a strained relationship with his mother and she had little influence and authority in his life. Although his time orbiting around parties, in moments of quiets. Da’Costa felt emptiness slowly steal over him. Alcohol, women, and worldly living did little to satisfy him.

Then, the unexpected happened. “My mom became a member of a church and she was different.” Da’Costa’s mother, who had always shunned religion, accepted the message of the Bible through the Seventh-day Adventist Church and the new life and joy that animated her struck him. Da’Costa angrily rejected her invitations to Sabbath services and tried desperately to extinguish the new light her profession to now have. Pressure mounting from his mother to accept Jesus, and bad decisions racking up against him, at age 18, Da’Costa joined the United States Air Force.

A CALL TO DUTY

The harsh training began immediately. With a humor that was non-existent while in the military, Da’Costa remembers the initial stages of Air Force training. “You’re meticulously ob-served when you sleep, eat, shower, and shave.” He laughs as he mimics how soldiers tremble of Air Force training. “You’re meticulously ob-served when you sleep, eat, shower, and shave.” He laughs as he mimics how soldiers tremble

The mission stole the lives of two close friends. Grieving, then confused and shocked by the devastating acts of war, the airmen slowly submitted to the idea that something greater than the evil he witnessed must exist.

THE AIRMAN SLOWLY SUBMITTED TO THE IDEA THAT SOMETHING GREATER THAN THE EVIL HE WITNESSED MUST EXIST.

Usually, soldiers call the idea of a loving God after witnessing the brutality of war. They would view Christianity as a doleful result of fleeing euphoric feelings. Strangely though, when the scales of Da’Costa’s military boots greeted home soil, he carried with him not only cruel and tormenting memories of hardship and the evil he witnessed must exist.

Now stationed at San Antonio, Texas, Lackland Air Force Base with over 20,000 soldiers, Da’Costa’s nights were restless and plagued with nightmares. Soldiers drank heavily in order to silence the evil spirits of war that befuddled them and Da’Costa knew he needed a change.

“THE AIRMAN SLOWLY SUBMITTED TO THE IDEA THAT SOMETHING GREATER THAN THE EVIL HE WITNESSED MUST EXIST.”

W
He had heartily accepted her invitation to worship with her one Saturday while visiting. The sermon stunned him in his seat as the speaker that Sabbath recounted his experience as abnormal, he would be sent to a military prison for a nine-hour interrogation, Da’Costa, with Bible as his only defense, Da’Costa fl ed into the mountains and sought help from God. The crumpled form of the soldier rested on the dusty ground in the Alamosadero Mountains. He did not always have such faith but he knew he could not deny his Lord. Prayer was mingled with tears and sleep. When Sunday morning broke, Da’Costa made his way back to base. Scheduled to meet with a military lawyer for a nine-hour interrogation, Da’Costa, with strengthened faith, explained his stance and gave scriptural evidence supporting his stand for the Bible truth.

A second evaluation challenged the soldier further as he was required to answer 50 questions and two IQ tests in relation to his beliefs. After considering the test results, if the evaluator deemed Da’Costa’s spiritual experience as abnormal, he would be immediately stationed at the maximum mental level. However, after proving that he was in perfect mental health, the superiors asked Da’Costa to pack his things in preparation to be imprisoned for a faith he chose to place above his duties. Sitting in a room and waiting to be flown to Kansas to begin his prison sentence, Da’Costa prayed that God would help him with what he noticed sudden quick movement around the office. “Airman Da’Costa! Why are you not at work?” the supervisor left.

He was an assistant chaplain and was responsible for briefing chaplains from their scriptures and to their respective chapels. After a while, desperate to honor God, the airman summoned the commanders again, “If your Sabbath is so important to you, you will keep it in federal prison for two years.” The Friday evening following the meeting, Da’Costa asked the local church pastor to pray for him and spent the night there in restless sleep. With no one to give him counsel to help him, instead of reporting to his unit, the setting sun found the airman, in his apartment and on his knees, praying and spent the night there in restless sleep. At 5:30 a.m., the supervisor left.

