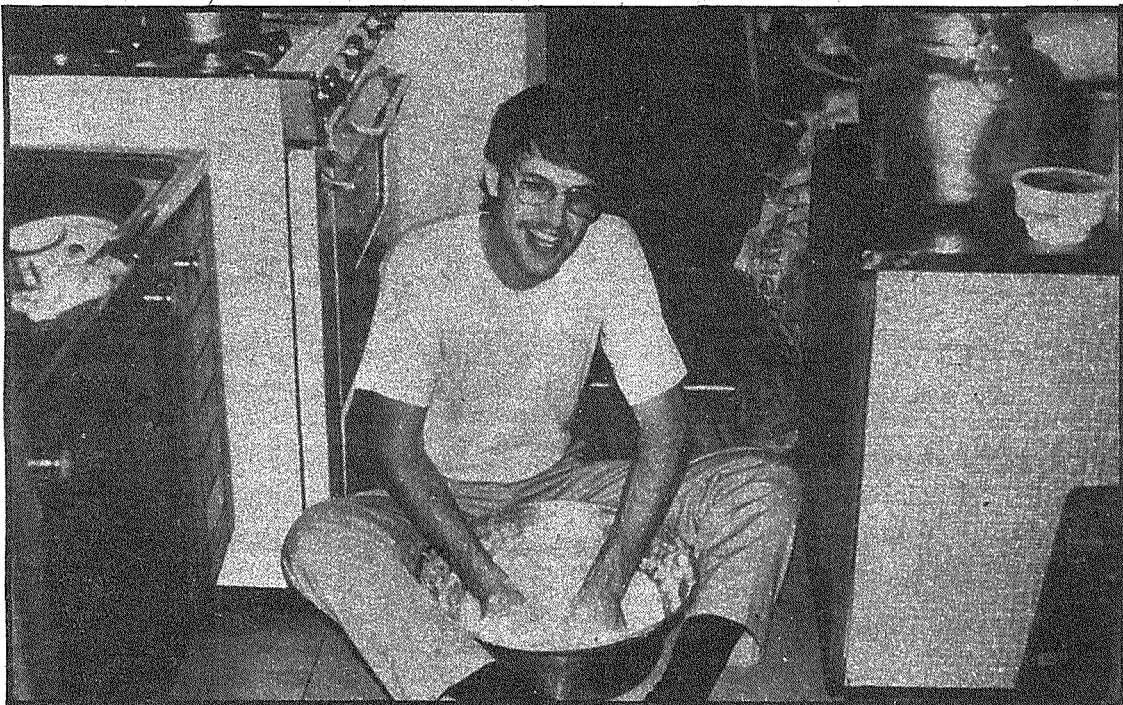


WEIMAR INSTITUTE BULLETIN

BOX A, WEIMAR, CALIFORNIA 95736

VOL. 6 NO. 3 MARCH 1982



Breadmaking is still one of the things Dan Eveland enjoys doing, even in Korea. Dan, SM from Weimar College, is finding his year abroad "full and rewarding."

Student Missionaries: Learning While Serving

Every student missionary always seems to come back with their own versions of culture shock and English schools, a unique foreign garb added to their wardrobe, and trays of slides that captured memories of their year. But many student missionaries also come back with a broadened vision of service, a renewed awareness of their need to depend on God and a deeper commitment to His leading.

Weimar College students are encouraged to consider spending a year as a student missionary. David Bradburn and Rocky Sarli left in June of 1980 to spend a year in full-time service. Rocky, who served in Indonesia, has returned to Weimar and is studying in Health Science. (See WEIMAR BULLETIN Vol. 5 #11.) After a year in Japan, David Bradburn felt called to get more experience working in large cities. He is now working in New York in health-evangelism. Here is a recent letter from David sharing his experiences:

Dear Weimar Family,
While many people feel they can't spare a year away from their unrelenting degree chase, I found that I couldn't have done without that year away from Weimar College to sort it all out and stand on my own convictions. I found, of course, that we never stand alone if we're truly walking

with Jesus. I began digging into my old notes and saw that what I thought I'd mastered was only superficial book-learning, compared to the actual experience of applied learning.

When people used to ask me what I was studying at Weimar College and what I wanted to be I would jokingly say, "a preacher-teacher-health educator". Well, my role in Japan was called *SENSEI*, which is a respectful title for a teacher, preacher and/or physician.

When selecting my first, second and third choice from a big book of worldwide Student Missionary assignment descriptions, I spent a day in the library considering, praying and surrendering selfish or personal preferences to the conviction that I was not going on a paid vacation as a tourist to the most attractive or exotic place. I was going as a missionary, an ambassador and representative of Jesus to the place that could use my interests and abilities the most. That is a monumental preliminary, and set the aim for the whole year. Japan was choice #3 and that's what I got.

It was a very humbling year, as an English and Bible teacher in the SDA English Language School system. I learned many not-so-pleasant things about the real me. For instance, it was easy

to teach good Bible classes, but often I would counteract all I'd said by a contradictory, un-Christian spirit of impatience or anger toward the slower students in my English classes.

It was a humbling experience for such a young "whippersnapper" to be teaching business professionals, teachers, etc. from such a hard-working, gentle, sensitive and polite society. Yet, through it all, I experienced a growing, more dependent relationship with God. The early mornings and late evenings would find me alone on the quiet mountains of our coastal city of Himeji, pouring out my mistakes, my joys, my love to the One Who was leading more and more closely in my life. It was a life between the mountain communings and the multitude where the appreciation of true Christianity came.

As the year was halfway over, I heard the Lord's calling to further metro-ministry training. Recalling the counsel about the great needs of New York City, which is to be a symbol of our world-wide work, I found myself wrestling with a decision that seemed against personal convictions and preferences; "No, Lord, not New York!!" Well, alone in the mountains again one

(Continued from Page 3)

Alumni Homecoming Plans Finalized

Plans for the NEWSTART Alumni Homecoming organizational session for April 18-21 have been finalized. To be featured are physician check-ups, blood analysis, lecture by world-renowned Dr. John Scharffenberg, Dr. George Chen (former NEWSTART Medical Director) a cooking class by Irma Chen, various treatments, organization of "International NEWSTART Alumni." NEWSTART staff have really worked out a great program for this year. I know those who remember the Chens will want to see them again. "Doctor Scharffenberg will provide a strong program for us," says Paul Westbrook (alumnus of July '81) who has been helping organize the alumni association.

Organization of the International Association has been set for Monday night, April 19. Regional areas will be determined Tuesday, April 20. Installation of officers and a final organization meeting will occur at a luncheon on Wednesday, April 21. "This is a very important retreat for NEWSTART alumni. We need as many alumni here as possible to begin the new organization. The Association will help us all live what we have learned at Weimar, and share with others who are sick as we once were. There are some who may have slipped back into old habits and we want to help them to recover," notes Westbrook.

The objectives of the alumni group is to create a network of information and follow-up to all


NEWSTART graduates, to encourage people after they have left Weimar, to provide a continual flow of new information, to encourage others who need NEWSTART to send in their application, and to provide a "buddy" system for alumni.


"We want to have a newsletter, regional groups or clubs, a system of tapes, books, and other benefits for members. This network will also provide a base for research, as well as helping us all spread the good news about the NEWSTART lifestyle," continued Westbrook.


Plans include an international slate of officers and regional clubs with their own offices. Each area where there are two or more alumni will be encouraged to form a group. Those alumni without a regional club will be a member at large in the international group.

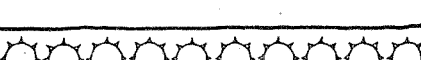
Accommodations have been arranged on a first come-first served basis at the NEWSTART Lodge. Cost for lodging per night is: \$27.00 — single, \$37.00 — double. Meals per day: \$7.50. The doctor's interview, treadmill, laboratory, and physical therapy consultation are optional at additional cost. Most alumni are expected to arrive Sunday, April 18. There will be a "get-acquainted" party that evening.


To make reservations, write to: NEWSTART Health Center, Weimar Institute, Box A, Weimar, CA 95736 or telephone (916) 637-4111, ext. 401.


NUTRITION 

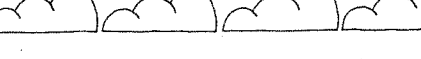
EXERCISE 


WATER 

SUNSHINE 

TEMPERANCE 

AIR 

REST 

TRUST IN GOD 

Source: Ministry of Healing, p. 127; Acronym originated by Weimar Institute NEWSTART guest Bill Dawson (May 1978)

"I walked 115 miles."

