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WEIMAR INSTITUTE BULLETIN

BOX A, WEIMAR, CALIFORNIA 95736

VOL. 7 NO. 2, FEBRUARY 1983

College Launches into Its Second Quarter

Unseasonably warm weather, much appreciated by all on campus, attended the opening of the college for the second quarter of the 1982-83 school year. The economic conditions of the nation are reflected in a slight drop in enrollment from the 124 students attending classes last quarter to 113 this quarter. In addition, we have three students off campus, one a student missionary in Korea, and two involved in task-force activities in the U.S.A. The reduction in attendance also reflects the policy of the college not to take students in the second and third quarters who have not already attended Seventh-day Adventist colleges. This policy was established because so much of

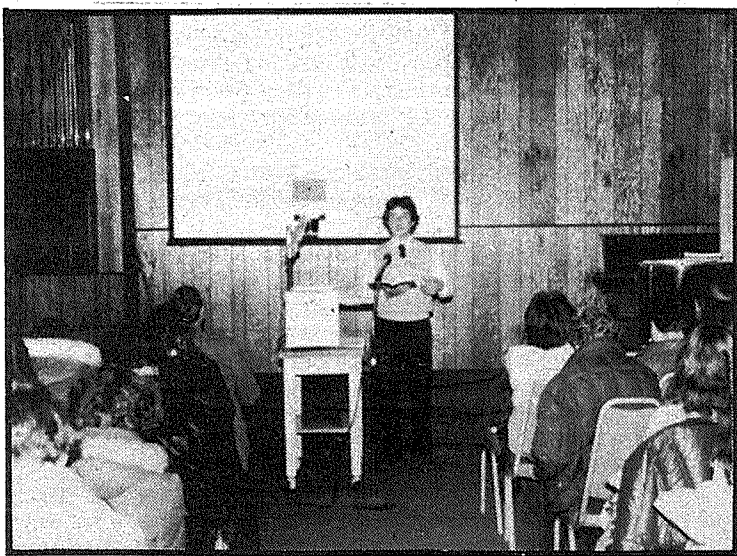
the deeper Christian philosophy is covered in the first quarter of the school year, and it is felt that students who have not had an Adventist college background should for this reason commence at the beginning of the school year.

We were thankful for the fact that though a number of students were involved in accidents over the Christmas recess, that all came back without any physical injuries.

We continue to solicit your prayers and support on behalf of these young people and look forward to each one going toward the calling that God has shared with them.



The Weimar College student body for 1982-1983



One of the Speakers who participated in the student Week of Prayer. Those attending the programs were deeply blessed by the testimonies.

Student Week of Prayer

Students at Weimar always look forward to Week of Prayer. But this Week of Prayer was especially anticipated. It was held during the Winter quarter between January 16 and 21. This time of spiritual fellowship was directed by the student body and focused on the theme, "God up close."

The directors assigned students into groups with a group leader. Each group met in a faculty home for the evening meetings. They discussed the meaning of the morning group meeting and worked on projects that helped the messages fix in their minds better. The projects included work sheets which gave each student the opportunity to write an imaginary letter from God to yourself. Also, some students created little art works from different materials. These indicated how we understand God. Students enjoyed these seasons of fellowship and prayer.

Each morning a different student gave the worship talk, focusing on different aspects of God's character. Song service prepared hearts for the message. The theme song, especially written for the occasion by a

Weimar student, continually reminded us that God indeed has our lives in His keeping. It was adapted from Jeremiah 32:38-41, which states, "I will rejoice over them to do them good, and I will faithfully plant them in this land with all My heart and all My soul." (NASB) Some of the message themes included, The Heart of Hearts, God's Declaration of Love, Law: A Reflection of God, and Worship: Rejoicing in our God. Each talk gave us a fresh look at the real character of God.

On the last night of the meetings a special communion service took place. The Weimar string ensemble welcomed the participants with sweet strains of music. All shared in the meaning of the foot washing service,

knowing that God has also promised to give us clean and holy hearts. Elder Buddy Kruger, the academy Bible teacher, led out in the symbols of the Lord's Supper. Each participant seemed to have a clearer appreciation of how these symbols show the character of our caring Father. It was a simple and inspiring service.

As a fitting conclusion to a special week, students shared some of their testimonies of what God had done for them that week. With encouraged hearts and clearer views of the One Who is altogether loving, each participant joyfully dismissed, better prepared to face the pressures of everyday life and school work, knowing that God is truly, with all His heart, doing us good.

