

# WEIMAR INSTITUTE BULLETIN

BOX A, WEIMAR, CALIFORNIA 95736

VOL. 6 NO. 2 FEBRUARY 1982

## Institute Acquires Mobile Medical Van



Mobil Medical Van recently purchased by Weimar Institute for use in city health services.

During the year-end holidays, Weimar students and staff raised sufficient funds to purchase a mobil medical van for use in city health services.

Sparked by the awareness that the Greater New York Conference Van Center was interested in selling one of their vans, Chaplain Dick Winn asked the Weimar family to consider whether this may be the time to act on a long-delayed dream. From the very beginnings of Weimar College, it has been understood that students would learn how to meet the needs of people in the large cities through health-related ministries. The Metropolitan Ministries major is built around this theme. And with increasing numbers of upper division students in this major, it seemed that such training could be delayed no longer.

And a mobil medical van promises to be an ideal means for accomplishing this training through service. Aware of this need, the students and staff decided that we should seek the Lord's leading. It was estimated that \$20,000 would be needed to purchase the van, transport it to California, equip it for our purposes, and operate it for the balance of the year. If this

amount could be raised by the first week in January, this would be seen as God's timing to move ahead.

As vacationing students shared the vision with families and churches "back home," and as staff spoke with friends and relatives, the idea seemed to catch on. During the first prayer meeting of the new year, both donations and reports of God's leading were brought forward.

The next morning, the business manager reported he had in hand cash and pledges totalling \$20,000. The decision to move ahead with the purchase was telephoned to New York. (Less than an hour later, a government agency phoned the New York Van Center to announce their decision to buy the van!)

The next day, Elder Winn left for a speaking appointment in the East, planning to drive the van home. President Bob Fillman flew directly to New York to join him in the lengthy trip. After spending a day at the Van Center, they headed west on Monday evening, catching the trailing edge of a storm which set 75 new records for coldness. With heaters functioning inadequately, temper-

(Continued on Page 6)

## Astronaut Speaks To Weimar Family

(Colonel James Irwin, Apollo 15 Astronaut)

"That last morning on earth, waiting, tightly strapped into our APOLLO 15 capsule, was a very moving time for me," Colonel James Irwin told our Weimar family. "I remembered how my mother had laughed when, as a small boy I had told her I wanted to go to the moon. I also thought of the very dark time, following an airplane accident 10 years before, when the doctor had said that I would probably never fly again."

Colonel Irwin's love of flying led him to his life work. His mother finally accepted this, though she frequently cautioned him, "Be sure to fly low and slow."

In 1961 Colonel Irwin graduated from test pilot school. His aim had always been to go higher and faster. There-

fore, he was delighted to be assigned to test the F-12's and S-71's. He felt sure that he was the "hottest pilot in the sky" and nothing could stop him now. His head got so big he was surprised that his helmet still fit.

Then came the accident, while flying a light aircraft with a student. The plane did not burn, but both were seriously injured. After several weeks the doctor's grim prognosis was delivered.

This was a very dark time, in a deeply shadowed valley. Colonel Irwin cried out to God for help, and determined, with Divine aid, to make a comeback.

He succeeded, and 5 years later was chosen as an astronaut. For another five years he trained intensely, body, mind and soul. And finally the day had come.

Sitting in the capsule that morning, Colonel Irwin again

committed everything to the Lord, in case he did not return. Soon the door clanged shut, the final goodbyes were said. As the 7½ million pounds of thrust pushed the rocket into space, tears of joy ran down his face. It was a moment of supreme elation.

The next 12 days were spent in space and on the moon. From the deepest valleys of earth, Colonel Irwin found himself exploring the highest mountains of the moon. They found what is probably the oldest specimen of rock in existence, the genesis rock. They looked back at their footprints, which scientists told them would be there for a million years. They felt very special.

Colonel Irwin felt God's presence during his walk on the moon, but not any more so than he had felt it on earth. It wasn't necessary to fly high and fast to find God. He's also there when we fly low and slow.

In the years that followed, Colonel Irwin travelled extensively, telling his story and witnessing for the Lord. But

(Continued on Page 6)



Astronaut James Irwin (third from left) with Robert Fillman, and Dr. and Mrs. Merritt Horning.

# M.D.s Give Inside Views on NEWSTART



Dr. Robert Brown  
\*Surgeon

“I was very skeptical...”

By Robert N. Brown, M.D.  
Oakhurst, CA

February 1980 NEWSTART Class

I was very skeptical, to say the least, when I arrived at Weimar Institute 2 years ago. At first I challenged and argued over nearly everything they tried to teach me. But my hostilities quickly melted, and I became tremendously interested in what I was observing.

I had triple bypass heart surgery 7 years ago. I was doing fairly well, but wondered if I might not do even better on a conditioning program. I investigated Pritikin's Longevity Center, but was turned off by the price (double Weimar's) and their lack of hydrotherapy, occupational and physical therapy facilities, not to mention the total absence of any spiritual atmosphere.

During my 25 days at Weimar Institute my weight, cholesterol and triglycerides all dropped nicely, but garden therapy nearly did me in. One-half hour of shoveling manure reactivated an old tendonitis which hurt terribly for the next 2 weeks. The physical therapist worked on the painful areas, hurting me even more. But I'll have to admit that I've had no problem at all in the 2 years since.

I now feel that the critics of Weimar's health program are those who have not been there, have not tasted it for themselves and are ignorant of what they say. I am 100% behind the health program and would like to join the staff there some day if I am needed. I certainly recommend the NEWSTART program in my health lectures, and to everyone I see who is interested, and who needs it.

I'll admit that over the long term I've felt the diet too strict, and often impractical. But, as a result of my compromises, I'm fighting the weight battle again. My 93 year old father-in-law, who went through the NEWSTART program with me, has followed it very conscientiously, and he is doing just great. Last week he rode 10 miles on his bicycle. He's doing better than I am.

“I needed motivation...”

By Charles L. Yeager, M.D.  
Paradise, California  
October 1981 NEWSTART Class

I have been practicing neurology and psychiatry for 34 years and just retired last May. I was having a few cardiac symptoms and had picked up some extra weight. I read Mr. Pritikin's book and became very interested in the kind of thing he was doing. Then I met a friend who had been to Weimar, and found out that a very similar thing was being done there.

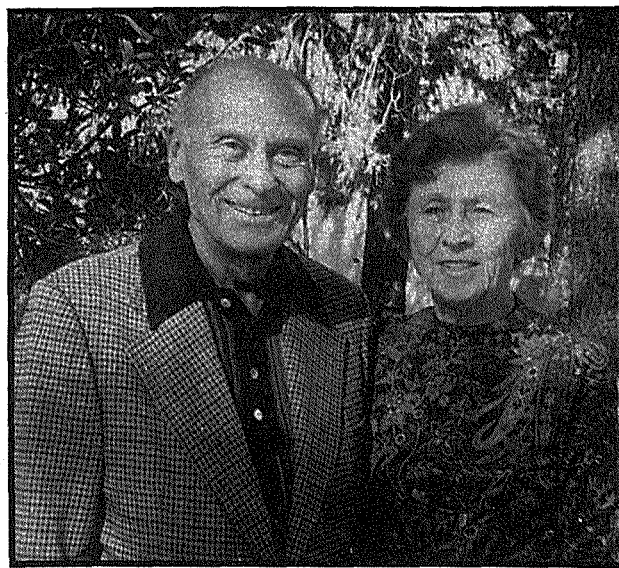
I had always been reasonably careful of my health, but realized I could probably do a lot better. My wife and I needed motivation, and also some knowhow in practical ways to improve our life style.