By Rose Bloomer
Deer Lodge, Tennessee
January 1982 NEWSTART Class

As told to Aileen Ludington, M.D.
This is my 24th day here and my pedometer registers 115 miles! NO ONE is going to believe this! When I left home I could barely walk around inside my house. If I stood at the sink 3-4 minutes, I would feel weak and faint and have to lie down. I'd been in serious heart failure twice within the year. In fact I'd just gotten out of the hospital Intensive Care Unit a few days before coming here. I was constantly short of breath, and my pulse seemed to race continuously. Despite expensive medical care and several hospitalizations, I didn't improve. I knew I couldn't live much longer. And I wasn't yet 65!

While still in the Intensive Care Ward, a pastor friend called me from Sacramento. He told me I needed to go to Weimar. By then I was grasping for straws, probably my last straw, I thought grimly. But what was the use of money if I couldn't live? On Sunday the Lord opened up the way for me to go. The January class started the next week.

Even in my extremity, I was petrified of flying. Once I'd been on a plane which was hijacked. When I arrived in Sacramento I was emotionally upset, tired, sick and depressed. Friends met me, and I briefly felt better, but then they deposited me in NEWSTART Lodge and left. I became frightened and angry. I cried. I realized I was all alone, and felt trapped and betrayed. At this point I'd lost faith in everything and everybody.

My first few days were a nightmare. I didn't want to leave my room, I didn't know anybody, and I felt miserable. I hurt all over, I couldn't turn myself in bed, and my esophagus burned constantly. I hated the food and fervently wished I was home. I remained fearful, weak, faint, gasping for breath. I didn't think I'd live through the 25 days.

But the staff kept after me. They didn't scold, but kindly and lovingly took me to my meals, treatments, and for short walks. At first I had to stop several times on the way to the physical therapy building, about 100 yards away. Slowly I worked up to 1/8 mile, then 1/4 mile. By week's end I could walk 2 miles.

Actually, I hadn't walked more than a block in a day for more than 14 years. At first, it wasn't because I couldn't. I just didn't need to. I drove to work, sat down all day at my job, drove home, sat to eat, sat to read, and went to bed. After 11 years of this, my ankles began to swell badly. I was started on heart medications and water pills. But from then on it was downhill. I had to quit my job, and we retired and moved to Tennessee. My husband's health was good, but I continued to deteriorate. Last year I was only able to make it to church twice. And last December I was in the hospital for the 3rd time. My life was closing in, and I felt very, very sorry for myself.

But as I was saying, you Weimar people kept after me.

Despite my negative attitude, as I became more active, moving my body, breathing the fresh air, and eating the healthy food, I began to feel better. I started reading Mrs. White's book about how we shouldn't focus our minds on ourselves, that the mind can actually help the body get well.

At that point, about 1 week after my arrival, I made up my mind to turn over a new leaf. I would quit complaining, and do every single thing I was told to do...just right...to the very last detail!!

I immediately felt better, different, stronger even. The fear left me. I began to take an interest in my schedule, and became anxious to accomplish each thing on it. That night, to my amazement, I could roll from side to side in bed with no problem. It was amazing. I enjoyed it so much I stayed awake for awhile rolling around for the sheer pleasure of being able to move without discomfort.

The next morning I vowed I'd try to walk 100 miles. Despite my

morning without stopping and without feeling short of breath. And then I just stopped briefly. My pedometer registers 115 miles. I went past my goal.

Other things have happened, too. My fasting blood sugar, which was edging into the diabetic range, is now normal. My depression is totally gone. I've lost 9 lbs. I'm off my blood pressure medicine, and my blood pressure has stayed normal for 2 weeks. I have no pain at all. Even the roaring in my ears stopped and I seem to hear better. The only medicine I still need to take is Lanoxin

Even during those first few days of depression, I noticed how self-sacrificing the staff is here. They were willing to deny themselves to help the rest of us in any small way they could.

I began looking at the other patients. Several were worse off than me. I shared a book with one lady. Another lady was interested in Adventist beliefs, and I started studying the Bible with her. Actu-

"The next morning I vowed I'd try to walk 100 miles."

early problems, I noted that my pedometer recorded that I'd tallied 16 miles that first week. So I got busy. I'd take easy, frequent short trips at first, with the nurses. Each day I felt better and stronger, and I'd walk longer and further.

Today is my next to last day here. I walked 2 miles this

morning. I love to study the Bible with people. That's the thing I most enjoy doing.

One day the nurse giving me my hydrotherapy treatment looked tired. I mentioned it, and she said she'd awakened with a headache. She had prayed for me so many times! So this time I prayed for her, and later she told

A NEWSTART At Age 85?

By John Asimos
Hot Springs, AR
January 1982 NEWSTART Class

Interviewed by Aileen Ludington, M.D.

"So you want to know why an 85-year-old man like me wants to change his lifestyle, wants a NEWSTART?" John Asimos's eyes twinkled as he studied me. "That's easy to answer. I want to live to 100!"

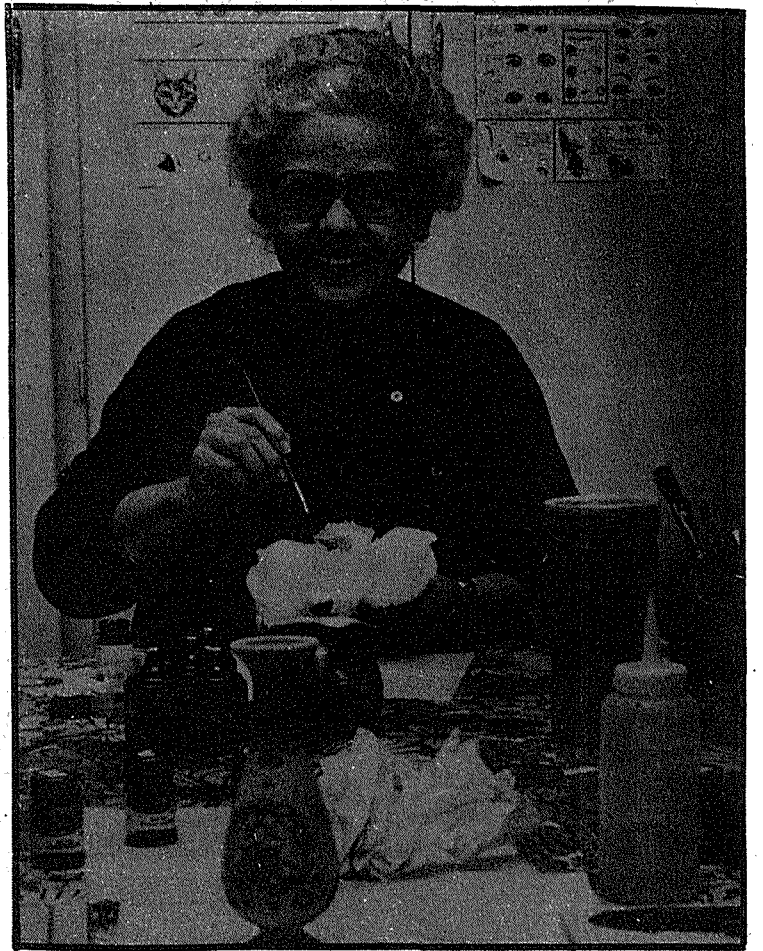
"Actually, the real problem is that my dog and my wife won't let me sit in a rocking chair," he continued, winking at his attractive wife, Jane, who sat beside me.

"Seriously, tho, I've just never been sick. I've been in the hotel business most of my life, and retired in 1973. Then last June, due to some financial complications, I had to take over another hotel. It was in such sad shape that the next 2 months were very stressful ones. I gained weight, didn't feel well, and began having heart pains. I was put in the hospital in August. It was the first time in my life I'd ever been in a hos-

pital, except to get a cast put on a broken arm once. It was hard on me. They gave me a lot of medicines and finally let me out.

"I went to a clinic to continue treatment, and after a stress test the doctor advised me to come here. He said I should lose weight and get my cholesterol down."

"We were able to sell the hotel



Rose Bloomer

me the headache had gone.

I've been writing my friends at home about my experiences here. My mail carrier is planning to send her father here. My sister-in-law wants to bring her brother.

I am so happy that my "last straw" was Weimar. I know God led me here. I feel I would have been dead now, if I hadn't come, and at the time I hardly cared.

about that time, so it freed us to come," Jane commented in her pleasant warm way. "Then John got cold feet."

"Well, yes, I really came against my will. I feared it would be just like the hospital. And I didn't care for that at all.

"But I knew I should do it, and now I'm glad I did. It has been absolutely worth it. I'm stronger and feel much better."

His eyes drifted back to Jane. "We've been married 45 years, and I want to take her on a trip to Greece this spring. That's where I came from. It's a wonderful place.