1983 NEWSTART Schedule

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

MARCH 20-APRIL 14
APRIL 24-MAY 19
MAY 29-JUNE 23
JUNE 26-JULY 21
JULY 31-AUGUST 25
AUGUST 28-SEPTEMBER 22
SEPTEMBER 25-OCTOBER 20
OCTOBER 30-NOVEMBER 24
NOVEMBER 27-DECEMBER 22

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

On January 18, the third senior class of Weimar College was formed. Compared with the first two years, this is a large class consisting of 14 students who plan to graduate in June, and two more who are scheduled to complete their course work in December. Those we expect to graduate in June are as follows:

Lynnae Anderson	California	Robin Hogan	Maryland
Linda Ball	California	Marla King	California
Atom Biggs	Washington	Bruce Peters	California
Jan Brousson	Canada	Tim Riley	California
Nancy Bussio	Argentina	Rocky Sarli	Nevada
Debbie Fillman	California	Wesley Taylor	California
Deena Haynes	Oregon	Dorothea Wade	California

Jeff McSherry and Jeanene Moon, both of California, expect to graduate in December.

The graduation weekend is scheduled to begin Friday evening June 10 at 7 p.m. and will continue through Sabbath morning and Sabbath afternoon, concluding with the graduation exercises at 8 p.m. Saturday night.

Certainly we want to extend a special invitation to all friends of Weimar to be present for these Third Commencement Exercises. I know that you will pray for these young people as they move from Weimar College into their specialized fields of service. Colin D. Standish, Dean

Contributions Make Chapel Expansion Possible

More than 450 friends of Weimar Institute have responded to the recent appeal for funds to expand the campus chapel and to construct an industrial building. The Development office reports that approximately \$35,000 has been contributed up to this point, but that an estimated \$80,000 is needed to complete both of the building projects.

With gratitude for the significant amount which has already been donated, the Administrative Committee voted to move ahead with the extension and remodeling of the chapel. This decision reflects the Institute's desire to

place the highest priorities on spiritual development and to once again make possible the complete fulfillment of Hebrews 10:25, "not forsaking the assembling of ourselves together."

Architectural drawings for the expanded chapel have already been submitted by Don Kirkham, an architect from Auburn, Washington, who serves on the board of Weimar Institute. Construction on the chapel should begin within several months.

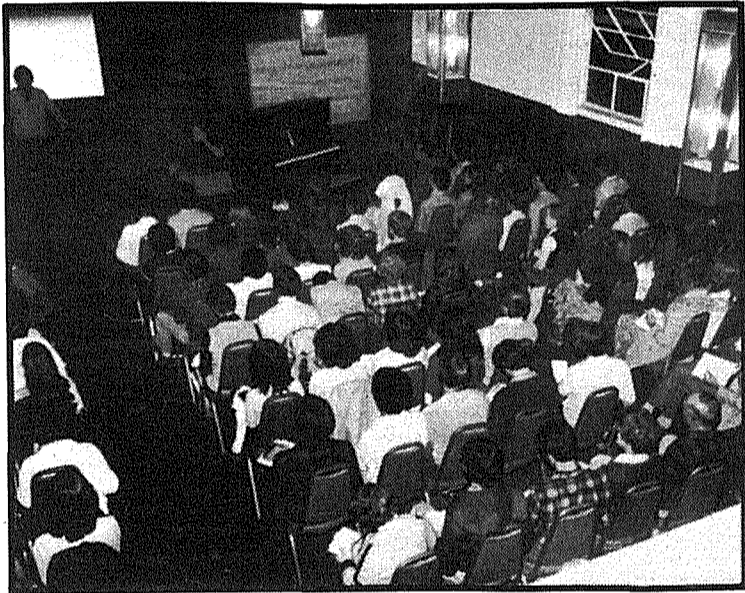
The need for an industrial building is still significant, according to John Sipkens, Acting Business Manager and Di-

rector of Industrial Development. "It is our plan to construct a two-story, 6,000 square foot structure to house some of our student industries." Sipkens says that the second story will be a metal structure set on top of a concrete block first floor. The metal building, purchased "as is" on business property in Roseville, has been dismantled and transported to the Weimar Institute campus where it awaits the construction of the lower story.

The Director of Development, Paul Hawks, states that "a number of church businessmen and professional people are very supportive of the work education program at Weimar. It provides both institutional financial support and the practical skill and character development that students need. I am confident that a significant number of these people will be impressed with the value of student industries and will make substantial contributions for the development of our industrial program."

WORTH CONSIDERING

"The light of the gospel shining from the cross of Christ rebukes selfishness, and encourages liberality and benevolence. It is not to be a lamented fact that there are increasing calls to give. God in His providence is calling His people out from their limited sphere of action, to enter upon greater enterprises. They should understand that it is His mercy that multiplies the demands for their means. Objects that shall call benevolence into action must be placed before them, or they can not imitate the character of the Great Exemplar." — Ellen White, RH 10-3-1907.