The program is a carefully disciplined one. We got up early and attended devotionals and medical lectures. We exercised doing calisthenics outdoors, working in the gardens, making use of gym equipment, and walking the many beautiful wooded trails. The exercise was carefully prescribed according to individual needs and tolerances. Also, we enjoyed hydrotherapy treatments, physical therapy, cooking classes, and nutrition instruction.

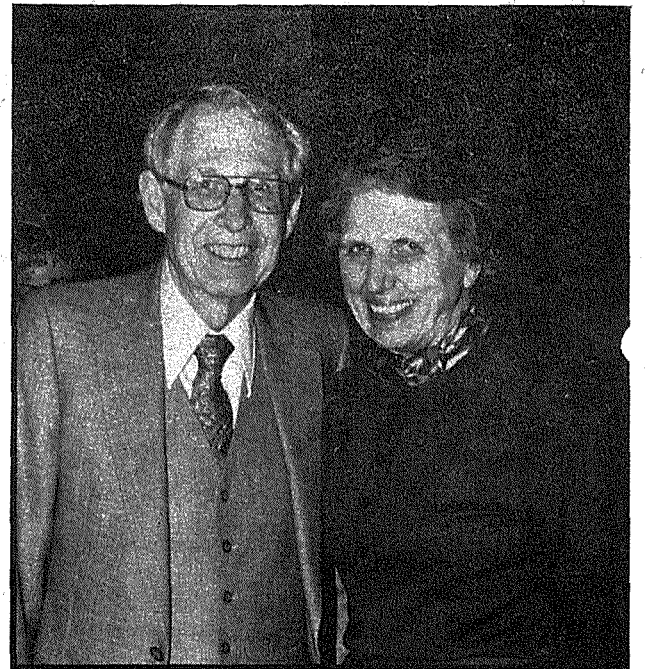
My wife and I enjoyed many benefits from our experience there. Perhaps the best one was getting on a food program that is health-building. Was the food good? Well, there are several definitions of enjoyment. At first the absence of salt made many things seem rather tasteless. But we quickly became accustomed to it, and during the latter part of our stay, found it tasty and enjoyable.

We found that on this program, we felt better quickly...the entire body and mind improved rapidly. Our walking tolerance improved daily, and we felt less and less stressed and tired. My blood pressure, which registered 180/96 the day I arrived, quickly settled down to 110/60. Also I lost 7 pounds.

Another thing I liked about it is that one is told exactly what his test results are, what they mean, and what to do about them. Also I feel that the spiritual emphasis is most important. For most of us there is too little emphasis on our faith and needs in times of sickness and trouble. I strongly agree with all the things that are being taught and done in the NEWSTART program.



Dr. and Mrs. Charles Yeager  
\*Psychiatrist



Dr. and Mrs. Vincent Gardner  
\*Family Practice

“I came as an observer...”

By Vincent Gardner, M.D.  
New York City, N.Y.  
January 1982 NEWSTART CLASS

I had been in family practice for 26 years, including a 2-year term in public health service. I enjoyed it, but began to long for a way to serve God and the church more directly. In 1971 I joined the Better Living Center in Philadelphia and for the next 10 years served on a denominational salary, teamed with a minister doing health education. These years were both rewarding and frustrating.

About a year ago I joined the outreach program in New York City. I came here to Weimar to find out how to put into effect the health principles we know and believe in. I am interested in health conditioning centers, and hope to help out at Living Springs Retreat, a place much like Weimar's NEWSTART Center.

I am impressed with the very practical way these principles are handled here. First we sit in class and learn the physiological basis, then we go and apply what we learn, in the cafeteria, on the trails, in every aspect of our lives. I like the very tender, loving attention each patient receives. I like the way the doctors and nurses are always around and available, night and day. There is an EKG ready to go, any minute it is needed. Also, a defibrillator and other emergency equipment.

Results at Weimar are much better than can be achieved in private practice. I really tried, spent hours, days, weeks trying to teach my patients how to eat, exercise, live, etc. They need an opportunity to have tastes and habits begin to change, away from home environment where the problems first developed.

I am 100% in harmony with all that is done here. It is very difficult to effectively change a lifestyle without the spiritual component. For most people, lifestyle changes are as impossible as a leopard changing his spots. But the gospel, the Good News, is that — with God's help — people CAN change, both physically and spiritually.

## NOTICE TO ACTIVE MINISTERS

Special NEWSTART seminar for you.  
Health-education/participation program  
30 hours continuing education for  
ministers and nurses.

(Per couple — \$750, per person \$500)

March 1-11, 1982

Call now for information and reservations.

## NEWSTART Schedule

Following are the dates for Weimar's  
NEWSTART Health Center programs:

March 1 .... March 11 (Ministers)  
March 22 ..... April 15  
April 18 ..... April 21 (Alumni)  
April 26 ..... May 20  
May 24 ..... June 17

For further information contact: The Medical  
Director, Weimar Institute, P.O. Box A,  
Weimar CA 95736

# They Clapped Their Hands

By Gaylene Garner, R.N.  
As told to  
Glenna Gemberling

A dream began when I became a nurse. I wanted to be a missionary nurse to an Indian reservation. And in March of '81 the early realizations of this dream began to take shape when Freida and Bud Haycock arrived at Weimar Institute.



Gaylene Garner, R.N.

They came for the NEWSTART Education session for ministers. From Monument Valley, a Navaho Indian reservation in Utah, this couple were deeply impressed as they learned "new" health principles of an unrefined diet, exercise, the use of water, sunshine, temperance, pure air, rest and trust in Divine power. Actually, these principles were not new at all; their people had lived this way before the white man's world crept in.

Freida and Bud were excited about sharing these concepts with their people, and asked if I might be able to come for a time to teach at the reservation. Excitedly we dreamed and prayed and planned. Since coming to Weimar, I had gained knowledge and felt ready to go. But my schedule was busy and my finances were limited...

The Haycocks revisited Weimar in July. The brainstorming continued. They were serious, and approached NEWSTART medical director Dr. Henri Wiebe with the request that I spend 10 days in Utah. Thereafter, they persistently telephoned to work out details, and to inspire me with reports that "our people just can't wait for you to come!"

The obstacles melted away. I was given time off, and the Indians collected money to pay my airfare. The dream was becoming a reality! The trip was planned for August, and the scurry of getting ready began. My telephoned introduction to the reservation and lifestyle of the Indians was sobering. They would be no dream world. I would need an interpreter to convey information. The supply of fruits and vegetables was limited, and they had no electricity. (Can you imagine a Weimar cook without a blender?) I set about adapting health lectures and recipes, attempting to apply the health principles taught at Weimar to the Indian's life situation. How grateful I was to be able to pray to our Father in heaven for wisdom and help.