"But we'll be back here in August," he concluded. "For a refresher. Yes it's been worth it, absolutely worth it."

Now I am like a new person. I just can't wait to get home and see what the Lord has for me to do next!

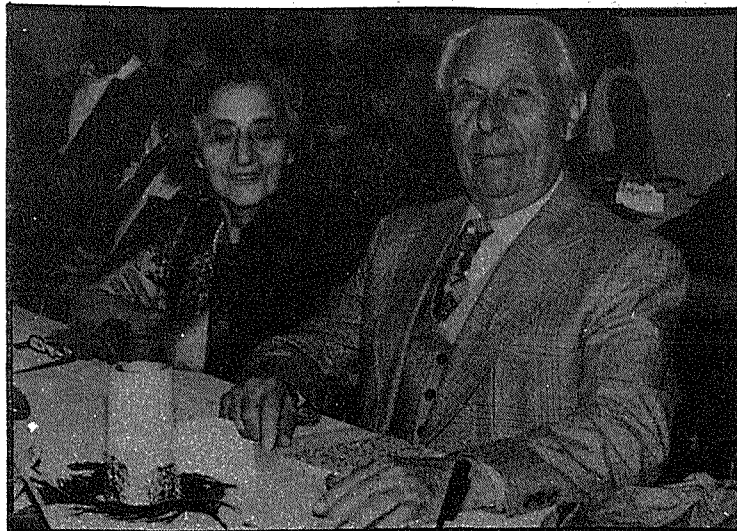
No, I'm not fearful any more. If I have any problems, I have God's telephone number. I found it in Jeremiah 33:3. It says, "Call unto me, and I will answer thee, and show thee great and mighty things which thou knowest not."

He rose easily from the chair. With a dignity touched by jauntiness, he and his beloved Jane walked arm in arm toward the lobby. His body was arrow-straight. He wore no glasses, nor did I notice a hearing aid. Yet he didn't miss a single nuance of the interview, and I had not raised my voice. John Asimos, what a testimony you've been to me: gliding into advanced age without the miseries, sufferings and losses so common to mankind. And still open and eager to learn better ways, and to change where necessary to "keep out of the rocking chair...revisit the homeland and make it to 100!"

I pray you succeed; God would that it could be so for all of us.

NEWSTART Schedule

March 21 — April 15
April 25 — May 20
May 23 — June 17
June 27 — July 22



John and Jane Asimos

"I didn't know a school like this existed!"

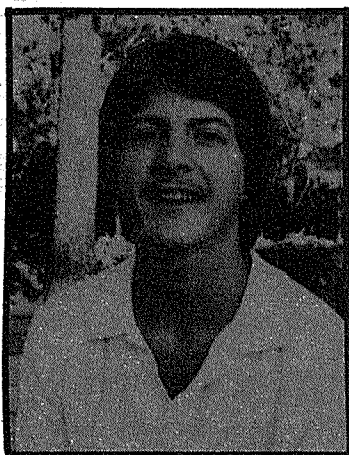
By Deena Haynes

Though raised in a Christian home, Steve Clark found himself becoming involved with drugs and alcohol while attending high school. His education seemed to come to an end after graduation when he took work in construction.

Eventually, Steve's life style caught up with him. At 18 he overdosed on drugs and began seeing a psychiatrist. This really shook him, leading him to recognize the forces of evil that were actually controlling his life. The next few months he spent working, reading his Bible and praying while going through therapy.

Finally, in December of 1979, Steve surrendered his heart to God for healing and renewing, and was baptized into the Seventh-day Adventist Church.

The following year he continued working, but began looking for a S.D.A. college to



Steve Clark

attend. The prospects were not very encouraging, due to finances. He had just about given up when one Sabbath, at a potluck dinner, some friends told him about Weimar College. Following through on the information he received, Steve sent for the handbook. "After reading it," he says, "I was excited. I didn't know a school like this

existed!" It was an answer to prayer.

It didn't work out for Steve to come to Weimar that year, but the following summer ('81) he arrived on campus. His experiences in construction proved a real blessing in helping to start the new academy dormitory and in other remodeling jobs. And that fall he began classes.

Having been out of school for three years made it a little difficult to get back into the habit of studying. But he stuck with it. And he feels good about the quality of education he's receiving. "If the tuition was \$6000 I'd pay it — if it was \$12,000!! I'm getting the best!" emphasizes Steve. He would like to go into a Metro Ministry major because of his desire to work with teenagers who have drug and alcohol problems.

For Steve, Weimar College is providing the opportunity to minister in ways he had never dreamed possible.

Exciting Plans In The Making

By Susan Claridge
Student, Weimar College

Some exciting plans are developing at Weimar! A group of students and staff believe that God has given indication that He has a specific work for them in the mission field of Honduras this coming summer.

Elder Wesley Taylor, head of the religion department of Weimar College, has organized a team of twelve students and several medical and college staff to introduce and help implement medical and educational evangelism concepts in Honduras. Since Elder Taylor and his family at one time spent six years working in Honduras, at the Adventist boarding school, his leadership of this project will ensure an understanding of the kinds of directions to take as plans are made.

The 3 month project will be accomplished in three different locations. The Valley of the Angels Adventist Hospital needs assistance in health education for the overwhelming outpatient load. Help is also needed in the newly developed health conditioning program and public services being offered in the community.

The Adventist boarding school of Honduras has expressed a need to incorporate their students and staff more actively in community outreach as well as in their work education program. An additional goal is to complete a church building project on the campus, begun some years ago, but left unfinished due to financial shortages. The Bay Islands have 2 day academies where similar projects will be undertaken.

Weekends will be full. Spiritual and health emphasis seminars are being planned for presentations in the Adventist church districts of the Honduras Mission.

Furlough Memories: The Far East

By Colin Standish

Although my wife, Cheryl, and I had Australia as our main destination for our furlough, we had the opportunity to spend some days in Hong Kong, Thailand and Singapore on our way to the great Southland. We cannot hide the fact that we were glad to miss the U.S. freeze while we were luxuriating in the warmth of the tropics. But it is the great interest in Weimar that we find everywhere that I want to share with our readers and patrons.

It can only be the providences of God which have been responsible for the dramatic worldwide interest in Weimar Institute, and the strong support for its multiphasic program. Wherever we travelled, we found eagerness to hear about our pro-

grams, to view the slides we carried with us and to dialogue in depth upon the philosophy supporting the Institute.

It was significant that Dr. Otis Edwards, Secretary of the Far Eastern Division, formerly the Division's Educational Director, should say, "It must be frightening to be part of Weimar when all the world is looking on."

Everywhere I go in the Far Eastern Division, even in more remote areas, people are asking me about Weimar. I explained that, while we at Weimar are not fearful, we do take our responsibilities most seriously.

In Hong Kong we found ready interest in the two Adventist hospitals in Weimar's development. One hospital has requested for

(Continued on Page 6)

In Loving Memory

A MEMORIAL GIFT TO WEIMAR INSTITUTE HAS BEEN MADE IN MEMORY OF:

Robert B. Pearson	by Mr. and Mrs. J. H. Horning
Ray Smalley	by Doris Smalley
	Raylene Pooler
	Lorayn Beaver
	Joy Kritchen
Joane Wallace-Maize	by Darald Edwards
Paul Akana	
Ervil Clark	
Harry Henry	
Rose Miranda	
Helen Morton	by Mr. and Mrs. J. H. Horning
Ruth Kier	
Raymond Bresee	
Veda Sue Marsh	by Marie Anderson

Learning

(Continued from Page 1)

night, I surrendered my own needs of earning college money during the summer, and desires to be "back with the group."

I was able to fly direct to New York for only \$40.00 extra and He's been providing for all my needs ever since, physically as well as spiritually. After all, what better place to learn how to work the cities than New York! I'm connected with the Hypertension Screening Vans, in following up interests as a Bible instructor in the home.

Our God reigns and knows what is best! He knows the end from the beginning, and could we but understand we wouldn't want it any other way!

"I will lead the blind by ways they have not known, along unfamiliar paths I will guide them. I will turn the darkness into light before them and make rough places smooth. These are the things I will do; I will not forsake them." Isa. 42:16 N.I.V.

David Bradburn,
85 Long Island Expressway
New Hyde Park, NY 11040

This school year finds Dan Eveland teaching English in Korea. He loves it. Dan worked in the bakery while here at Weimar and we enjoyed the picture he sent as evidence that he still likes to make bread — when the cook gives him a chance! Here's what Dan writes to us:

Dear Weimar Family,
Work here keeps me busy and is teaching me a lot about public and human relations. It also is causing me to realize that it is more than I am able to deal with. The work must be put in God's care and I must ask Him most earnestly to enable me to do what

He has called me to do. A friend who had the same job as I do, but at another school, told me it would humble me. At the time, I did not understand how, why, or how much, but every day my understanding of this grows.