The Weimar Chapel

recipes



CAROB PUDDING

Blend until creamy smooth:

- 1 c. water
- ½ c. cashews (sterilized)
- 1 tsp. vanilla
- ¼ tsp salt

Add and blend:

- 1 c. water
- 15 dates — a few at a time
- 3 T. cornstarch or arrowroot

Put above mixture in a kettle and bring to a boil to thicken, stirring constantly. Remove from heat and add 3 T. carob powder mixed with a little water to make a paste. May serve warm or cold.

APPLE RAISIN PIE FILLING

- 1 c. raisins
- 3 c. diced apples
- 1 c. orange juice
- 1 T. cornstarch or arrowroot
- pinch salt
- 9" pie shell — baked

Wash raisins in colander and drain. Cook raisins, apples, salt and orange juice until apples are tender. Moisten cornstarch with 1 T. water; add to hot fruit; stir gently. Cook over low heat until glaze is clear. Cool and pour into baked pie shell.

Another Way

How are we going to proclaim the message of a soon coming Christ to all the world and who is going to do it? The Preacher, Yes; The Physician, Yes; The Educator, Yes; But these three important professions cannot do the job alone. There are a thousand and one ways to warn our world of its impending doom. A question every young person would ask is what profession best fits my talents?

One fascinating option that our Weimar College students have is the opportunity of personal ministry through the new and growing profession of Horticulture Therapy. Where better could a course of this kind be offered where theory and practice can be combined than right here at the Weimar Institute. It is a four-year course that will qualify a graduate to conduct a horticulture enterprise as well as direct a therapy program based on agriculture pursuits. Working with both plants and people in an outdoor setting can be a very rewarding experience.

"Work performed in the open air is tenfold more beneficial to health than in-door labor." FE 73. If interested write for details regarding this new offering. Weimar College, Box A, Weimar, CA 95736.

Alumni Update

By Hal & Betsy Mayer

Dear Friends,

Keeping up with your fellow alumni and friends is a difficult task when many miles separate us and we are each heavily involved in other programs and projects. It seems at times that Weimar Institute, an intimate and vital part of our lives in the past, is now fading off into the distance. What a privilege it was to have our mailbox filled with responses from former staff, students and alumni on their whereabouts and current happenings in their lives. It has not only reminded us of the days gone by, but it has helped us to refocus our own energies in the ministry that we are presently called to. We thought you would like to periodically share in the fun of catching up. We plan to have an occasional alumni update throughout the year so that these refreshing highlights can be spread over a greater length of time.

MELANIE ANDREWS — Is currently living in her hometown, Porterville, California, where she is working in the community. She has just completed an emergency medical technician course at the top of her class. Melanie is a "people person" and has recently seen some friends accept Christ through baptism. She is also working as an earl-teen assistant in her local church.

EGON BOETTCHER — Is working with Dr. Taylor, (father of Wesley Taylor who teaches Religion classes at Weimar) at a health conditioning center in Adele, Georgia. He is also working at a local hospital as a health educator for the patients and staff. He is active in his local church.

WANDA CROWELL — Lives in Placerville, California, and works in a nursing home, giving spiritual care to the patients.

GLORIA DUNCAN — Lives in Naches, Washington, and works at the Total Health Foundation in Yakima as a nurse. She's glad to be using God's simple remedies in restoring life and health to the patients there. It is satisfying and rewarding to her.

PAUL AND MARGUERITE FLEMMING — Are working at Rio Lindo Academy in Healdsburg, California. Their work involves teaching industrial education classes and working with the students.

RICHARD AND SALLY FREDERICKS — Are living in Berrien Springs where Sally is supervisor of nurses at Berrien General Hospital. Richard is nearing the end of a long academic road. He has completed his M.A. in religion with an emphasis in New Testament studies and is finishing his doctoral dissertation. Richard and Sally have spent about a year traveling and doing a seminar on television's impact on Christian character development. They are both co-shepherding a little church in Berrien Springs known as "Home Church".

GLENN GEMBERLING — Is in Baton Rouge, Louisiana, where she is conducting personal ministries in that community.

IRA GISH — Recently spent some time in Belize, Central America, working at a self-supporting institution there. He is currently teaching Spanish at the University of Florida at Fort Myers and is writing a new book.

LAURA MAYER — After spending a year at Southern Missionary College doing prerequisites, she is now at the Loma Linda School of Occupational Therapy. Laura plans to finish in June of 1984. She is eager to be involved in a program that promotes God's principles of health and personal ministry. As Laura always does, she has begun prayer bands and a small dorm ministry that brings encouragement to her fellow students.

KENTON TRENCHUK — Is currently farming with his folks in Valley, Washington. His plans are to go back to college and take accounting, piano and health.

ERIC WOLFE — Is currently at Loma Linda University School of Nursing finishing a B.S. degree.

If you are an alumnus, former student or staff member and you have not responded to the letter which we sent out, please do so, we will try to include you in future updates. Send your letters telling us of your whereabouts and your current ministry to: Hal and Betsy Mayer, R.D. 3, Box 670, Hamburg, PA 19526.