God's answers were above my expectations! The women at the Monument Valley Mission worked right along with me. Our team consisted of Freida, the pastor's wife, a dentist's wife, 2 nurses and myself. Plans were made for me to eat with a different mission family each day. The Navaho church members greeted me with friendly smiles and light, warm handshakes. This became our

common language.

As I visited the Navaho homes, or hogans, I became more and more aware of the people's medical needs, primarily diabetes, obesity and alcohol related problems. Many of these problems had arisen from their diet which contained much sheep meat, sugar, oil and alcohol. They expressed an interest in improving their health but were unsure about how to make the change.

On Monday night the cooking school and hydrotherapy class was ready to begin. 25 Navahos filled the welfare center. I recognized some of them as ones we had visited. Some had come, on foot, from as far away as an hour's travel. I feared that they might not understand the lecture I gave, but to my relief, their eyes were focused on me in full attention. They clapped their hands often during the evening. And they loved the food, recipes and handouts.

As the week progressed, the audience grew, until by the last night there were 40 eager learners. (And, strangely enough, there was an increase of 10 to 15 just in time for food samples).

During the lecture, I emphasized how much more valuable their corn and potatoes were than the candy bars and soda that they had adopted from the white man. I expressed a desire that they become strong once again, returning to the simple diet they once knew. Following the cooking class, I introduced them to the use of water for simple treatments.

Mr. Featherhat was a 70 year old Navaho gentleman we visited one afternoon during our daily excursions to the hogans. He had severe arthritis, and his knees were swollen and painful. We invited him to the hydrotherapy class. He was there that night! The team gathered together in our usual "prayer huddle" before the lecture, asking God to work through us.

Our supplies were simple: cotton towels and a large kettle. Mr. Featherhat was chosen to be our demonstration. We applied the hot towels to his inflamed knees. The audience laughed. But

the laughter soon changed to applause as Mr. Featherhat began to lift his legs in the air and bend his knees and call "Wooah! Wooah!"

The next day we visited him again to continue treatment. His wife quietly but eagerly helped me gather equipment. She had carried the water from miles away that morning. When I realized the effort it required to obtain water, I felt a little guilty with my extravagant use of it. Mr. Featherhat's knees continued to improve. He was able to bend them with less pain and to sleep at night. Before we left that day, he turned to Freida and asked in Navaho, "Where did she come from? Can she stay?"

## Date Set For NEWSTART Alumni Retreat

April 18-21 has been chosen as the date for the annual NEWSTART Alumni Retreat. An important event coinciding with the retreat will be the official organizational meeting of the NEWSTART International Alumni Association.

"This is going to be a very special retreat. It will mark the beginning of an international network of alumni. We will need as many alumni as possible to help our President, Ern Baxter, organize the association," says Paul Westbrook (Class of June '81) who has helped with some of the organizational details. Baxter (Class of August '79) was recently named president of the Association.

In addition to filling out the slate of officers, local area groups will be formed and officers named. Also, regular alumni business will be handled, and plans for the future made.

Included in the 4 day retreat will be presentations by speakers of note, updates on health, personal progress evaluations of alumni, refresher lectures and, of course, time with NEWSTART staff for treatments and walks on the trails.

"We anticipate a large return of alumni this year, so reservations should be made early. Watch for full details in the next issue of this BULLETIN," says Westbrook.

To make reservations contact the NEWSTART Medical Office, Weimar Institute, P.O. Box A, Weimar CA 95736, or call (916) 637-4111, extension 401.

The third day we returned to supervise as Mrs. Featherhat gave the water treatment. As she finished, Mr. Featherhat was kicking his legs excitedly. He began to speak rapidly. "What did he say?" I questioned. "Now I'll be able to go hunting in the hunting season!" I was told. What a beautiful foundation for a new start!

My stay was far too short to do all that I would like to have done. I left realizing how ready people are for the message of health that we know. No compromise or apology is necessary. There are people everywhere ready to hear the good news. I returned to Weimar with a new vision, with excitement about what

God is doing and wants to do through His people.

The days spent at Monument Valley were some of the best of my life, for there I re-learned the full joy of living and of giving completely.

The greatest work that can be done in our world is to glorify God by living the character of Christ." SDABC, Vol. 6, p. 1109.



## WEIMAR INSTITUTE

Weimar Institute is a multi-phased ministry whose keynote is SERVICE. Working in harmony with the basic tenets of the Seventh-day Adventist Church, the Institute is comprised of physicians, educators and other laymen. Our primary goal is to uplift God's character as the One who restores His image in His people on earth. Weimar Institute ministers to the physical, the mental and the spiritual aspects of humanity. Relying solely upon the free gift of the righteousness of God revealed in the Person of Jesus Christ, the Institute openly confesses that no function of its ministry can detract from the reality of that One Source of salvation. Rather, we desire that His righteousness shall become more believable to others because of this service to which we ourselves have been called. (2 Tim. 1:9, Eph. 2:9-10)

### ADMINISTRATION

Robert L. Fillman ..... President  
Dick Winn ..... Secretary  
John Sipkens ..... Director of Labor

### WEIMAR COLLEGE

Colin Standish, PhD ..... Dean of the College  
Dale Martin ..... Director of Work Education  
Preston Wallace ..... Director of Community Services

### NEWSTART HEALTH CENTER

Henri Wiebe M.D. .... Acting Medical Director

### RETREAT MINISTRY

Dick Winn ..... Chaplain/Director

### BOARD OF DIRECTORS

Jim Alexander, M.D.	Alan R. Magie, PhD.	Juanita Swan, MS
Ken Baker, JD	Raymond Moore, PhD.	Charles Tam, M.D.
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Merritt Horning, M.D.	Charles L. Starnes	Erhardt Zinke, M.D.
	Ralph Sturgill	

Weimar Institute is a non-profit organization operating under section 501 (c) (3) of the Internal Revenue Code. Tax deductible receipts will be issued for cash donations and in acknowledgement of material gifts. The Institute may be named to receive a bequest by will. The appropriate designation should be: Weimar Institute, Weimar, California 95736. Deferred gifts by wills or trusts will be gratefully received.

### OFFICE HOURS

Monday through Thursday: 8:00 A.M.-5:00 P.M.  
Friday: 8:00 A.M.-4:00 P.M.  
Sabbath and Sunday: Closed  
Telephone: Business line (916) 637-4111 or 878-7222

### VISITORS

Due to the rapid growth of the "Weimar family" we have extremely limited guest facilities. PLEASE, if you plan to visit Weimar overnight, make advance reservations. Otherwise, we cannot guarantee accommodations. Thank you for this consideration.

We do not conduct Sabbath services at Weimar Institute. If you plan to join us for Sabbath meals, please make prior arrangements for meal tickets.

A casual walk through the campus? Most anytime you want. A meeting with the President or other staff members — please write or phone ahead to confirm an appointment.

# Learning Skills Through

By Dale Martin,  
Director of  
Work Education,  
Weimar Institute

Suppose you have six months in which to prepare for a month long trek through the Andes Mountains of South America — a trip for which you have been anxiously awaiting. Preparation becomes the watchword of your everyday life. You even spend time studying the culture and activities of the people you will encounter, trying to predict how you will function.