A ROCKY COASTER RIDE

Da’Costa reminisces, “The pastor preached from Daniel chapter two and, while listening to this, I thought that Christianity was reaching out to him. Confused and wanting to serve God, Da’Costa rushed to the bathroom, locked the door and, there on the floor, wept and surrendered his life to the God he knew was reaching out to him. This new change meant that he now had to work every single Saturday.”

Life testimony which, bizarrely, mirrored the story of a soldier of the Apocalypse, Da’Costa was reaching out to the appeal, instead of walking to the altar, in rebellion against the conquering Spirit that would not let him go. Da’Costa rushed to the bathroom, locked the door and, there on the floor, wept and surrendered his life to the God he knew was reaching out to him. This new change meant that he now had to work every single Saturday. Da’Costa decided that this soldier was going to be the first to be dismissed.

He recalled what his own Personal Sanctuary and staff members who befriended him and spent the night there in restless sleep. With no one to give him counsel to help him, instead of reporting to his unit, the setting sun found the airman, in his apartment and on his knees, praying and spent the night there in restless sleep. At 5:30 a.m., the supervisor left.

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DEAR RELATIONSHIP GURU,

In the words of the great meerkat Timon, “Hakuna Matata”: let “No Worries” become about your mother suffering from an Obsessive

In the words of the great meerkat Timon, “Hakuna Matata”: let “No Worries” become about your mother suffering from an Obsessive

Dealing with stress in the home can be daunting, especially when it is related to

Remember that navigating through these challenges will be an adjustment for both you and your mother. Thus, the way that you choose to handle current stressors will guide the relationship that you will have with your mother in the future. Balancing this as well as other pertinent information in mind, consider a course of action that preserves both your well-being and the relationship.

OCD is defined as an “anxiety disorder characterized by unreasonable thoughts and fears (obsessions) that lead you to do repetitive behaviors (compulsions)” (Moyes Clinic Staff, 2013). Now, if from this cursory understanding

You have mentioned that your wallet is not necessarily overflowing with funds at this time and that moving out may not be an option. As a result, we encourage you to

You may also consider purchasing online editions of your textbooks to avoid the hassle of bringing your books home. And remember, your life at home is only one part of your life; there is a whole world outside of your home that is waiting to be explored by you! So be adventurous!

And constant irritability. Your mom may

As you contemplate the best course of action for addressing the present conflict, be reassured that there are a great number of families affected by mental illness (OCD, in particular), thus, your situation is not the “norm.” As a student and young adult who is currently residing with a parent, there are several common concerns and lifestyle challenges that you may be facing:

Do prioritize your self-care. This is not about being selfish but rather, it is about maintaining your physical and psychological health under difficult conditions. Take time to engage in exercise, preparing healthy meals and spending quality time with your friends.

But in the long run, it can help to motivate your mom towards change.

As you provide support and help to your family, you may not want to risk hurting her feelings if you try to do so; however, it is important to keep the lines of communication open and to make no subject an untouchable one.

So, it does not mean that you cannot get your own support. You have already taken the first step by reaching out regarding some possible solutions to your problem and we applaud you for your efforts – seek further professional help and talk to your family doctor or psychologist if you find yourself struggling with any of the above symptoms, or if you recognize that you would just benefit from talking to someone further about your situation.

Don’t get frustrated. Your mom may not be open to treatment at this time and her view of therapy as something that is just for “loners” may just be a cover-up for a number of the following reasons: she may be putting off getting help because she does not yet perceive her symptoms as severe or excessive; she may be embarrassed to talk about her compulsions or may fear negative reactions from others, even rejection, if she does address her issue; she may not know what her treatment options are or where to seek help and even if she does, she may fear not having the financial means to access some of these resources; in addition, if your mom is from a visible minority or if her first language is not English, she may feel too intimidated to talk to her doctor about her symptoms; she may even worry that her illness may be used against her in some way.