We want to remind you of the upcoming alumni weekend at Weimar Institute where all are invited, including former students, former staff members and friends of the Institute. Alumni weekend will take place April 29-May 1, Friday through Sunday. We hope that many of you can be there. It promises to be a rich, rewarding and spiritual weekend. May God bless you.

Sincerely,
Hal and Betsy Mayer

Openings Announced At Weimar Institute

Administrative Secretaries

There are current openings for secretaries with business office and/or administrative office experience. Individuals must be willing to supervise and work with students. Single individuals are preferred. Qualified persons please contact the personnel director by writing Weimar Institute, Box A, Weimar, CA 95736, or call (916) 637-4111.

"I Really Believe In This Program"

SAM GIBSON, November 1982 NEWSTART Program
As told to Paul Hawks

"When I entered the NEWSTART Program I was taking 31 doses of eight different prescription medications every day. Twenty days later I was off every one of those drugs, only taking a dietary supplement of potassium. I really believe in this program!"

These are the excited feelings of Mr. Charles "Sam" Gibson, at the conclusion of his participation in the November session of NEWSTART. Sam cannot say enough good about the program which, he believes, will add another ten to fifteen years to his life-productive years of quality living.

Asthma has plagued Mr. Gibson's life for nearly 25 years, and he has taken medication for relief since 1957. Other prescription drugs were added over the years for hypertension (high blood pressure) and the relief of pain caused by a hip injury suffered in 1981. "I was working as a school custodian in Santa Cruz, California, when I jammed one of my hip joints. Water had flooded one of the school offices and I was moving a file cabinet out, with the use of a hand truck, when my foot slipped. The head of my femur slammed into my hip socket, damaging the function of



Sam Gibson

the entire joint. I had corrective surgery in the spring of this year, but the joint still does not function properly."

Dr. Sang Lee, his attending physician, describes Mr. Gibson's condition as a necrosis of the hip—a degeneration and death of bone cells in the left hip joint. This is a painful condition, also causing a significant limitation of physical activity.

At the age of sixty, Sam did not really expect to ever return to work. He had developed a typical American lifestyle, eating plenty of the fats and sugars, and smoking for about forty years (he quit cigarettes about three years

ago when a friend of his lost one of his lungs to cancer). Sam had hopes of helping his condition by coming to the NEWSTART program, but really expected that he would have to continue with asthma medications for several more years at best, and blood pressure pills for the rest of his life.

What a joy Sam now radiates having discovered that a significant change in diet and the development of an exercise program would help him to feel like a new person, significantly lower his blood pressure, vastly improve his asthma condition, and give him a renewed sense of self-worth. Sam hopes to return to work, and he sees new potential for his life physically, mentally, and spiritually.

When Mr. Gibson first arrived at Weimar Institute, he was panting and wheezing after carrying his suitcases to his room. At the conclusion of the three and one half weeks program, he was walking several miles each day, a half mile at a time without stopping. He more than doubled his time on the treadmill stress test and his blood pressure dropped from 184/124 to 154/96. Hydrotherapy has helped the movement in Sam's hip joint and he has lost about 7 pounds while participating in the program.

It is not just the physical results of the program that have impressed Sam, but also the attitude changes that have come. "I could hardly believe the personal concern the staff have for the NEWSTART guests. It is amazing to me that they could be so

devoted to the program." Commenting on the group spirit and the inspiring lectures, Sam says, "The enthusiasm that the program generates makes you want to get in there and do it! You feel like it's worth giving it what you've got."

Mr. Gibson was also impressed with the spiritual tone of the program, especially noting the fact that religion is not pushed upon the guests. "The chaplain has a great influence because he shows personal concern and demonstrates Christian love, but he is not unduly religious. And I was deeply touched by the singing of the nurses and the guests. I will never forget them singing, 'Thank-you Lord, for saving my soul; Thank-you Lord, for making me whole.'"

Weimar Academy Senior Class Project

The Weimar Academy senior class is planning to purchase hymnals for several churches in Mexico. These churches are growing very rapidly and in many places there are no hymnals available. Since the devaluation of the Peso the Mexican government will not allow money to be sent out of the country. Therefore, they cannot buy hymnals from our publishing house.

The students are raising money for use in purchasing these hymnals and will see that they reach the churches in need. They would like to ask for your help in the purchase of the Hymnals. Your prayers and support would be greatly appreciated.



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.

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

- Milton Crane, MD.....Medical Director

RETREAT MINISTRY

- Dick Winn.....Chaplain/Director

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WEIMAR INSTITUTE BULLETIN

- Bob Rusche.....Editor

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.

"I Could Lose My License"

Dick Powers, September 1982 NEWSTART Class
As told to Patsy Murdoch

Even though I have consumed up to 4,000 calories a day, and put on weight, my health has been excellent, until this year.