In the book of Isaiah, we find the most vivid description of our future home, the blessed state of New Jerusalem. Especially in chapter 65 are specific activities outlined. Verse 21 tells us that we shall build and plant, and in verse 22 God says, "Mine elect shall long enjoy the work of their hands."

This brief look into the future reminds us of the past, of the Garden of Eden. A study of Genesis reveals that God gave useful work as a blessing before sin entered the picture. After sin manifested itself, Genesis 3:19 states that man, in the sweat of his brow would have his food provided. Work became more challenging, not as a hindrance, but as a part of the divine plan to help stay temptation.

God-given principles are changeless. His plan, as noted earlier, is that man's physical needs would be met through work. Since God clearly outlined this principle in the past, and reveals it to be followed in the future, doesn't it make good sense to follow in the present?

Thus, the primary purpose of the work education program at Weimar Institute is to make a major contribution in the fulfillment of the gospel commission for our physical, mental and spiritual restoration. Recognizing, of course, that not all work is physical, we must supplement non-physical work with only those activities which enhance the ability to love God and our fellow man.

One of the characteristics of the Weimar work program is that it is part of the curriculum of every student. It is not merely an appendage to the college program, nor a means of earning an education. It is an essential factor in the character development of each student and staff member. Consequently, the students receive work evaluations on a quarterly basis.

There are some who may "raise their eyebrows" because academic credit is given, for example, for learning how to swing a hammer. The same "eyebrow raiser" undoubtedly has no qualms about the fact that virtually all schools will give academic credit for learning how to swing a golf club. And Isaiah 65 mentions working, not playing.

Another feature of the work

program is that most of the teachers work with the students. Is this really necessary? A prominent educator once stated that he did not see any difference between spending time with a student over a soda, or working together in the garden. While there is no question that either activity can establish needed ties, working together to meet a common goal is much more likely to provide peer oriented relationships, which, in turn provides a forum to illustrate the universal Christian principle of the equality of man — an essential cog in the development of a healthy self worth.

Accelerated Christian growth and more open communications are definite by-products of such a program. Another compelling reason for operating a balanced work/study program is that God has mandated it for us all. Notice the principle in this counsel given to ministers:

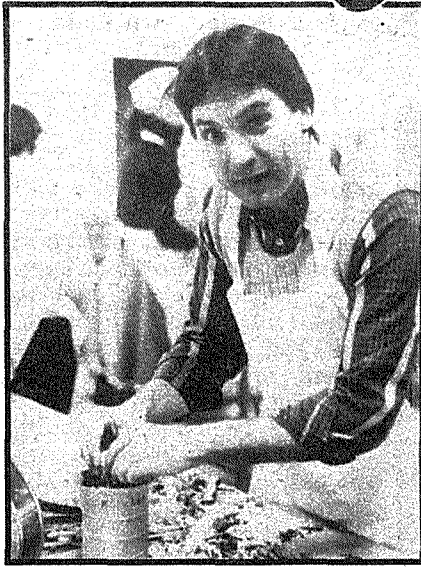
"With strictly temperate habits and with mental and physical labor combined, they could accomplish a far greater amount of labor and preserve clearness of mind. If they would pursue such a course, their thoughts and words would flow more freely, their religious exercises would be more energized, and the impressions made upon their hearts would be more marked." 3T 486-7.

Only limited mental and spiritual restoration can be attained if physical restoration is neglected. As God's ambassadors, shouldn't we utilize every advantage He has provided?

Weimar College is offering its fourth annual work/study seminar this July, the 11th through the 30th. There will be intense but highly practical studies and applications of all the principles of balanced education. Six quarter hour credits will be offered through Pacific Union College to those desiring them.

For further information write the Director of Work Education, P.O. Box A, Weimar, CA 95736. Or call (916) 637-4111.

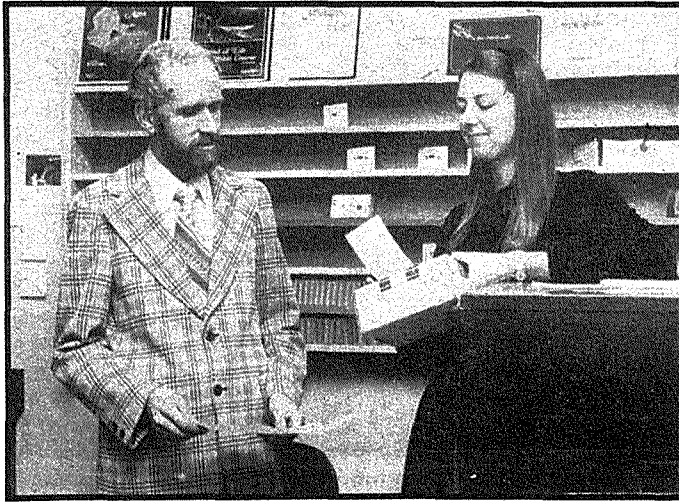
We look forward to seeing you!



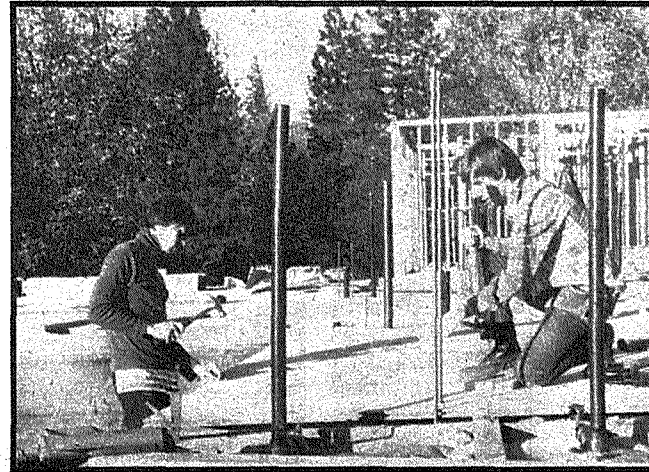
Director of Work Education, Dale Martin, does his part in the kitchen.



Weimar's ceramics shop, managed by Carol Blum, provides staff and students with craft activities, as well as training students with an interesting skill.



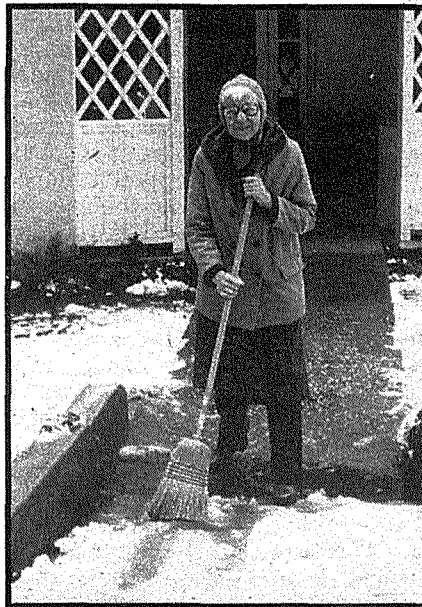
Marla King receives instruction from Tape Ministry Director, Ted Wade.