My year here is half over already, and the time has really gone by fast. The second half will go even faster. Before I am ready, it will be time to come home. The last six months have really been good ones for me. That's not to say they have been easy. There have been some really hard times, but they have been the most productive, and I thank God for them.

To be a SM is something that is extremely difficult to describe; it is so full and rewarding. I hope and pray that there are some who will choose to go out next year. God has a place for all to work if they will choose to go. Encourage those who are contemplating going. They will need more than financial help. Satan really tries to keep people at home because he loses when they become active in the field. He loses them and the people they work for. I am thankful for little words of courage that people gave to me while I was deciding whether to go.

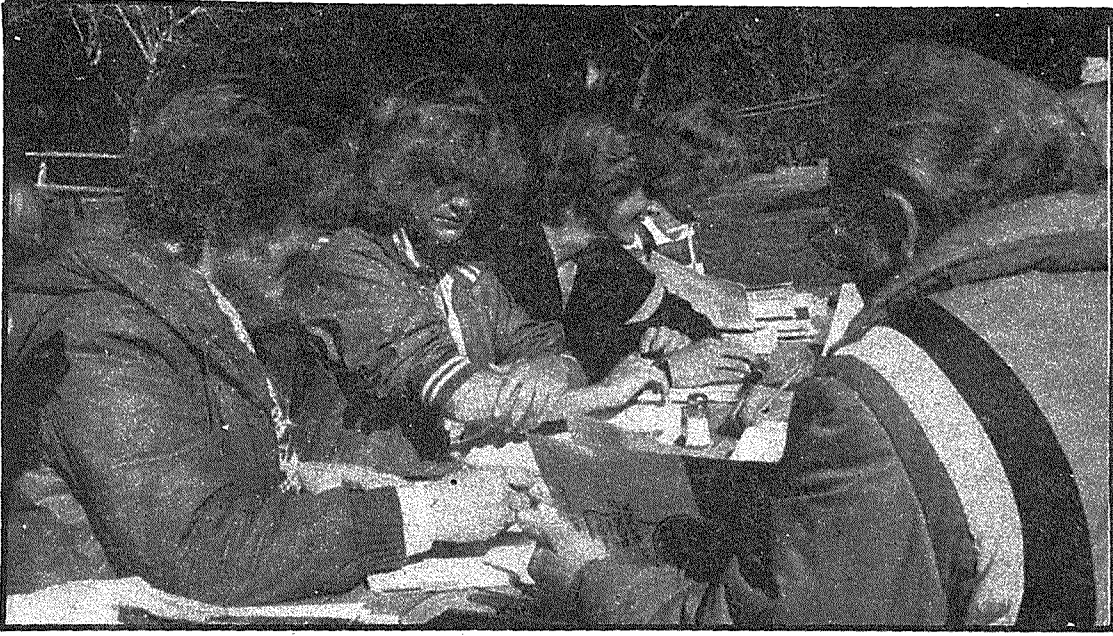
I like the house I am living in. It is isolated and just a little way from the school. It's quiet and there are birds and trees around — a little piece of country in the city. God knew this is what I needed! He has met all of my needs so far. He won't ever let me down!

Continue to trust God not only with your mind but with your mouth and actions. This will help you and others. When others see that your trust in God has been rewarded, they will have a reason to trust Him, too.

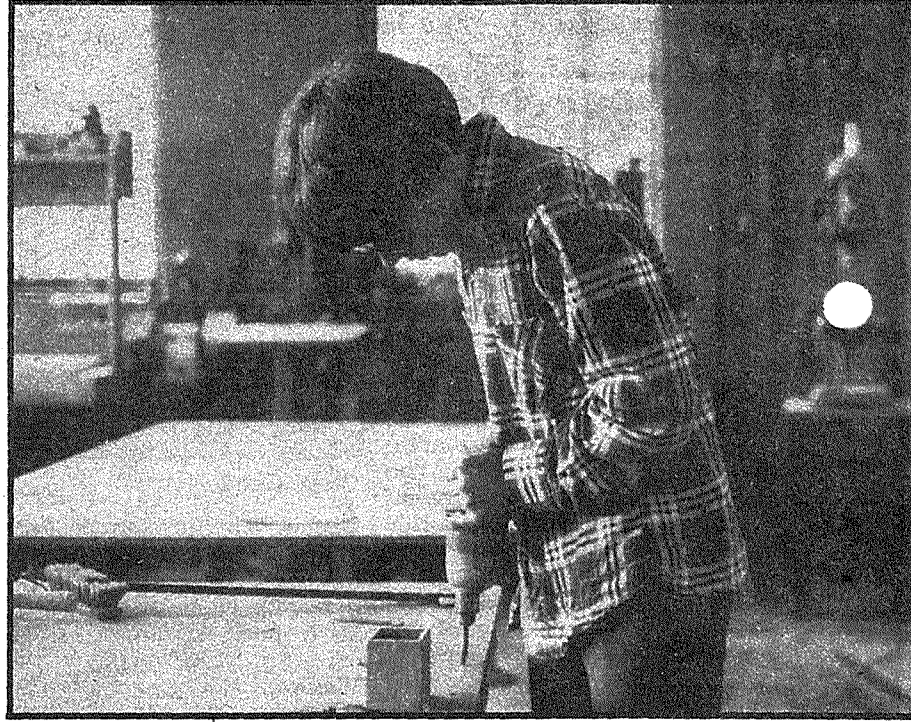
You are in my prayers and thoughts.
With Love,
Dan Eveland
SDA Language Institute
P.O. Box 110
Cheong Ryang,
Seoul, 131 Korea

**Make your
Summer
exciting!
For details
see page 7!**

Weimar Academy — A Dream



The Career Education class takes advantage of the sunshine with their teacher Verlin Leer.



Mark Gerbozy finds his work in the Cabinet shop enjoyable and interesting.

Why Another Academy?

By Verlin Leer
Principal, Weimar Academy

Not too long ago, the question was asked, and rightly so, "Why are you building another academy when many of the present ones are not full and some are even closing their doors?" How can one answer this question except for the fact that there are many who have the dream and desire to extend Weimar's work/study program to the academy level. Now we of the Weimar Academy Planning Committee, the pioneering staff and students, many anxious parents and many interested people are seeing this dream become a reality.

It was almost two years ago that the plans for a full academy program were just in the talking stage. It was felt that an academy would be an aid to the College's Secondary Education program. The students would have first hand experience in an educational program with the basic goal to follow all of the Biblical and Spirit of Prophecy counsel. The Institute also wanted to provide a stable program for the students of its own staff members. Since there would not be a large number of secondary students from staff families it was decided to invite about 50 boarding students to attend so that we could plan for a well-rounded program on all levels.

In thinking through the type of housing, the family type home was the most appealing. The ultimate plan is to build four homes that will house 12 students and their "house parents."

Provisionally, one hundred acres of property was donated to Weimar Institute with the express purpose to help fulfill the reality of this proposed academy. In due time, the property was sold, plans for the homes drawn and approved, a curriculum developed and the selection of staff and students began.

It soon became apparent that the interest in this type of education was very great, for more ap-

plications came in than we could accept. There were two things that would limit the number of students that could be accepted: adequate housing and meaningful work for the work-study program.