I was in the US Marine Corp. Aviation, and for twelve years I have been chief pilot for Continental Telephone Corporation. During those twelve years, I have had a yearly company-required physical examination. Also, for the past twenty-five years, I have had a yearly physical as required by the Federal Aviation Agency (FAA).

During my FAA physical in February of this year, my heart rhythm was noted abnormal every fifth or sixth beat. My cardiologist confirmed premature ventricular contractions by treadmill electrocardiogram.

It was suggested that if I exercised and lost weight, I would improve. I have tried all kinds of diets — I would lose some weight and then gain it back. I love to exercise, but could not seem to fit it into my extremely busy schedule.

In 1978, I had a company physical at Loma Linda University Medical Center and was very satisfied with the overall physical and the results. So, in June, I requested to have my company physical done there. In July,

during that physical, the doctors at Loma Linda concurred with the findings of the physical by the FAA examiner in February.

I later met with Dr. Milton Crane of Loma Linda. Weimar came up in our conversation. I asked a number of questions. Dr. Crane picked up the phone and called the NEWSTART Health Center Office at Weimar. Then he handed me the phone, and I made the commitment.

At first, my wife wasn't very enthusiastic about my spending \$3,000 for a month at Weimar. An associate at work suggested Stanford Medical Center, where a physical and surgery, if needed, would be covered by company insurance. I said NO to the idea of surgery. When medication, also covered by insurance, was suggested, I again said NO, as it could help my PVC but would not help my FAA license, which I could not pass with the medication in the urine.

I went to our regional Vice President, who was the first person to agree that Weimar might be the answer, or at least a good starting point. He indicated that the company insurance might pay for my stay. There is a loss of License Clause. If I cannot pass another physical, the insurance company would have to compensate for the loss of license. I could work for my company, but could never fly again. The insurance company might prefer to assist in my NEW-

START program, thus keeping me flying.

I have always been a "foodaholic" — a "junkaholic," actually, taking in about 4,000 calories a day. I eat about 90% of my meals away from home since I travel and fly a lot. It will take a lot of effort on my part to eat right, away from home, but I feel I can do it. Eating at home, however, is a different matter. My wife is very nutrition-conscious. There are no pop, sweets, etc. in our home. To reduce the use of meat, and to eliminate eggs, milk, etc. will be no problem.

The NEWSTART staff has been very helpful and considerate and my group is a beautiful cross-section of humanity.

I am six feet tall and weighed 247 pounds on arrival. My appetite has been well-satisfied by 700 to 1300 calories per day. I have walked at a training heart rate from one to four-and-a-half hours per day. I have lost twenty pounds. My resting heart rate was 70, but has been down in the 40's for several days. My cholesterol level is down, from 229 to 139; my blood pressure is down; and my heart is more efficient, though my arrhythmia continues.

A weekend at the Passionate Fathers Retreat House in Citrus Heights was the topping to my stay at Weimar. It cemented in my mind how much God means to my overall life and health, as covered so well in the 25-day program at NEWSTART.

Weimar Industries

Bakery

In 1978, nine months after Weimar Institute began, Walter Kummer came from Maryland to establish the Institute's bakery. Without any former experience in baking oil-less bread, Walter experimented with various ingredients until he produced a very acceptable product. After acquiring customers and a flour mill the business began. However, the Weimar kitchen and the bakery had only one oven which they shared. This required Walter to bake late at night since the kitchen needed the oven during the day.

Gerald Hamman, the present baker, came in April, 1980. He immediately saw the need of another oven. After much inquiry, Gerald came in contact with Paul Damazo, the President of Versitron Industries. Paul donated two ovens; and later Weimar Institute purchased two convection ovens, and two 3-gallon steamers at a very reasonable price from him.

Presently, the bakery is a day operation. Work begins at 5:30 a.m. and continues until 4:00 p.m. At 5:30 a.m. a college student makes the pre-mix, weighing and measuring various ingredients to form the dough. When Gerald comes to work around 7 a.m. he adds the yeast and finishes the final mixing. The dough is placed in four large bowls, each bowl holding enough dough for 65 loaves. The dough is divided and weighed into loaves. Then a molding machine uniformly shapes the loaves, thereafter the dough is placed into loaf pans. A "proof box," which contains a

skillet of water on top of a heating element, provides steam, keeping the dough moist and draft-free as it rises. After raising to the desired height, the bread is placed in the oven, which has a capacity for 144 loaves. Between 8:00 a.m. and 12:00 noon approximately 600 loaves of bread are baked.

During the afternoon non-bread products are made, such as granola, coconut macaroons, and fruit braids. These require different oven temperatures, which slows the baking process.