Construction on the new academy building provides practical lessons for both college and academy students.



Weimar works! — everyone from little Tenaya to Grandma Wiebe. Kim Kline looks after Tenaya as her work assignment.



Pat, Weimar BULLETIN Editor, discusses with student assistant, Deena Haynes. Pat signed to the BULLETIN office this

First Weimar College Alumni  
Homecoming May 6-9, 1982

**ATTENTION:**

- \*Weimar College graduates
- \*Weimar College faculty
- \*Former students and faculty of Weimar College
- \*Interested friends

**WEEKEND INCLUDES:**

- \*Opportunity for spiritual growth through Bible study, sharing personal experiences and fellowship
- \*Updates on continuing development of Weimar College
- \*Development of resources for continuing education
- \*Business Meeting

**Reservation Form:**

Yes! I would like to attend:

Name.....

Address.....

.....Zip.....

No. of persons.....

**Costs:**

- Room: \$9.00/night
- Meals: \$2.50 Breakfast
- \$3.00 Lunch
- \$2.00 Supper

Please include payment for meals with reservation request. Payment for room should be made prior to departure.

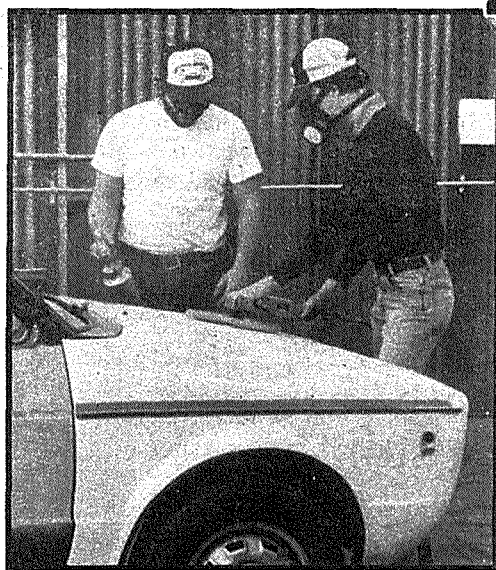
**Weimar Col**

Jennifer Matlack and Betsy Stimpel are college senior class members. Jennifer Matlack is her fourth year here with a B.S. degree in Health Science. She has spent two years studying this June with Veronica Hurd. This is her second year receiving a B.S. degree. Betsy Stimpel, a Weimar two year graduate in Health Science. Weimar College 12, 1982.

# rough Work Experience



Provides staff and NEWSTART guests an interesting skill.



Ethan Mulvihill works with student, Michael Higgins, in the auto body shop.



Building provides age and academy stu-



Food Service Director, Shirley Fillman prepares a meal with the assistance of elementary student, Elizabeth Hasbani, and volunteer worker, Bente Diminyatz.



LETIN Editor, discusses upcoming format with Deena Haynes. There are three students as- SULLETIN office this quarter.



Weimar English teacher, Bob Bohlman, and his reader, Nancy Bussio.

By Deena Haynes

If you walked around Weimar campus and visited the 34 different work stations you would find 163 students (college, academy and elementary) doing a variety of activities including shaping a loaf of raisin bread, raking pine needles (and snow!), giving a NEWSTART guest a whirlpool bath, editing Dick Winn's prayer meeting on tape, changing oil in one of the vans or nailing the roof on the new academy home.

The work program is an integral part of the educational curriculum at Weimar. It is designed to:

- 1) give the student an appreciation of the worth and dignity of labor.
- 2) give the students skills and experience to become gainfully employed or self-employed.
- 3) defray expenses of the student by allowing the College, through the industries, to develop an income base to become self-supporting and thereby continue to maintain low tuition costs.
- 4) encourage the development of creativity and responsibility.

During the Freshman and Sophomore years, students rotate through different work education areas. Juniors and Seniors specialize in one work area where they become a foreman, and assist in training new students.

One unique feature of the work education program is that faculty and students work together. This provides a different learning environment from the classroom through example, cooperation and friendship. Following are some examples:

### AUTO SHOP

Ken Freeman, auto shop work supervisor, feels that the work program gives the opportunity to see what type of work they might like to do professionally. "It teaches them useful labor and increases their abilities and self-confidence."

Students spend one quarter in the auto shop where Ken's goal is to make them familiar with the general maintenance of a vehicle. They receive actual experience in keeping Weimar's trucks and cars in running condition.

A student who decided he

wanted to learn a trade in mechanics would then spend 6 quarters with Ken and receive experience in every area of automotive maintenance. "They would be prepared to be hired by a mechanic shop, or even set up a small shop of their own," explains Ken.

Efforts are being made in the auto shop to create cash flow and make outreach contacts by inviting business from the surrounding communities.

### CABINET SHOP

The students working in the cabinet shop build cabinets for campus homes as well as other items for special projects. Lester McSherry, work supervisor in the cabinet shop, appreciates the opportunity to personally get acquainted with the students as they work together.

"The students learn how to solve problems and develop patience," says McSherry. "It depends upon the student — their abilities and initiative — as to how much they learn." One academy student who spent two quarters working in the cabinet shop learned the trade quickly. "He became skilled enough that he can set up his own cabinet shop when he acquires more business skills. He has already helped me on some commercial projects."

The goal of the cabinet shop is to fill Weimar's on-campus needs, then open up for outside jobs.

### TAPE LIBRARY

Students train under Dr. Ted Wade as technician or technical secretary in the tape library.

"Education is more than mere facts," says Dr. Wade. "The relationship between students and teachers takes on a different light when working together. The real values of life that need to be transmitted to young people require a living situation — working side by side facing real problems."

Students learn how to run the duplicating and recording equipment, record meetings on campus, edit and keep records.

### CONSTRUCTION

Mr. Arvel Sage, construction supervisor, feels that the work program helps students develop an appreciation for work. "Working together students realize that their teachers are not afraid to get their hands dirty."

The building project for the quarter is chosen according to current need. Recent projects have included putting up a greenhouse and working on the 9 bedroom academy home. A dormitory for the college men has been remodeled.

"In three quarters, students usually receive experience in laying a foundation, framing, plumbing and electrical wiring," adds Mr. Sage.

"When a student develops his skills fully in this area, he will know how to build and maintain a house."

### BAKERY

Activity begins at 5:30 a.m. in the bakery. Student Dan Barrett starts measuring ingredients for batches of bread that will start filling the order for 644 loaves that day. Later in the morning, among barrels of whole wheat, rye and corn flour, Kathy Moon and Brady Ficko pound away shaping loaves. It could be Lumberjack, Sprouted Wheat or Raisin, or any of the 10 types of bread Weimar Bakery makes. The electric mixer churns away mixing up another batch while Shaun Lemnah removes 150 loaves from the oven.

Many students have come to appreciate training under baker Gerald Hamman. "I've dedicated my life to helping others and I'm here to pass that on to the students," remarks Mr. Hamman. "There's no better way to become acquainted with the students than to work with them. Some have become my personal friends."

One of the friends is Shaun Lemnah, a college sophomore, who has worked in the bakery 4 quarters. Shaun definitely plans on using this trade as he works as an active layman in dark county work. "I've had an excellent instructor. He knows what he's doing and he takes the time to teach." Shaun feels the highest benefit of all is the friendship formed with Gerald. "That is the beauty of the work. I wouldn't trade it for anything."