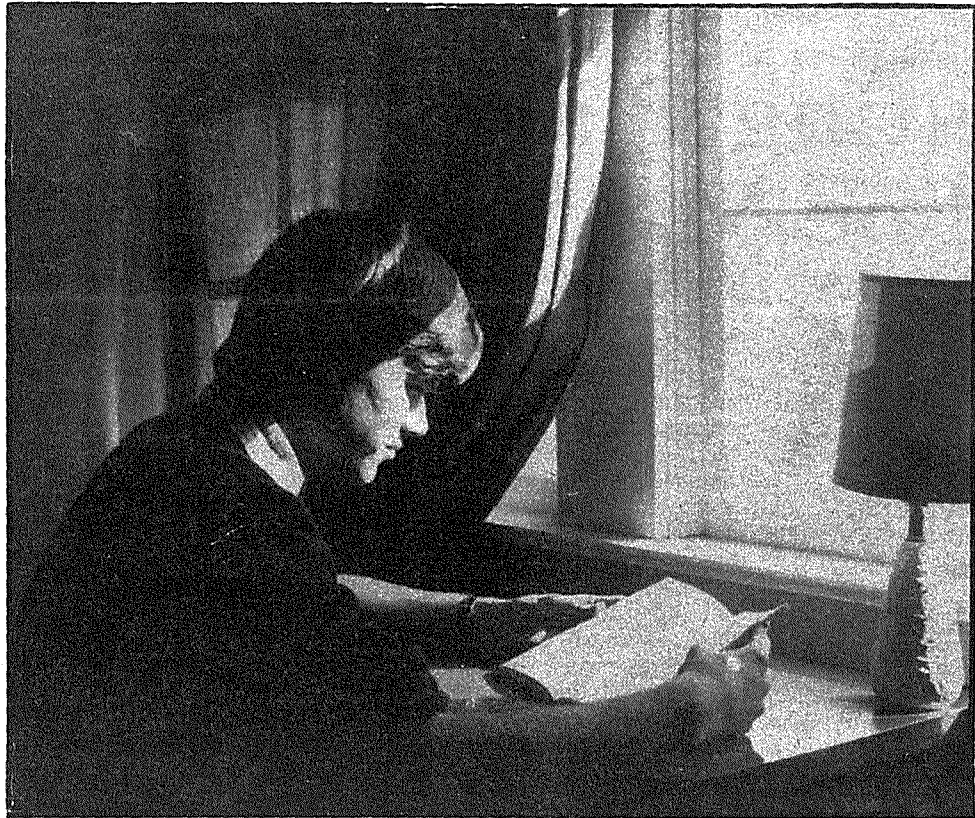
We have learned many interesting things this first year of school. This is an intense program and only fully dedicated students can work within it. We are sure that the philosophy is correct and with experience we are developing better ways of implementing it.

The records show that the students' work habits are improving. Many students are having exciting results in their outreach program, for many people in the surrounding communities are realizing that there are Christian youth who do care. Some churches are more alive because youthful enthusiasm is added to adult stability.

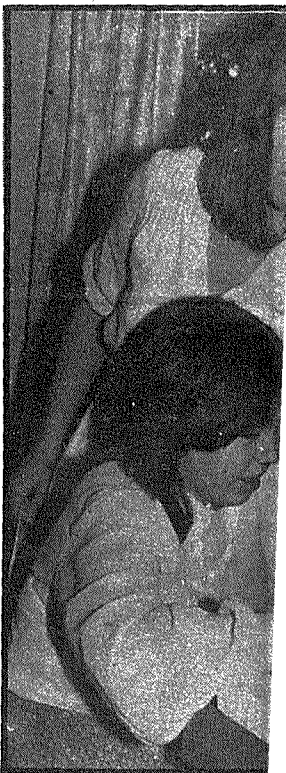
As we look forward to our second year of school, we find that we cannot have more than two homes prepared. This means that we cannot increase our enrollment for next year. We feel that our present pioneering students who are now here and are fitting into our program will have first priority for next year. We do not anticipate more than 10-11 openings, but the interesting thing is that we have more students wishing to come than we have now enrolled. We are receiving several inquiries each week. In fact, we have applications on file for the 1986-87 school year.

This tells us that there are many parents and students interested in wanting to follow God's recommended plan of education.

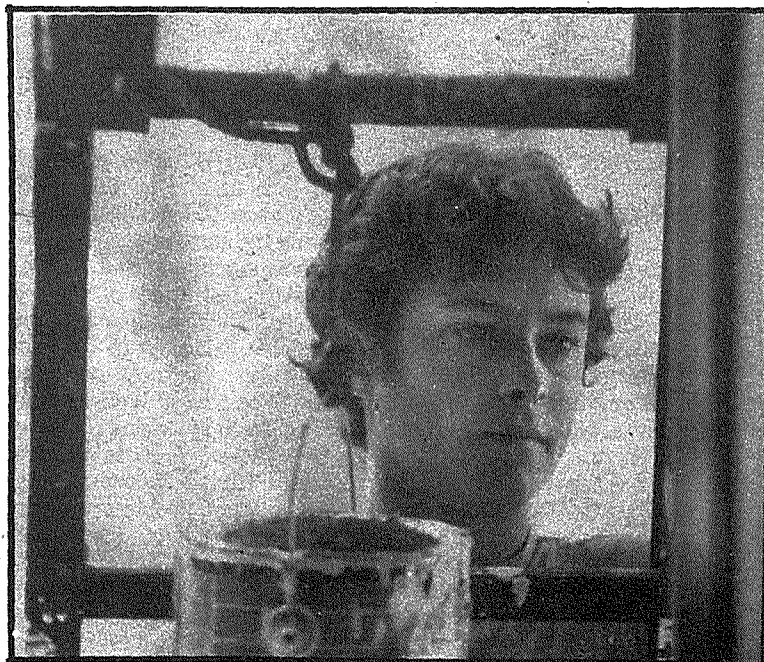
We ask for your prayers, for we need to get all of our school homes built and more work stations in full operation so that we can, at least, take the full number of students for which we are planning. Those of us who have been privileged to help develop this program, and work and teach within it, are excited for we can see a dream becoming a reality. Thank you, Lord!



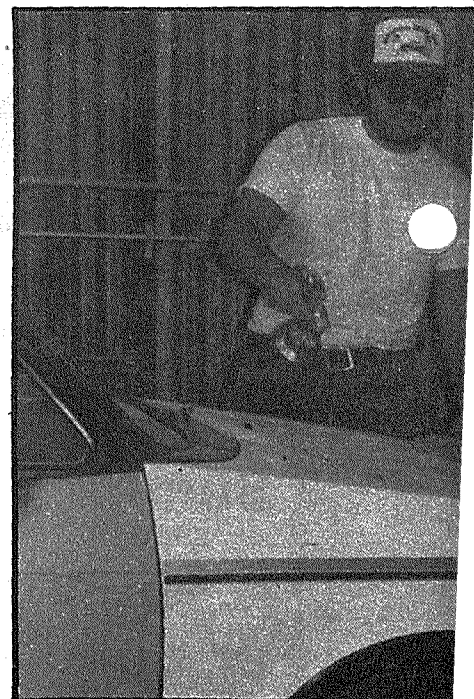
Joel Neil, senior from Chicago, Ill., finds some quiet time to study.



Learning practical skilliculum. Here, Carey Mulvihill in the busin

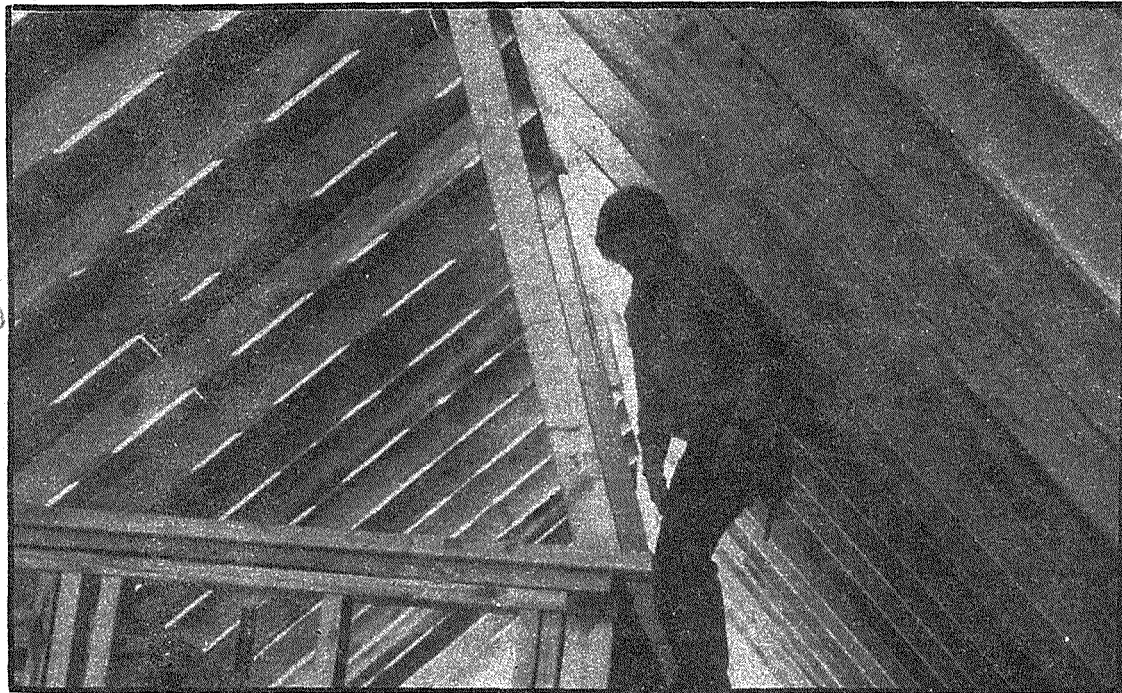
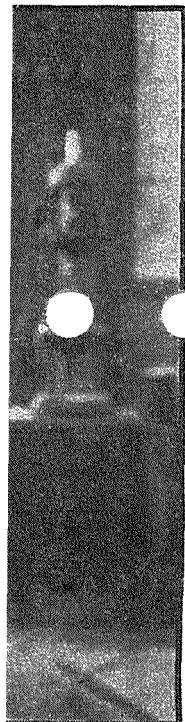


Mark Raimer diligently applies paint during his time at his work station. Students work 15 hours a week, changing stations each quarter.