Wholesome ingredients must be selected in order to make healthful bread. Gerald stated, "Good wheat is the secret for good bread. If the wheat has a high protein content, then the oil can be left out without any ill effects. We use diamalt for sugar. The yeast eats the sugar and the bread registers out sugar-less."

When Gerald began working in the bakery, the recipe measurements were not exact. This factor always produced a varied product. He set up precise measurements and began weighing the ingredients. This established a consistent product. The key to teaching students how to bake is to follow an exact recipe. Then they can learn to branch out and bake new inventions.

Gerald believes a student who works long enough in the bakery can learn the whole operation and perhaps set up a bakery business. Many places in the United States don't have this kind of bread and the market is open for it.

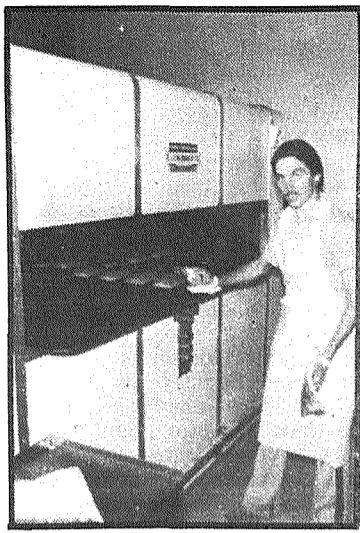
Students who work in the bakery can easily talk while they work, discussing spiritual topics and personal interest. Gerald enjoys the fellowship and commented, "I've found some life-long friends while working here."

York can receive orders, which presently constitutes the furthest distance orders are shipped. Bakery shipping freezes the "New York bread" and after 4-5 days the bread arrives, tasty and fresh. All orders can be ready for shipment one day after the order has been requested.

Weimar Bakery and Bakery Shipping need more space for operation. Already, they own enough equipment, enabling them to increase production, but the cramped facilities do not allow the operation of this extra equipment. Under present conditions approximately 800 loaves of bread per day can be baked and shipped. Potential distributors have requested large orders, but because of the facility limitations, bakery shipping has had to refuse them. Therefore, only small-scale orders are needed and could be filled. Now approximately 600 loaves per day are being shipped, which falls short of the 800 mark.

If you are interested in ordering Weimar bread, we have twelve varieties from which to choose. Favorites seem to be raisin bread, sprouted-wheat and lumber-jack. (But don't tell the sunny-soya bread lovers.)

Thank-you, bakery shipping workers, for your efforts towards keeping Weimar's baked goods fresh and attractive.



Felix Richter checks the bread to see if it has finished the baking process.



Greg Ensminger prepares granola for shipping.

Ceramics Shop

The ceramics shop is unique in that it is open to staff, NEWSTART guests, and people from the community. They may come in and make their own pieces or buy what has already been made. Mrs. Carol Blum, the shop instructor, teaches individuals each step and then those who wish can start making items on their own.

Students also work there learning every facet of ceramics. They stay two quarters and from that experience are qualified to work in a ceramics shop. They would need more training to start their own business.

Students learn to appreciate art and hand-crafted items. They can tell the cheap from the well-made items. They also learn, through illustration, the value of faith. If the fragile greenware is pushed too hard it will crush. This illustrates how we should be gentle with a fragile human soul. When fixed it is a little stronger, yet still breakable if it drops on the floor. Then an awful looking glaze is put on the object. This illustrates the ugliness of our sin. It goes through the firing process again, but this time comes out a beautiful, finished piece of art. When the fires of trial come over us, they burn away the ugliness and leave us in the beautiful gar-

ments of righteousness. Mrs. Blum says that students have spoken about how they have learned these things.

Elementary, academy and college students all are capable of working in the shop, yet some molds are extremely heavy requiring good muscles. A mold could weigh 50 or 60 pounds and the slip (liquid clay) poured into the mold can weigh 1 additional pound. One who works there also needs some artistic ability. The shop has all the equipment needed, including 2,000 molds.

The slip stays in the mold an average of fifteen minutes, then they pour it out leaving an eighth inch layer stuck inside the mold. The plaster in the mold absorbs the moisture of the clay. Students must pour out the slip at the right time to prevent the layer from getting too thick. A smaller item requires less time in the mold. The student also must judge the time by the thickness of the slip. An underglaze goes on the greenware after it dries for a couple of days. An alternative would be to fire the greenware. Then they brush a glaze on, leaving the finished product. If extra overglazing or decals are needed they fire it a third time. On some days they make 30 to 40 items.

At present three stores carry Weimar ceramics. One is located in Reno, one in San Francisco at Fisherman's Wharf, and one at the St. Helena Sanitarium Gift Shop. They are also for sale in the NEWSTART dining room, the Weimart, and through mail-order. Mrs. Blum hopes to have in the near future more stores carrying the items and building up the business so it can make profit for the Institute.