### CERAMICS

Melvin Wade, an academy student, has worked almost a year in the ceramics shop under the supervision of Mrs. Carol Blum. He has learned how to work with ceramic molds, glazes, and cast greenware.

"Melvin took over ceramic classes when I had to be away," says Mrs. Blum. "I knew I could depend on him. With the knowledge and experience he has, he could get a job as a pourer or teacher's assistant in a ceramic shop."

Most of the ceramic items sell right from the work room to visitors, NEWSTART guests, students and staff. The elementary students can receive their Pathfinder honor through their experience in ceramics. It is also used in occupational therapy for NEWSTART guests.

### FOOD SERVICE

Betsy Stimpel, a college senior, has enjoyed learning a trade in Food Service. "I'll never forget my first day in the kitchen!" exclaims Betsy. "Shirley Fillman gave me a recipe to make 300 slices of french toast — with cashews! It took me three hours to make the batter!"

Besides becoming skilled in making french toast, Betsy has also learned to cook for NEWSTART guests on therapeutic diets. She supervises other students in the kitchen and has been asked to give a seminar on how to make the transition to a natural way of cooking.

## Weimar College Senior Class, 1982

Jennifer Matlack, Ellen Rieseberg, Veronica Hurd and Betsy Stimpel are the members of the Weimar College senior class this year, formed last December.

Jennifer Matlack, from Spokane, Washington, is in her fourth year here at Weimar. She will be receiving a B.S. degree in Health Science with a minor in Religion.

Ellen Rieseberg comes from Knoxville, Tennessee. She has spent two years at Weimar and will be graduating this June with a B.S. in Elementary Education.

Veronica Hurd's home is in Chisholm, Minnesota. This is her second year at Weimar and she will be receiving a B.S. degree in Elementary Education.

Betsy Stimpel, from Placerville, California, came to Weimar two years ago and will be receiving her B.S. degree in Health Science and a minor in Secondary Education.

Weimar College graduation is scheduled for June 11-12, 1982.



Jennifer Matlack, Ellen Rieseberg, Veronica Hurd and Betsy Stimpel.

# Can We Feed Our Starving Joints?

By Milton Crane, M.D.  
Loma Linda University  
Medical Center

The most common type of arthritis is called osteoarthritis, or degenerative joint disease. (DJD). Half of all persons over 50 years of age show x-ray changes that are characteristic of this type of arthritis. Half of the people with x-ray changes will also have the cluster of symptoms that go along with the disease. There are a few people

**“Half of all persons over 50 show x-ray changes characteristic of osteoarthritis.”**

who have symptoms of DJD but do not show x-ray changes.<sup>1</sup> This disease is very common in our so-called civilized nations today. It was also a common problem among the very civilized Egyptians at the time of Moses, as evidenced by x-ray examination of mummies.<sup>2</sup>

Yet in primitive societies this disease is still relatively rare. Dr. Ray Foster, who has spent a decade in Central Africa as consulting orthopedist to a number of rural mission hospitals, states that in a general orthopedic practice in the United States, he easily sees more patients with disabling osteoarthritis in a month than he saw in Africa in a year.<sup>3</sup>

What causes degenerative joint disease? We quote from a recent textbook of orthopedics: “The causes for the degeneration are apparently numerous and varied, but the commonest type of the disease is the result of a **continued demand for excessive function in the face of a decreasing efficiency of blood supply.**”<sup>4</sup> What that is saying is that the joint is being used too freely while the blood supply to it is being shut off because of changes in the arteries. The repair of the ligaments and cartilage cannot keep up with the rate of tissue use and breakdown.

The next question is, what causes the decrease in blood supply? The answer may be found in a well-known textbook of pathology: “The most severe changes (atherosclerotic) are seen in the abdominal aorta, especially in elderly persons; they are more marked in the descending than in the ascending aorta...They are especially marked around the mouths of the intercostal (chest) and lumbar (lower back) arteries.”<sup>5</sup>

The pain and distress of a heart attack and a stroke are well known. But what kind of signals are sent out when the arteries to the backbone or hips or knees become inadequate for the amount of work they do? How does a joint

tell you when it is not getting enough blood?

Joints and ligaments, like muscles, wear with use and need to be constantly repaired. Joint surfaces are cartilage, and the joint lubricant is mucus.

Repair of any body part requires oxygen and other nutrients. Without adequate circulation the ligaments become weakened, the joint fluid inadequate, and the cartilage wears away more rapidly than it can be replaced. Bones lose their protein and calcium.<sup>6</sup>

When we think of arteriosclerosis, most of us get a mental picture of an artery plugging up with cholesterol and fat. However, there is another change that is equally important. Artery walls may become overgrown with fibrous tissue or collagen as a result of high lipid (fat) blood levels. In that condition the artery might not have any plugging of the lumen (atheroma) but the wall would get thicker, and stiffer. The artery wall may resemble onion rings around the central opening (lumen). It is usually the medium sized and smaller arteries that show this kind of fibrosis.

Studies in monkeys show that on a basic diet of “monkey chow” consisting of fruit and cereal similar to what they eat in the wild, they do not get accumulations of lipids and cholesterol in their arteries. When fats with cholesterol are added to their diets, bringing their percentage of calories from fat up to what most Americans eat (40%-50%), there begins a gradual accumulation of cholesterol esters, cholesterol and other lipids. This leads to the development of increased fibrosis and thickening in the artery wall or a plugging of the lumen with sticky atheromatous material.

In the monkeys, coconut oil plus cholesterol produces the typical atheroma (plugging) lesion; peanut oil with cholesterol stimulates an overgrowth of cells in the artery wall with thickening and extra collagen; butter with cholesterol causes the accumulation of fatty material in the artery wall.<sup>7</sup> This experiment shows that at least in monkeys, the type of fat in the diet can affect the kind of lesions that develop in the blood vessels.

Monkeys on these high-fat diets for a year and a half will double the quantity of collagen and elastin in their arteries, and show advanced atheromatous lesions. Removal of the increased fat and cholesterol from their diets results in near complete

removal of the atheromatous plugging material in another year and a half. However, though much of the extra elastin was removed, the extra collagen remained in

**“Joints and ligaments, like muscles wear with use and need to be constantly repaired.”**

excess of 600 days after the monkeys were back on their simple diets.<sup>8</sup>

More research needs to be done in this field. We need to know if anything can be done to remove the extra collagen. We also need to know whether a low-fat diet, given enough time, can correct (reverse) all, nearly all or even part of the arterial changes in man.

The next question is, what research has been done in connection with joint disease, cholesterol, and arteriosclerosis?