Auto body repair is taught to acad student is exposed to many and va

Team Becoming A Realty



Progress continues on the new academy home. It is scheduled to be completed and ready for occupancy by next fall.

interesting.

BUTTERFLY

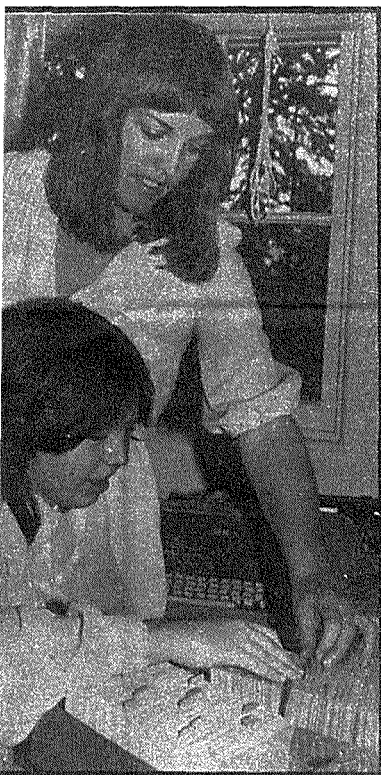
*He came flitting in,
on a sunny afternoon,
a bit of brilliant lace.*

*Lighting, his tongue rolled out
to sip in the sap
of a smiling pansy face*

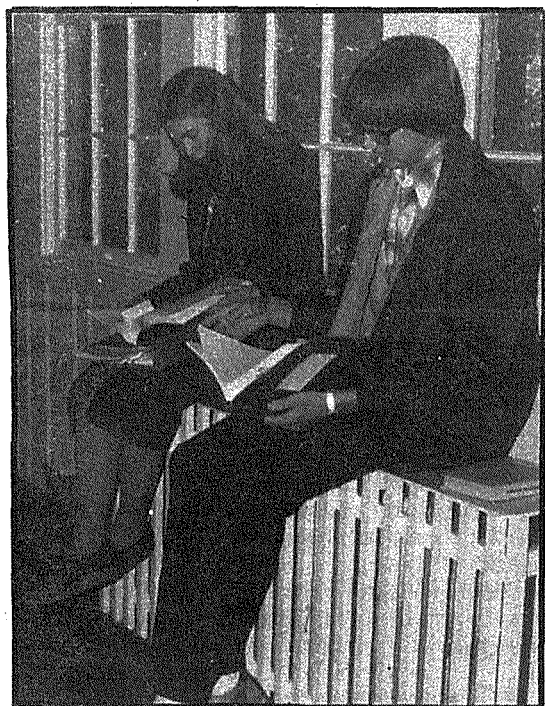
*He seemed to know
which blooms were sweet
and which would hold his weight.*

*God's care spilled over
in loving extravagance!
My inner joy increased —
reflecting the pansy's smile.*

*By Monte Snyder
Weimar Academy*



practical skills is part of the curriculum, Carey Gates assists Terry in the business office.



What better place to keep warm on a chilly winter day than sitting on the heater? At least Bruce Fillman and Joan Shirley decided to take advantage of such an opportunity.

Busy! Busy! Busy! Busy!

By Deena Haynes
Student, Weimar College

One of the newest aspects of Weimar Institute is the boarding academy that opened last fall. There are 31 students this semester, including 9 staff children.

These pioneering students are "roughing" it in the make-shift dormitories with closets for wall partitions. Quarters are cramped. But the roof is now going on a new home for 12 academy girls and their "house parents." It is also hoped that a boys' home will be completed by next fall.

Feb. 12-14 marked a special weekend for Weimar Academy. Parents came for an open-house weekend at the Institute. Sabbath services were held on campus and conducted by academy staff and students.

There was a gift-sharing program Sabbath evening which in-

cluded numbers by the brass and string ensembles and the newly formed academy choir. Robert Rasmussen showed his paintings, Joel Neil played a piano selection and Monte Snyder shared some of his poetry. There was a special banquet Sunday for all the students, parents and staff.

Based on student comments, it sounds like academy life is extremely busy. But there have been some "take-a-break" activities which add variety and recreation to homework, schedules and tests. Last semester there was a backpack trip and several ski trips have been taken throughout the winter. There have been musical programs, a treasure hunt and campfires.

Every other Saturday night, skill classes are offered. Several students found themselves enjoying a whirlpool bath, contrast shower or steam bath during a recent home-nursing class in which

NEWSTART nurse Ronda Potterton demonstrated different hydrotherapy treatments. Russ Borden, a Weimar College sophomore, has been showing students how to operate a camera, explaining picture composition and demonstrating dark room procedures in a photography class. Also, many students have been attending a class in wilderness survival.

Friday morning academy students reach out into the community by meeting others' needs. Initially, they gave out dinner rolls and a letter telling about Weimar and the services the academy students offered to those needing help — yardwork, housework, splitting wood. Many calls came from this first contact. Some students have returned to visit and help the same people, thus establishing friendships. They have cleared out garages, split and stacked wood, helped pick a persimmon crop and visited in nursing homes. They meet all kinds of challenges and learn to deal with a variety of people.

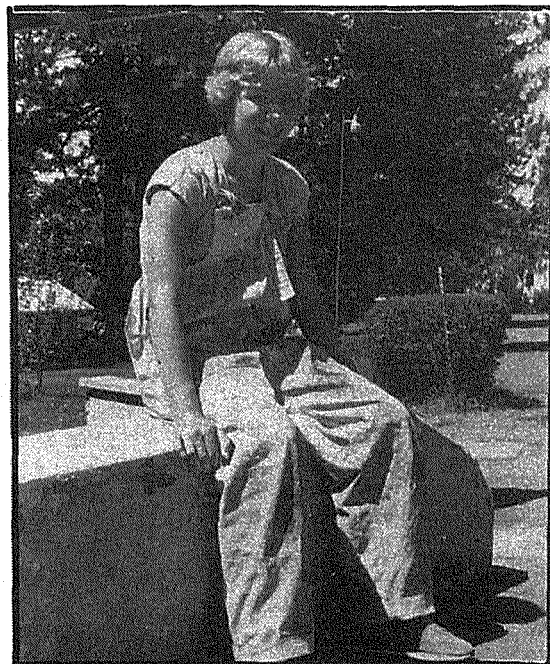
"There's a lot of people out there that need help and are happy to get it," comments Alfred Stonas, a freshman from Lincoln, CA. Many of the folks that are helped insist on giving donations. The money is going toward purchasing a DuKane projector for giving Bible studies in homes.

David Grams, outreach coordinator, has available time on four radio stations on the West coast. He and some of the students have been recording tapes to go on the air. They have recorded the choir and orchestra along with short talks on the different aspects of Weimar Institute.

Later this semester, David Grams and a team of 4 students will be going to Bishop, CA where they will conduct a week of Prayer in the elementary school. They also plan to help with some evangelistic meetings.



Academy students by Ethan Mulvihill. Each is engaged in different and varied tasks during the year.



Dressed appropriately and ready to go, Carla Hamman waits for the rest of the paint crew.

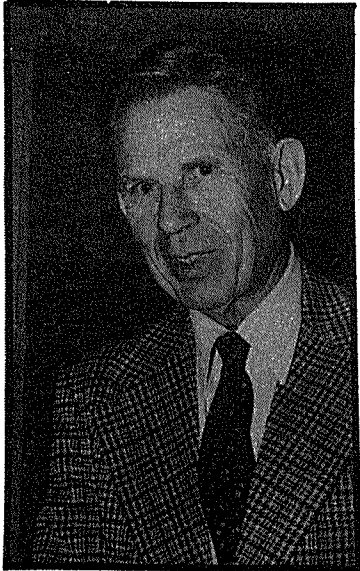


Janelle Cubberly indulges in creativity while working in the ceramics shop.

Can We Feed Our Starving Joints?

PART II

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



Dr. Milton Crane

Summary of Part I: Osteoarthritis is the commonest form of arthritis, and is probably present to some degree in most people past 50. Although common in civilized nations, it is relatively rare in primitive societies even today. Decreased circulation appears to induce the symptoms and findings of the disease.