Bakery Shipping

The Weimar Bakery Shipping facilities are located directly underneath the Weimar Bakery. After baking the bread and non-bread products, the bakery personnel loads racks of bread, granola, coconut macaroons, etc. into an elevator and lowers them down to bakery shipping. Then the students, with the supervision of Wanda Van Raden, place the baked goods into the cooler for 20-30 minutes. The bread is then sliced, bagged, tied, boxed, taped up and made ready for delivery. Granola is weighed and bagged; coconut macaroons are placed on a small styrofoam tray and covered with cellophane; dinner rolls go in plastic bags; and fruit braids are weighed and put in plastic bags.

When the baked goods have been boxed according to the various orders, then UPS, United Postal Service, delivers them or else the distributors and other customers come and pick up their orders personally. Bakery shipping offers a discount to any customer who picks up their orders.

Bread can be shipped anywhere in the United States. New

Cabinet Shop

A year and a half ago, Elder Lester McSherry arrived at the Institute and started the cabinet shop operating again. He brought in some of his own tools, including an air-compressor, which made things much easier. He also functions as the college men's dean.

At present the shop is constructing items needed in various buildings at the Institute. They have built bookcases for the library, including a table-type bookcase; kitchen cabinets for some of the staff homes, resident halls, and dormitories; vanities and wardrobes for the dorms, and two "gatehouses" to welcome visitors to the Institute. They also do projects such as building bookcases for students and staff. They are presently building the furniture for the new medical van and completely remodeling the interior. They also do formica work, covering cabinet doors and tabletops.

Three students work in the

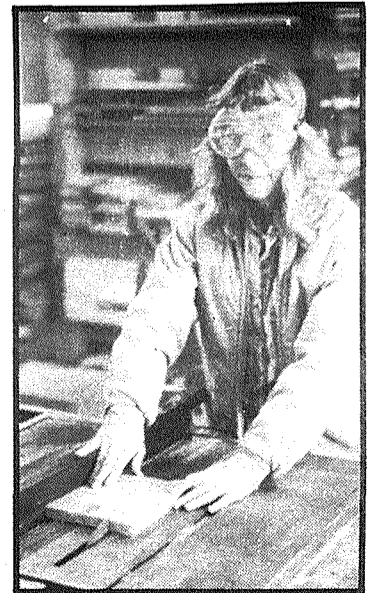
morning and three in the afternoon. Both academy and college students work there. Mr. Scott Thygeson instructs the afternoon workers. Students are eager to learn. They plan, think, and develop certain projects. A student who is really interested and applies himself well is capable of setting up his own business after taking 3 quarters of cabinet shop. An average student without so much natural talent can be fitted to do household projects after a quarter or two. One student who thought he could not work too well with his hands found that he had talents that had been hidden. He has advanced considerably, and is now working on intricate cuttings and trim work for furniture needed in the medical van.

Students are encouraged to start their own cabinet shop instead of working in a large one, the reason being that one would only do a single job like sanding, staining or cutting in a larger shop. Business can be profitable as one can receive 10-15 dollars an hour.

Students learn that cabinet making is not rough carpentry but a fine, meticulous trade requiring concentration. Even an eighth of an inch may count at times. This teaches them, as

Jesus learned, that God is a lover of perfection and is concerned with the little details of life.

The cabinet shop hopes to expand in the future. They plan to develop projects of their own to sell to the outside public. As with the other industries, they plan to help the Institute become more self-supportive.



Cherie Michals saws wood for use on a project in the cabinet shop.

continue to grow



Students here are seen preparing a car for new paint.



Carol Blum is seen in one area of the large ceramics shop.

Machine Shop

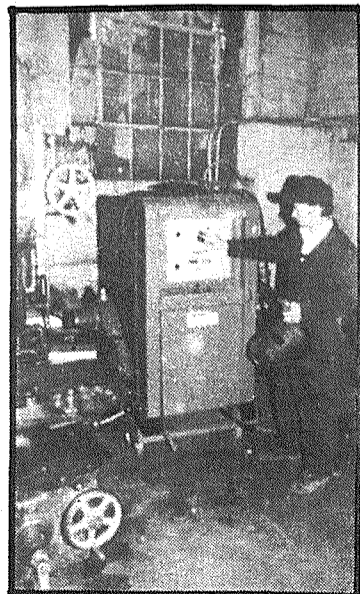
"We have a difficult job ahead of us. Success in the machine shop industry requires a high level of skill and expensive machines," stated Bill Stonas, who is pioneering Weimar's Machine Shop. When Bill arrived in February, 1982, the shambled shop needed much remodeling. After refurbishing the building, Bill

and John Sipkens began acquiring various machines from surplus. Surplus machines are rejects. But by disassembling the parts, removing rust and old paint, and replacing bad parts they become operational.