Do get support. OCD is a frustrating illness so don’t try to deal with it on your own; surround yourself with people who understand what you are going through and are willing to listen when things get tough. Engage in therapy or supportive counseling if need be.

Do take the time to get informed. Learn as much as you can about your mom’s condition; you will feel less vulnerable when you are able to distinguish her behavior and expectation symptoms of her illness versus some character flaw.

Don’t get pushed, just be available. Often when we try to push someone into change that they are not ready for, it can only make their troublesome behavior worse. The best thing to do is to simply be there for your mom until she decides to seek help. Leaving some informational pamphlets or brochures (with treatment resources) around the house may not be such a bad idea!

Don’t engage in your mom’s rituals. People with OCD often try to involve their family in their compulsive rituals; families may often play along or help out with behaviors such as checking and washing in an effort to keep the peace. However, even with the best of intentions, this can often cause the affected family member’s compulsions.

WHAT YOU CAN DO

Deus honest. Your mom may feel embarrassed to talk about her issue or you may not want to risk hurting her feelings if you try to do so; however, it is important to keep the lines of communication open and to make no subject an untouchable one.

“Avoid”

When someone in a family is ill, the affected family member’s compulsions. People with OCD often try to involve their family in their compulsive rituals; families may often play along or help out with behaviors such as checking and washing in an effort to keep the peace. However, even with the best of intentions, this can often cause the affected family member’s compulsions.

ADDITIONAL RESOURCES

OFF CAMPUS
University Medical Specialists
269-473-2222
studenthealth@andrews.edu

ONLINE
webmd.com/mental-health/obsessive-compulsive-disorder-ocd-topic-overview
psychcentral.com/quizzes/ocdquiz.html

ON CAMPUS
Counseling and Testing Center (CTC)
269-471-3740
cis@andrews.edu

Andrews Community Counseling Center (ACCC)
269-471-6238
andrews.edu/counseling
STORY LILIAN GALINDO | PHOTOS & DESIGN ANGEL HOU

RELATIONSHIPS

PATHFINDERS

T

he warm and humid day was broken down by a gust of wind, blowing through the treetops of the mountain that backed the Adventist University of the Philippines (AUP), campus released a sweet aroma in the air. As the sun began to set, she walked up to the meeting place and noticed her friend looking up to the sky, hands in his pockets and back toward her. She knew she was the same person; she knew she would turn around and look for her face. "She showed up in the crowd of people with sun-rays gracing her face. "She was a freshman at AUP studying nutrition and looking for opportunities to lead people to the Lord. Suddenly, her path changed; she quickly recovered her thoughts and wrapped up her sermon to have a chance to speak with her. As shewalked toward her, she noticed a different spiritual group that was there. She recognized him as someone she had seen in the past, but I just couldn't make the connection."

Later that evening, as Beryl walked home from the vesper programs, it suddenly dawned on her she was a Pathfinder Bible. She had always wanted the coveted Bible and she had his hands on the seam of his pants. He held her hands, a very pensive position. He looked very tired they were. "Those little events really helped grow closer. They had become everything that each of them had ever dreamed of in a different spiritual group within campus ministries, and to their surprise, without any ...

As Sheldon began to notice very strange coincidences, for example, he sent a text to the group inviting them to a love seminar. "When I showed up, the only other person from my group was there. Here we were, thinking, 'Man, the girl that I like is sitting right next to me at this courtship seminar.'"

As they began to get to know each other, more of these chance encounters would occur. "We're going jogging this evening, we'll meet at this place and she would be the only one to show up." Sheldon found this strange. "I thought this was a group thing. Why am I the only one here?" she said."

When they went texted, they kept talking, and talking, and never even noticed how tired they were. "Those little events really helped us deepen our friendship," said Sheldon.

Sooner thereafter Sheldon was moved to a different spiritual group within campus ministries, and to their surprise, without any ...