Treatment of osteoarthritis (degenerative joint disease, or DJD) is usually directed toward relief of pain and stiffness and toward prevention of further damage to the involved joint. Salicylate analgesics (pain relievers) and some newer types of medications which seem to reduce inflammation, make up the usual approach of physicians in treating osteoarthritis today.

Do God's natural remedies have something to offer the osteoarthritic patient? Certainly our long-

Regulated exercise and careful range of motion of the involved joints is imperative. It may be necessary to exercise in a recumbent position or in a jacuzzi or swimming pool. The amount of use of the joint should be kept within the limits of its blood supply. Proper rest, therefore is important.

Weight reduction in the obese is a must. Just as a bridge has a load

blood. Studies on monkeys support this conclusion and further indicate that primates can safely subsist on levels of fat as low as 4% of the daily calories.

To significantly lower cholesterol and fat in the blood, and to possibly obtain regression of the disease, the diet should meet the following criteria: (1) Avoidance of all foods containing cholesterol (animal products contain cholesterol, plants do not). (2) Exclusion of all foods high in fat, particularly refined fats and animal fats. (3) Inclusion of as many foods high in natural fiber and plant sterols as possible. ■

Such a diet can be obtained from the selection of a variety of fresh fruits, yellow and green vegetables, tubers, legumes and whole grains. All refined and processed foods such as oil, margarine, sugar, syrup and refined cereal products should be avoided. Animal products such as flesh foods, egg yolks, and milk fat should be eliminated from the diet because they are high in saturated fats, total fats, and cho-

lesterol, and have no fiber or plant sterols.

With careful planning and creative experimentation, such a diet can be made sufficiently appetizing for long term use. It will not satisfy the high-fat appetite at first, but it is adequate for the maintenance of optimum health.

Those who have not yet developed arteriosclerosis but wish to avoid doing so, should follow the above guidelines but may include moderate amounts of nuts, olives, avocados, and the high fat seeds in their diet (Prevention diet). However, those who already have the disease need the low fat, therapeutic diet to give them the best chance for regression. They would be wise to exclude these high fat foods from their diet, even though they are natural foods.

The next few years will be exciting ones, as we discover ways not only to halt, but very possibly to reverse and even heal to some extent the ravages of the degenerative diseases that are now taking their miserable toll on mankind.

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“Just as a bridge has a load limit, so does a joint.”

range care of degenerative joint disease should include a sensible application of these remedies for the relief and control of symptoms. How much can be done to halt the progression of the disease, and to induce regression (healing) of it remains to be determined. It is exciting to consider the possibilities of good general care, and an effective regression diet.

Much can be done to relieve pain by rest, massage, and the local application of heat by several different means. Local heat and gentle use will dilate the arteries and help to limber up the painful joints.

limit, so does the joint. The relation of weight reduction to joint recovery is greatly underestimated by most people.

If joint destruction has progressed too far, the joint may need to be ankylosed (frozen) or replaced with a metal or plastic joint.

The role of diet in the prevention and correction of arteriosclerosis is still under evaluation. The current weight of evidence indicates that a low-fat diet (not more than 10-15% of the daily calories) with the absence of cholesterol and the presence of adequate fiber, is the most effective way to lower the damaging amount of lipids (fats) in the

overseas country to establish an educational and health center upon the lines of Weimar Institute.

In Singapore, I spoke at the Far Eastern Academy where I have two nephews in attendance; at the South East Asian Union College (three times), and at the Far Eastern Division office (twice). The interest in Weimar at each of these locations was high and I believe we can look forward to students from these areas in the near future, as well as an increase in Far Eastern visitors.

It is apparent that within God's Church there is a world-wide renewed interest in the health and educational principles that have been revealed through His prophets. It is clear that God's timing was right in the establishment of Weimar Institute, for it is in the vanguard of an awakening by many to the principles of education and health. We trust that by this, God's people will be prepared for the Spirit-filled proclamation to the world of the love, power and soon return of the Saviour of the World.

Furlough

(Continued from Page 3)

one of our college students to teach the effective use of hydrotherapy for their medical program.

There is also a ready response to the work/study program at South China Union College. College President, Dr. Wong, who has worked for some time with Weimar Institute board member Dr. Raymond Moore in the area of work/study, had devoted the chapels for the fall term to this topic. Thus my presentation fitted easily into the chapel theme.

In Thailand, of which I will give more details in my next report, the interest in Weimar has been heightened by the services in that country of Byron and Carol Reynolds, both recent NEWSTART Center workers. It seems likely that Thailand could be the first

Dear Weimar College Friends:

Greetings to you all! It gives us great joy to write this letter, for both of us fully believe that God is working in many ways on His behalf in our lives and ministries. Since graduation, the passing months have continued to show that God's methods really do work!

With our limited vision, it is hard to imagine the totality of the impact that God has had through Weimar College on various parts of the world. But, as we remain committed to our graduation prayer of "proclaiming His excellencies" (1 Peter 2:9 NASB), we know that post-graduate influence may be broad and deep, within our studied spheres of service. With God moving before us, we must keep pace with Him.

Hal and three other classmates spent the summer in Spokane, Washington, with Dr. Warren Peters conducting a small reconditioning program for that city. The results were tremendous! Many of their clients not only began to receive new life physically, but some received new life spiritually. It was an intense learning experience for the team who learned to work together unitedly.

Hal is presently located at Hamburg, Pennsylvania, where he is working to catalyze the development of a Weimar-type outpost center in the East. Weekend seminars are being conducted in which key speakers focus on the topics of health and education.

Greg, through a call to work with the Nevada-Utah Conference, is now serving as a pastoral intern in the northeastern California towns of Susanville and Westwood. His senior pastor, Albert Tilstra, has outlined an excellent internship training program, where they meet weekly to discuss, and have Greg participate in, the various areas of church leadership.

Greg and his wife, Allison, reside in the Westwood area where there are nine churches vying for the community's membership. Nevertheless, the small company of Adventist believers is being strengthened, and continues to grow.

Plans for the 1982 Weimar College Alumni Homecoming are being laid. It promises to be a rewarding and enriching experience, so mark it on your calendars to attend, May 7-9! We encourage you to fill out the reservation form below, and watch for the homecoming agenda in the April edition of this Bulletin.

What a privilege we have as brothers and sisters in Christ to unite together with many hearts all over this land, for the restoration of God's loving character in mankind, and the finishing of His work!

Sincerely,
Hal Mayer & Greg Harper
Class of '81

Reservation Form:

Yes! I would like to attend:

Name.....

Address.....

.....Zip.....

No. of persons.....

(Arrival time: May 7, 4:30 p.m.)

Costs:

Room: \$9.00/night

Meals: \$2.50 Breakfast

\$3.00 Lunch

\$2.00 Supper

(Total cost for lodging and meals (\$33.00))

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

Just to Make Your Choices More Exciting...

TWO MORE SUMMER PROGRAMS••

Two programs we expect to be popular choices have been added to our slate of summer learning opportunities. Each is a topic of special expertise for the Weimar College professor who is teaching it.

•Weight Control Seminar

Most people who battle with the weight problem either experience intermittent success and failure with a zero net result, or they just give up and plan to die young. Dr. John Goley and those working in his teaching team believe that victory over obesity involves a lot more than magic diets and pep talks. During your brief stay at Weimar, they will help you get a grip on the controls of your own ship and leave you with chart and compass. You will receive intelligent direction for rebuilding your health, and for becoming happy with your relationship to God and to people around you. A health evaluation with basic tests is included.

July 7-10. Program fee, \$95. Spouse, \$85. Meals and lodging extra.

•Creative Writing

This week-long college-level workshop with Bob Bohlman will sharpen your story writing skills while you enjoy the friendship of other Christians with similar ambitions.

The program is planned for everyone interested in Christian story writing. A fundamental knowledge of grammar is recommended. The workshop includes skill development lectures, writing practice for peer critique, budding authors sharing stories, and professional evaluation of a short story which we help you polish and submit for publication after returning home.

The seminar on teaching literature announced in previous issues of the BULLETIN has been replaced by this one on creative writing.

August 16-22. Two quarter-hour college credits, \$135, Noncredit, \$95. Meals and lodging fees are waived by participation in our work program. (Twelve hours of physical labor in garden or shop make up part of the schedule for all our week-long courses or seminars.)

•Other Summer Programs

Gardening, June 13-15.

Healthful Cooking, June 15-17

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.

Home School Seminar (repeat session on sufficient demand) July 11-14.

Balance in Christian Education (Work/Study Seminar), July 11-30.

Math Clinic (Individualized guidance for specific weaknesses) August 1-8.

Principles of the NEWSTART 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.

Work Bee, September 5-12.