Silberberg<sup>9</sup> has found that mice who were fed a standard mouse diet with added cholesterol, developed spondylosis (stiffening) of the spine. Some of them had herniated intervertebral discs also. The kinds of proteins present to repair the ligaments surrounding the vertebrae and in the intervertebral discs were different depending on the degree of arteriosclerosis.<sup>10</sup> The degree of osteoarthritis

of hips, knees, and hands, in older men also has been directly related to the level of the diastolic blood pressure.<sup>11</sup> Of 170 unselected hypertensive patients that I

follow in my practice, 25% have degenerative intervertebral disc disease, and 44% have degenerative joint disease of the knees, hips or back with moderate to severe incapacity. Vhymeister<sup>12</sup>

**“The degree of osteoarthritis ...has been directly related to the level of diastolic blood pressure.”**

has found by means of a circulatory test with radioactive material that patients with disabling arthritis of the hip have little if any circulation to the head of the femur. Arteries to the joints in osteoarthritis characteristically have considerable fibrosis.<sup>1</sup> Neurosurgeons report that the ar-

teries of the vertebral structures in patients with herniated discs are small and sclerotic. Yet hypertension, degenerative disc disease and disabling arthritis of the hip are unusual in primitive societies.<sup>3</sup>

Osteoarthritis is not a disease of the immune system like rheumatoid arthritis. The symptoms of degenerative joint disease are pain and stiffness which tends to decrease as the joint is warmed up with activity. In rheumatoid arthritis activity usually increases the pain.

Osteoarthritis should also be differentiated from intermittent claudication, which is a cramping of the muscles (usually in the legs) from inadequate circulation. This can occur in some patients

without joint involvement. Intermittent claudication usually occurs after a certain distance of walking, and is relieved by standing or by rest. (To be concluded).

(Next month Part II will deal with the treatment of degenerative joint disease.)

## Medical Van

(Continued from Page 1)

atures in the van often hovered near 15 degrees F. Much of the 3,000 mile trip was driven through severely cold and windy winter storms, providing many occasions to sense the Lord's active protection.

As a part of Weimar's health and educational program, the van will provide much of the necessary field training experiences for upper division health science and metropolitan ministries majors. By making contact with people at the point of their health needs, it can put them in touch with other Weimar services, such as health seminars, nutrition and cooking schools, bakery products, and the NEW-START program. Interested persons can also be referred to the various health, personal, and spiritual programs being offered by Sacramento area Seventh-day Adventist Churches.

Positioned in shopping malls, executive parking lots, and other neighborhood centers, the van staff can provide such services as free blood

pressure checks, computerized health fitness appraisals, screening for specific health seminars (such as 5-day smoking cessation programs, weight management classes, stress seminars, and cooking schools), and free Bible study guides.

The van is a very sturdy Grumman aluminum body mounted on an International chassis. It is mechanically very sound, and impressive in appearance. The interior will require some refurbishing for Weimar's purposes, in cooperation with the campus cabinet shop. The nine students in Elder Winn's Sociology of the Inner City class are doing the necessary background studies of the Sacramento area to make the van's contacts there most effective. They are hoping to make some initial runs into the city by the first part of March.

Some funding is still needed in order to properly equip the van for this new venture. (A Weimar student recently donated a new electronic blood pressure machine as his part of the project!) If this new part of Weimar's mission strikes a responsive interest with any of our readers, you are invited to forward donations to the Institute, to the attention of Elder Dick Winn.

## Astronaut

(Continued from Page 1)

the rich food and sedentary life took its toll, and he experienced two heart attacks, and eventually had bypass surgery. He learned that “the good life” wasn't the best way to live.

As he cut out the rich foods in his diet, learned to eat simple natural foods, and took time for consistent exercise, his health and energy gradually returned. After 3 years of this strict regime he told us that he felt really great, was jogging, hang-gliding, traveling...back once more into an active, full life. He said that on his sensible diet and new lifestyle, he has greater energy, feels better, and is no longer the victim of his appetite, but is finding new quality to life. His perspective is straightening out. His message to the Weimar family was, “The fact that Jesus Christ walked on the earth is more important than that man walked on the moon,” was his message to the Weimar family.

# Summer Programs Available

As we described in the January issue of the BULLETIN, an exciting variety of programs are planned for the summer months. **Gardening**, June 13-15. **Healthful Cooking**, June 15-17. **Lifestyle Medicine Symposium**, June 17-20. **Prophetic Guidance and Current Issues**, June 20-25. **History of the Seventh-day Adventist Church**, June 27-July 4. **Home School Seminar**, July 4-7. **Teaching Literature in Adventist Schools**, July 7-11. **Work/study Seminar**, July 11-30. **Principles of the "New Start" Health Program**, August 1-8. **A Week for the Life of Your Family**, August 8-15. **Practical Arts for Christian Youth**, August 22-29. **Driver Training**, Late summer. **Principles of Stress-free Living**, August 29-September 5. **Radiant Living in Retirement**, September 5-12. **Work Bee**, September 12-19. **Survey of World History**, June 21 onward.

Modest fees are also charged for meals and lodging. For your copy of the prospectus and for application forms, write to Ted Wade, Summer Programs Coordinator, Box A, Weimar, CA 95736. Mention which programs interest you most and whether or not you saw the descriptions in the January BULLETIN.

## An Open Letter To God

When I first came to know You, Lord, I often sang a song about how You knew the way through the wilderness, and all I had to do was follow. As I look back on the past few years, I see how true that song really is. When I set aside my human wisdom, making an appeal for a better road, without fail You were there to guide me.

With two years of college behind me, I discovered that missionary nurse's training was not the type I had expected. Pills, needles and blinking hall lights were not ways I wanted to give myself to the world. Childhood dreams faded into the hard core of reality. But You answered my plea for a new road sign.

The very same night that I called to You for help, late in May of '78, a stranger approached me as I stood alone. I was filled with a sudden desire to speak with him. Thank You, God. For as I began to express my desire to know more of health and true missionary work, he shared his plans for attending a college that dealt with those very things. The fact that the college was not a college yet did not lessen the pull that it had upon my heart. I began to see Your hand trace an outline of a door for me to pass through. And You didn't leave me with only a dream.

Three months later, Weimar College became a reality for me, and for some forty other students. I learned living examples of truth about You, which before had been blurred and obscure to me. My thoughts and habits began to change. It wasn't always easy. You suffered long with my arguments for tradition, but provided insight that I might see them as ropes of sand and chains of bondage.

I began to understand that to follow Your sacred laws meant the truest freedom for body, mind and spirit. And

You put into my heart the desire to reach younger minds with the reality of Your law of love, to educate them in Your way.

It surprised me to learn that a lack of funds could be a blessing (when it kept me from returning to Weimar next fall). You wanted to teach me that Your leading would never bring me to a "not a through street" sign. In May of '79 I had asked You for work experience in teaching. That evening a school teacher that I had never met before pointed me to a little multi-grade school in Arizona. I could see Your hand guiding me again! What a challenge, training and blessing that whole year was!

Later, you provided the means for two additional years back at Weimar College. I had made up my mind that I wanted to teach elementary school in the country. You waited patiently for my narrow vision to broaden. How thankful I am for Your non-forceful ways! I knew I needed a greater burden for souls and finally decided that I would go anywhere You wanted me to go, where there are needs. (How far ahead of my thoughts are the plans that you make for me!)