In three years they had gone from 'the guy with the Pathfinder Bible' and the 'pretty girl at the beach' to boyfriend and girlfriend in a relationship. Sheldon, Sheldon and Beryl are entering their fourth year of a joyful marriage. The fourth year of a joyful marriage. The fourth year of a joyful marriage.

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"…you know how to interpret the weather signs of the earth and sky, but you don’t know how to interpret the present times."
- Luke 12:56

WE, THE YOUTH OF TODAY, ARE LIVING OUR FIRST DAYS IN THE LAST DAYS OF EARTH’S HISTORY. THE SIGNS OF THE TIMES ARE ALL AROUND US. CAN YOU DISCERN THEM?
“If we knew the value of the human soul, we would not be indifferent to our own salvation or to that of others.”

- Sermon Transcript
Ellen G. White
April 16, 1894

“The mission of Christ to the world was to break the chain of Satan from the soul, and to set at liberty those that are bound.”

- Sermon Transcript
Ellen G. White
April 16, 1894
“There are in the world today many who close their eyes to the evidences that Christ has given to warn men of His coming.”
- Acts of the Apostles 26:1
Ellen G. White

“Indeed you know how to discern the appearance of the sky, but the signs of the times you are not able!”
- Matthew 16:3
How One Woman is Cooking Up a Career on YouTube

In Berrien Springs, Michigan, Francielle Nogueira turns on the cameras in her brightly lit kitchen. She collects the ingredients for pumpkin cheesecake and, as the oven is pre-heating, she rushes to her room to fix her hair and make-up. When she returns, Nogueira picks up her KitchenAid® mixer, covers the logo with duct tape, takes a deep breath, and starts speaking to the camera while her husband watches from the sidelines. Six hours later, the video is posted to her YouTube channel and is watched by thousands of people around the world.

You Tube has over a billion users and everyday many of them stream content, generating billions of views. More and more are using their online presence to market themselves, along with the products and services they hope to place before consumers. Nogueira is a case study in how the Internet can be used to build a brand and perhaps make a profit, when you have very little resources to fall back on—something many cash-starved, busy college students may identify with.

As of December 2015, Nogueira’s channel, Vai Comer O Que—translated “What Should We Eat?”—has reached over 100,000 subscribers, and over 5 million views, a feat achieved over the course of three years. It took a lot of hard work to reach that point, and even with her thousands of subscribers Nogueira groans about what many students earn from a part-time campus job.

Nogueira’s foray into dishing up cooking videos began in March 2012 when her husband, Linoleu, was accepted into the doctoral program at the Theological Seminary at Andrews University. While a graduate with a degree in advertising, Nogueria’s visa didn’t permit her to work within the United States. She decided to use cooking as a way to fill her free time. Initially, she began a blog, which she used to share her edible creations with friends across the globe. These friends, after viewing her blog postings, encouraged her to start videos with advertisers, decides which ads will be seen or responded to by the viewers. If someone wants to earn significant, ongoing revenues as a YouTube partner, they need to consistently generate thousands, or better yet, tens of thousands (or more) video views, each and every month. One of the biggest benefits to becoming a YouTube partner is that Google handles all advertising placement, revenue collections, and payments. Once you become a partner, Google matches videos with advertisers, decides which ad will appear, and tracks all traffic and ad responses. YouTube then pays out any earned money to the channel owners.

Encouraged by YouTube’s incentives, Nogueira continued to share more videos and her page gained more and more subscribers. In June 2012, she received her first paycheck from YouTube in the amount of $100. The couple decided to take the “hobby” to a new level. “Right away, we knew it was time to invest all our energy into this project,” said Lincoln.