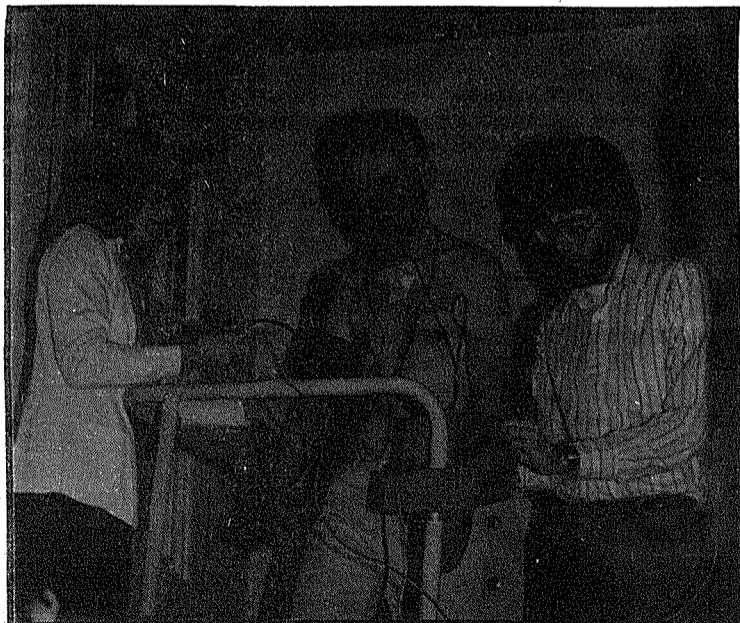
Survey of World History, June 21 onward.

If you haven't already requested a copy of our prospectus, please drop us a line. And, by all means, mark off a little chunk of your calendar for becoming a part of Weimar this summer!

Ted Wade

Summer Programs Coordinator

Box A, Weimar, CA 95736



Weimar Institute has just recently initiated a staff health evaluation program. All participating staff are tested in order to determine their levels of health. They then receive assistance in gaining and maintaining better health. The results will be of personal and corporate benefit. Here, Jim Collins, the first staff member to go through the program, is evaluated by Jennifer Matlack, Weimar College Senior, and John Goley, D.H. Sc., instructor of Health Science at the college.

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.
- other.....

PLEASE SIGN ME UP FOR...

- the Weimar Institute Bulletin.
- I am already receiving the Bulletin.
- recipe book: FROM THE WEIMAR KITCHEN (\$5⁰⁰)

PLEASE SEND ME...

- information regarding Weimar's NEWSTART Health Center.
- Weimar College Catalog and Student Application Packet.
- Other.....

NAME.....
 ADDRESS.....
 CITY.....STATE.....ZIP.....

Please Print Clearly

SEND TO: Weimar Institute • P.O. Box A • Weimar, CA 95736

A "Foot In The Door" Offer

Now you can find out what the Weimar Tape Club is all about without spending \$42 — the fee for a year's membership. We think you'll like what you find and accept full membership later, but that choice is yours. Bonus tapes — Also available for purchase. See coupon below.

- A. "God's Hand in the Neglected Continent." Miracle stories about the opening of the work in South America and Mexico
- B. "Nobody Doesn't Love Me Anymore." An inspiring message by Erwin Gane on the process of salvation and the cross.
- C. "God's Answers to Human Problems" and "God's Answers to Weariness" Principles of stress-free living by Colin Standish, Dean of Weimar College.
- D. "Steps to Christ," Part 1. From the book by Ellen White. Read by Weimar President Robert Fillman. (Two more tapes available later.)
- E&F "Creeping Compromise." On standards of Christian behavior. Narrated from the major portion of the book written by Joe Crews. This is a set 3 tapes, but counts for only 2. Circle both E & F. (Available only for 12 month memberships).
- G "Model in Family Life" and "Loving the Unlovely." Dick Winn at the Weimar Staff Colloquium.
- H. "Ellen White and Management Practice" and "Management Proverbs" Paul Robberson at the Weimar Staff Colloquium.
- I. "Modern Prophecies Fulfilled." Colin Standish explains the meaning of recent developments within the Adventist Church; and "All Things Work Together for Good." Erwin Gane in the Colfax Church.
- J. "Self Worth." God's advice compared to popular ideas. Colin Standish. And on the same tape, "Reality." What we really are and can become. Satan's distortions unmasked. Dick Winn.
- K. "Subtle trends in Religious Music." The stimulation of our senses is easily confused with a religious experience. You'll be surprised at what's happening! On the other side: "The Ethics of Change." Both by David Grams.

This month's Feature Tape.

"Insights From a Space Flight." Astronaut James Irwin tells the Weimar family about his walk with the Lord — even on the moon. Lecture, narration, questions and answers. Club members get this tape in addition to their bonus tapes.

Check how we can serve you best:

... "Foot in the Door." Circle 3 tape letters. \$9. (\$9.75 outside the U.S.)

... Full year's membership. Circle 3 letters. (A tape each month, bonus tapes, everything \$42) (\$45 outside the U.S.)

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A B C D E F G H I J K L (Insights From a Space Flight)

Name.....

Address..... Zip.....

Amount for tapes and service \$.....

Tax for Californians-6% \$.....

Total enclosed \$.....



Carey Gates, a sophomore from Placerville, California, is one of the student "pioneers" in Weimar Academy. For more details, see pages 4 and 5.

WEIMAR INSTITUTE BULLETIN



VOL. 6 NO. 3 MARCH 1982

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Wisdom Vs. Power

By Dick Winn

Teenage talk in the dormitory often ran in the direction of trying to impress our peers with our ability to ask tough questions. "What would happen if the earth tilted its axis?" Or, "Why do most Republicans drive Buicks?" The answers were of little interest to us; the fewer the answers that could be given, the more profound the questions must have been!

When the Sabbath hours descended on the campus, we had to shift the question game to more sacred themes. I remember the look on one fellow's face when he thought he originated that old chestnut, "Do you think God can make something so big that He can't lift it?"

Now that was a good one! So good, in fact, that we all agreed to use it the next morning in Sabbath School Class to see if we could stump McConnell. Now stumping Mr. McConnell was never easy. As math teacher and resident philosopher on campus, he dusted a lot of boredom out of our Sabbath-morning minds with

his free-wheeling discussions. So when our buddy rose up full height, and soberly asked, "Do you think God...", and so forth, we all looked alert.

McConnell didn't skip a beat. "I'm not nearly so concerned whether God could make something that big, as whether a Person of His wisdom would do something so foolish. It's God's wisdom more than his power that has won my respect."

It was one of those time-bomb answers. It sounded impressive at the moment, but its real depth has been hitting me through the years since. Impressed as we are with superlatives, we are too prone to be captivated by an approach that is more the domain of Satan: the use of raw power to settle conflicts. We lapse into thinking that if Satan is powerful, it's good to be on God's side because He is even more powerful.

It sometimes shows up in our prayers. Faced with difficulties or suffering, we can pray, "God, we are certain You are strong enough to deliver us from this trial; please do it." Our assumption is that we need only appeal to

His power, and all will change.

Jesus freely acknowledged that His Father possessed all power; yet even in the moment of His extreme test, He recognized that the Father had more to deal with than a display of raw (or even redemptive) power. "Abba, Father," He prayed, "All things are possible with thee; remove this cup from me; yet not what I will, but what thou wilt." (Luke 14:36, RSV.). He knew for certain that the Father could have preserved Him from the cross, by use of His power. But He also knew that the battle for men's minds is not ultimately won by power but by truth. And the world had to see the truth — truth about God's self-giving love, about the results of sin, about the murderous hatred of Satan, and about redemption freely offered. It was either power, or truth. It couldn't be both. Satan had been tempting Jesus all along to use His power; but that is Satan's method, and, as such, would not have revealed the truth about His Father.

God has always had the power — both the right and the brute force — to oust sin and sinners

from existence. He has had the power even to remake His creatures into unthinkingly obedient humanoids. But that would be contrary to His own creation, for He has made His people to operate in the realms of freedom and truth.

Throughout history, God has used His great power sparingly, almost with reluctance, lest the faith of His people turn to the wrong pivot. Mostly, He used His power to "gain a hearing," to grab our attention. Once that was accomplished, He quickly re-

treated to His preferred method: thoughtful teaching of our now-receptive minds.

From this point of view, I'll freely admit that I really am impressed with God's power. But I'm most impressed with His restraint in using it, His steadfast refusal to use the quick-and-easy method of power-ing sinners into submission. The greatest expression of power is that even higher decision not to use it when it would seem so handy.

Isn't our God wonderfully powerful!

LARRY LUDINGTON MEMORIAL SCHOLARSHIP FUND

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