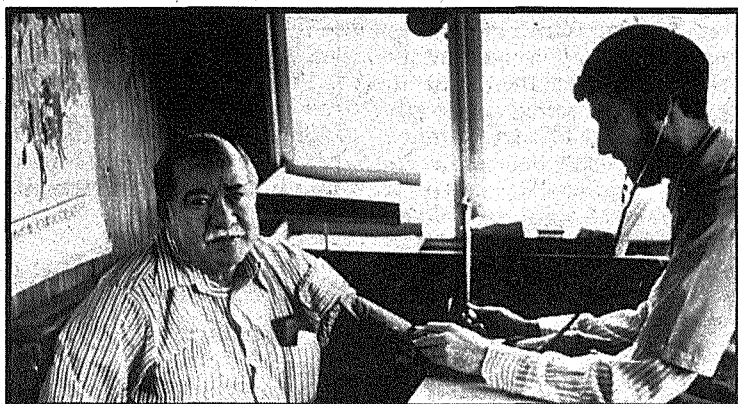
The afternoon that I decided to let You decide my future, I received a message

from an unknown friend in New York. Surprisingly, I felt a strong pull toward the needs of these city folk as I listened to the taped letter. Not put off by the visions of concrete terrain, I found myself excited to open the door to New York City.

Recently, I spent two weeks there, during my Christmas vacation. It was a priceless experience! You richly provided for all my needs, and I found myself thoroughly enjoying working with the people. I discovered that city folk can feel their need for a better road, too. I often saw it in their faces when they came to our van to get a free blood pressure check and health information. You often seemed to follow them from the van to their home with a vision of what life can be at its best.

Lord, as I prepare to climb the next hill, to round the next corner, I unceasingly ask for the road that is better. If I do not, I will not be able to show others the way. Open my eyes to see paths of wider service, using all opportunities and your special maps. Whether at home, in the classroom, or in a health service van, give me the grace to do Your work in Your way and in Your timing.

In Your Love,  
Marla  
(Marla King is a student here at Weimar College)



One of the hundreds of people screened for hypertension in New York in a Medical Ministry Van.

### I WANT TO HELP!

Here is my gift of \$\_\_\_\_\_

- to help cancel Weimar's mortgage debt.
- toward Weimar's monthly operational expenses.
- to be placed in Weimar College's Worthy Student Fund.
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- the Weimar Institute Bulletin.
- I am already receiving the Bulletin.
- recipe book: FROM THE WEIMAR KITCHEN (\$5<sup>00</sup>)

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- information regarding Weimar's NEWSTART Health Center.
- Weimar College Catalog and Student Application Packet.
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SEND TO: Weimar Institute • P.O. Box A • Weimar, CA 95736

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A dollar doesn't buy much anymore, and it really doesn't buy this tape either. (Materials and postage cost more than that, not to mention labor and overhead). Why are we offering you an almost-free tape? Because we want to share some important ideas with you — and because we think you'll want to hear more. We will include information about that with your tape.

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# Oh, But The Consequences

By Dick Winn

A secretary embezzles a large amount of money from her employer. When she is caught, she comes with tears to her boss and begs, "If only you will forgive me, everything will be alright, and we can start over again." But he replies with sadness, "Of course I forgive you; that is no problem. I'm not the kind to hold grudges. But my forgiveness of you is not alone the solution to your problem. Look at the consequences of your act. You have shown yourself to be untrustworthy. I cannot put you in a position to handle money: my other employees, the bank tellers, my suppliers and creditors, and likely even your own family members — we can't count on you any longer. I forgive you, yes; but even that cannot stop the consequences you must bear."

A teenager throws off parental counsel and care, and plunges into a life of partying. Eventually burned out from the dead-end quest for pleasure, he trudges back into his parents' presence and pleads

for their forgiveness. Together they grope for words strong enough to assure him of their steadfast desire to forgive him. Yet they weep, knowing better even than he the lasting consequences he must bear: the permanently damaged brain cells; the dark, esteem-destroying memories; the hurtful impact upon weak friends; the burned-out-former-doper label to be eyed suspiciously by future employers, future spouse! By contrast, forgiveness seems the easy part — especially for loving parents. Oh, but the consequences...

A husband gets caught up in a romantic affair outside of his own marriage. When the glittering bubble bursts, he turns pleadingly back to his now-cool wife, crying out for forgiveness. She quickly assures him that she indeed forgives. Startled with the ease with which the problem has apparently been solved, he finds it easy to drop his guard again, and return to the affair. In a fuzzy corner of his brain he reasons, "She forgave me so easily before, surely she will do it again."

And so he is stunned when he comes begging for renewed forgiveness, only to hear her say, "I'm sorry. My forgiveness you have; my love you no longer have. I cannot trust you any longer. The children have lost all confidence in you. Your values have become so changed that you no longer blend with our family. I hold no hostility, but you have become unfit to be a member of this family."

Samson cast himself into Philistine bondage, and — chained to a millstone — cried out to the Lord for forgiveness. Our tender Lord, whose mercies are new every morning, never denies that request. Yet the great giant of Israel, sightless, died with the enemy under a heap of rubble. Forgiven. Oh, but the consequences.

Should each of us bear the ultimate consequences of our sin, our separation from God, the result would be eternal death. Yet Isaiah reports the good news, "The Lord made the punishment fall on Him (Jesus), the punishment all of us deserved."<sup>1</sup> And, "He willingly gave His life and shared the fate of evil men. He took the place of many sinners and prayed that they might be forgiven"<sup>2</sup>. In the cross of Christ, we see that consequences do not merely vanish into thin air because of God's love. Instead, that ultimate consequence is borne in our place by the One who loves us. To be forgiven means

that, in clinging to Christ as my Saviour, I need not fear that ultimate consequences, for Jesus has taken the full brunt of it on the Cross.

Yet to be forgiven does not mean that I am exempt from the more immediate impact of foolish, rebellious choices. The hurt that sin causes to my health, my self-esteem, my reputation, my relationships with others, I must bear all that. No wonder a forgiving God wants to go beyond forgiveness and get His people to stop sinning. He loves them too much to see them hurting. Though the gift of forgiveness is always available, God's preferred plan is that we not sin in the first place. "Samuel

said, 'Which does the Lord prefer: obedience or offerings and sacrifices? It is better to obey Him than to sacrifice the best sheep to Him.'"<sup>3</sup>

To obey is to walk in the path of inherent blessing. To rebel is to start in motion a chain of cause-effect relationships which will always hurt us. Jesus wants to set us free from the hurt of such actions, by telling us the truth about consequences. It is our choice: either learn the truth, or bear the consequences.

1. Isaiah 53:6, T.E.V.
2. Verse 12, T.E.V.
3. I Samuel 15:22, T.E.V.

Christine Hasbani and Tenaya Payne are undaunted by Weimar's third snow fall of the winter.



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BOX A, WEIMAR, CALIFORNIA 95736

WEIMAR INSTITUTE BULLETIN



## Openings Announced at Weimar Institute

We are restaffing and developing our public relations and communications department and need workers in these areas:

### Public Relations Secretary

Need a secretary who is strong in organizational abilities, preferably with some skill in writing.

### Graphic Artist

Need a graphic artist with darkroom experience.

### Circulation

Need a mailing list secretary who is interested in detail and accuracy. Key punch experience desirable.