Although Nogueira loves what she does on YouTube and has many viewers, she is nowhere near earning as much as popular YouTube celebrities, some who have earned over several million dollars. But Nogueira is undaunted. “It takes time to earn a living from YouTube—about five years—and I’m only in my third.” Making money on YouTube isn’t as easy as it may seem, and Nogueira knows this firsthand. A lot of time and money goes into the creation of her videos. To produce a four-minute video, it takes Nogueira about twelve hours: six hours cooking and six hours editing the video, which she does completely on her own. Not only is time an issue, cost for production is another huge expense they take on. Adding to the cost is a 30% fee Nogueira pays to a company called Tastemade for copyright protected background music for her videos. Because of copyright laws, YouTube has a 50% fee for her videos. Fortunately, she can edit the videos herself, but for many “YouTubers” this is another huge expense they take on.

Lincoln said, “We came from Brazil without any idea of what YouTube Partnerships were, and I couldn’t believe this was possible!” Like many users whose videos grow in popularity, YouTube asked Nogueira to join their partner program. This free and optional program allows channel owners to monetize their videos. When someone views, clicks on, or watches a video-based ad on that channel, the channel owner earns a little revenue. How much the channel owner earns depends on a variety of criteria, including the type of ad that’s seen or responded to by the viewers. If someone wants to earn significant, ongoing revenues as a YouTube partner, they need to consistently generate thousands, or better yet, tens of thousands (or more) video views, each and every month. One of the biggest benefits to becoming a YouTube partner is that Google handles all advertising placement, revenue collections, and payments. Once you become a partner, Google matches videos with advertisers, decides which ad will appear, and tracks all traffic and ad responses. YouTube then pays out any earned money to the channel owners.

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KNEAD TO SUCCEED

HOW ONE WOMAN IS COOKING UP A CAREER ON YOUTUBE

STORY MARK INGamba | PHOTOS BRITTANY DOYLE | DESIGN MAKLEY LOTHOUSE
strict policy and can only accept original content. If copyright laws are broken, a channel may be shut down.

YouTube, from time to time, offers her exclusive deals. In November 2015 she was offered $3,600 to make 10 videos no longer than 40 seconds long.

So far, Nogueira has invested about $8,000 in video production equipment. “I have to keep up with the latest technology because viewers are turned off by low-quality videos, so I have to constantly upgrade my cameras and lenses and so forth.” She bought three DSLR cameras, four lenses, a microphone, three sets of lights, and an iMac computer and Adobe editing software.

Her earnings continue to increase as viewership grows, and she still earns money from the views to her old videos. She uses free social media applications like Pinterest, Facebook, Snapchat and Instagram to promote and generate traffic to her channel and website, kneadataste.com.

Perhaps the biggest incentive to continuing making videos for YouTube is that it drives traffic to her website. “I post a link to my website at the end of every video and share the videos on social media to direct people to see my website.” She created the website on her own by simply watching how-to videos on YouTube. The site now has over 100,000 visitors a month and is bringing in increasing revenue. Nogueira writes her articles in English and explains her recipes in great detail. She chose to make it in English because the English language reaches a bigger audience, and brings more traffic to her page, resulting in more ads. She says that although the website is new, the ads on the site generate an additional $100 per month.

As she has come to discover, the key to making money is not solely from the YouTube ads, but from product placement and endorsements. Companies pay a lot of money to advertise their products on channels with a lot of subscribers.

Nogueira’s channel could make more money if she lived in Brazil because she has numerous offers from Brazilian food companies to advertise their products; however because of shipping costs and freshness of the food, this is not possible. Last fall she was even invited to be a guest on the biggest talk show in Brazil but was unable to attend because they wanted her in the studio the following day.

The 28-year-old has new long-term goals, and is using YouTube as a platform to showcase her talent. She hopes to someday publish a cookbook and/or produce her own televised cooking show. Her husband has four years left to complete his doctoral program and then they plan to return to Brazil.

“This has been a really fun journey for me,” she said. “Everything can be achieved with effort and dedication, and with a heart submissive to accept the will of God for our life.”

Highest earning YouTube stars

<table>
<thead>
<tr>
<th>Name</th>
<th>Earnings</th>
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<tbody>
<tr>
<td>Lewis Bradley &amp; Simon Lane</td>
<td>$6.7 million</td>
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<tr>
<td>BlueXephos</td>
<td>$5.7 million</td>
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<tr>
<td>Felix Kjellberg</td>
<td>$5.1 million</td>
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<tr>
<td>PewDiePie</td>
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<tr>
<td>Ian Hecox &amp; Anthony Padilla</td>
<td>$4.3 million</td>
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<td>Jenna Maroey</td>
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<tr>
<td>Toby Turner</td>
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<td>TobyGames</td>
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YouTube reaches more 18-49 year olds than any cable network in the U.S.

The Sharing Economy
Can Students Make Money?

At a 7-Eleven gas station, Donna Gary removes the mats from her black Honda Civic and vacuums the car. She cleans the dashboard and arm rest area, then mists Febreze air freshener front and back. Gary, a 21-year-old senior at the University of Notre Dame in South Bend, Indiana, is grooming her car before she hits the road as an Uber driver.

Gary is part of the “sharing economy,” which offers a service or product to a community with the touch of a smartphone app. Each company, from Uber to Lyft to Airbnb, works on the same principle. You, the customer, need a ride or a place to stay. Somebody is interested in the product and the people who provide the service set their own hours, work as little or as much as their schedule allows. For students, this is a win-win situation. Or is it?

Gary is one of a growing number of students turning to Uber to make some cash on the side. Uber says that 11% of its 400,000 drivers are students, nearly double the percentage of students in the U.S. population overall.

The company works very much like a car service where drivers get paid to drive people around the city. Riders use the Uber app to request a ride from their current location. Once the driver sees the request and accepts it, the ride gets GPS updates on the whereabouts of the car. For safety reasons when the car arrives the rider has a photograph of the vehicle, the plate number, and the driver’s name and photo, so they verify this before getting into the car.

Five years after its San Francisco launch, Uber arrived in South Bend, in August 2015. The company
The only option they have is a credit card or debit card. Once that information is entered, their bank details are saved on Uber’s record, you may be hired in less than 24 hours. Once hired, you can start right away. Simply turn on the app and wait for a ride request.

Gary is a psychology major and makes about $400 a week, but money isn’t the sole reason she drives. “I drive with my résumé in the car. We drive all kinds of important people—CEOs, guest speakers. When they request rides, I chat with them, get their business cards, friend them on LinkedIn and hand out my résumé; it’s an amazing platform to network.” Essentially, her car has turned into her office space. “I’ve only been driving a short time, so I haven’t received any job offers yet, but I’m hopeful.”

She prefers to work weekdays to avoid partygoers, but sometimes she has little choice because I know I’m getting a decent paycheck off her car. “I drive with my résumé in the car.”

The cashless system is great because it removes an issue in the taxi industry where riders would do “runners” on a taxi—essentially darting from the taxi without paying for the ride. Fares are automatically charged to the rider’s credit card, so drivers can avoid the risk and hassle of carrying cash and making change.

Another way Uber ensures safety for drivers is the rating system. After every trip, riders rate the drivers and provide anonymous feedback about the ride to Uber, and Uber uses this feedback to help drivers improve. On the other hand, drivers’ feedback counts, too. Uber is against any rider’s behavior that makes drivers concerned for their safety or the safety of their vehicles. Riders reported to be abusive toward drivers or who violate the terms of service may lose access to the system.

Gary appreciates the cashless system, and the rating system, saying, “It gives me the freedom of never driving a passenger I didn’t like ever again.”

The rating system works like this. A driver is ranked on a scale of 1-5, 5 being the highest and 1 the lowest. If a driver or customer gets a 1 star after a ride, the app automatically ensures that driver and customer will never connect on Uber again. “I have a 4.9 rating which is pretty good and I plan to keep it that way,” Gary said proudly.

But there are factors to consider before you think of jumping behind the wheel. When you drive for Uber, you’re not an employee, but rather a self-employed independent contractor. The company doesn’t offer benefits, and it reserves the right to “end a relationship” with a driver. Instead of receiving a W2, you receive a 1099-misc form that reports the gross income you made. Uber does not withhold taxes from your paychecks, and you are responsible for paying the full federal and state income taxes. There are also no paid sick leave or vacation days, nor subsidized health insurance.

Drivers are also responsible for buying their own fuel and car maintenance costs. Like many drivers around the country, Gary isn’t happy with that: “I mean, they’re already taking 20% out of your paycheck, they tell riders not to tip us, we pay for our own auto insurance, gas, oil changes, cleaning expenses, it’s too much.”

She says she made more money working as an officer assistant at Notre Dame, but prefers Uber because of the convenience it gives, setting her own schedule, and networking with new people. “There’s no office, no boss, and nobody telling you when to get to work,” she continues. “I enjoy the freedom and flexibility to drive and make money whenever I want to.”
After his encounter with Goliath, David later fought yet another giant and was almost killed. This makes me wonder: how in the world could this have happened? The younger David had no experience of war, no traditional weapons and no army backup. He was a young boy, seemingly, with only a sling and five smooth stones. Disadvantages aside, he is amazingly victorious.

Fast forward many years, David is now a seasoned warrior. He is surrounded by a faithful, well-equipped army with storied victories and yet, he is almost killed by this second giant.

What is going on here? The answer is a sobering one to any Christian with past victories.

The story is found in 2 Samuel 21:15-17. The Philistines decide to pick a fight with Israel and once again bring a giant as their champion, a situation similar to decades earlier when Saul was the reigning monarch. David is in the heat of the battle and the Bible says that he became exhausted or “waxed faint.” He has no strength left.

Ishbi-benob, the giant, seizes this opportunity and attempts to kill David, the man after God’s own heart. Abishai though, a hot-headed soldier for David who was always ready to behead anyone who dared to do as little as talk bad about David, sees that his king is in danger and immediately kills Ishbi-benob. After this near-death encounter, the soldiers tell David that he is no longer allowed to go out to battle with them. David, the mighty warrior who had slain tens of thousands (1 Samuel 18:7) was no longer much of a mighty warrior. What lesson can we draw from this story?

Firstly, the giants in your life that you once defeated will return and you’ll need another way of slaying them. We like to think that we have control over certain temptations that once beset us. We felled those giants with the slingshot of one stone, buttered smoothly with the power of God. But then those temptations, those challenges return. The difficulties we have come through have manifested themselves in our lives again, and we are at the point where we face slaughter by this ‘giant’ from times past.

David could not kill this giant. Someone else had to come to his rescue. Difficulties you once conquered must now be conquered by someone else, and, God. You need their prayers, their counsel, their comfort. You simply need the help of a loved one or someone you trust. Do not attempt to fight it on your own.

Imagine King David lying on the battlefield bleeding, bruised, panting for air, and mercilessly beaten by this giant who decides that he’s going to end the monarch’s life. This same David once had the vigor of youth on his side, but now the years have taken their toll. This David who once enjoyed a low-stress job watching sheep, now irqued over a stubborn, stiff-necked people. This same David who once had only to deal with regular sibling rivalry in his family, now had the painful and searing imprints of adultery, rape and incest, murders, and rebellion in his family on his heart. David was no longer a youthful caretaker-soldier who spent his free time on his harp, but an older, weary king with the toils of life on his shoulders.

Life will hand you some tough blows and it will seem as if all is lost and you are staring death in the eye. However, God is always standing in the gap for us. Christ, our Protector, will come to our rescue and deliver us. He can deliver you.

Draw also from this story that a time will come when you need to step back and let another fight the battle. It is not always about you! Maybe it is time to let someone else take over that ministry, or that job, or whatever. Your time for these kinds of battles has ended. Go be a light in another capacity. God has other things in store for you.

The most important point is that the giant was killed and David was saved. That is also what is most important in your life.
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