The machine shop provides a work station for college students. Students renew surplus machines, fix various Institute appliances and machines when they break down, sharpen blades for the cabinet shop, continue upgrading the machine shop building and equipment, build stoves for heat, and numerous other projects. Students spend approximately two hours per week in a class learning technical drawing, how to read blue prints, and the different methods for describing mechanical parts. Bill Stonas teaches the class.

Job orders have been scarce but Bill hopes to make contacts with factories who need machine parts built. Repetitive type work is needed that can accommodate the students' skill level. Obtaining job contracts with the factories requires a lot of work in public relations. In the past Bill has made computer interfacing for a factory in the California bay area. This contract proved profitable.

Much work has been accomplished, yet much more work must be done if the machine shop is to function as a profitable business. They will watch and see what the future will hold, and continue the general repair jobs. Bill will also continue trying to make contracts from outside companies.



Bill Stonas at work in the Weimar machine shop.

Auto body Shop

While attending Pine Hills Junior Academy at age 14, Ethan Mulvihill began rebuilding junk cars. His father owned an auto-body business and Ethan, with much interest, became involved. He obtained a one year autobody certificate along with a B.S. degree in industrial technology and behavioral science from Pacific Union College. He has been the supervisor of Weimar's Autobody Industry for approximately one year. During the first two months Ethan, with the help of others, modified an old tractor barn into an autobody shop. Ninety percent

of the tools used in the shop belong to Ethan and are slowly being replaced with tools belonging to the Institute.

"Work in the body shop is different each day, but 80 percent of our time is spent working on off-campus vehicles. Each quarter 5 to 6 students work in the autobody shop and develop skills. Ideally, students spend a minimum of two quarters exposing themselves to every aspect of the shop operations. They learn what it takes to fix wrecked cars into "new" ones, how to give a price estimate, and the procedure for ordering needed parts. After two quarters each student gains the experience of painting at least one vehicle, which includes fixing dents, sanding, taping, and painting. Every car offers variety and students gain a sense of accomplishment by seeing vehicles transformed.

The State Department of Education makes contracts with Weimar's Autobody Shop when they

have 18-wheel rigs and 40 foot semi-trailers in need of painting or repair. Before painting these vehicles, mostly 1959 models, a mobile steam cleaning service comes and applies steam which is pressurized at 1,500 pounds. The cleaning process removes most of the old paint which usually comes in many layers. Then the students can begin sanding and painting.

The shop always has work available; however, space is a limiting factor. Ethan looks forward to the time when the new industrial building can be erected, which is being made possible by donations. A vacuum paint booth would allow dust-free paint jobs. Under the present conditions dust-free jobs cannot be guaranteed. Equipment such as metric and American hand tools are needed also.

The autobody shop is becoming a profitable industry for Weimar Institute and provides a practical trade for students to learn.

Auto Repair Shop

This past September Walther Lund-Nielsen arrived at Weimar Institute and took charge of the auto-repair shop. He brought with him a wealth of experience and knowledge, having taken four years apprenticeship in Europe and holding two Associate Arts degrees, one in automotive and one in machinery.

He faces many challenges. Most students who go through the shop only stay for one to three quarters and move on to other work stations. This makes it difficult for students to gain as much knowledge as they could by taking a four year course for a degree. But students are eager to learn. After two or three quarters their experience is sufficient so that they could start a shop of their own.

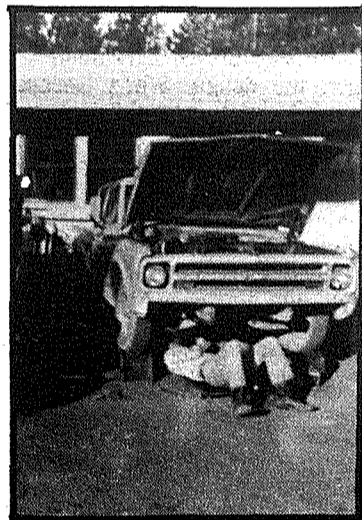
Students learn by hands-on experience. They have to be taught everything. As Mr. Lund-Nielsen puts it, "Every time we do something, I ask them if they have understood what we've done or if they need additional information. Most of the time they need some theory to understand what was done, and the best time to do that is right now. You can give a student seven or eight hours of theory in class but they still don't have that hands-on experience that is needed. It is always better to given them the hands-on experience first and then explain the details. Most people remember best by practicing than by mere reading."

Students learn preventative maintenance first. They are able to do oil changes, lubrication, minor repairs and tune-ups. Later, they learn stand-by maintenance: working on shocks,

brakes and other small jobs. Those who take several quarters of auto-repair and apply themselves to their job will learn component maintenance. They are able to overhaul engines, automatic transmissions, clutches and master cylinders.

The auto-repair shop began because of the need for maintaining the Institute vehicles. At the present time, work on staff and student automobiles also keeps students busy. But looking toward the future the Institute plans to either expand the shop at the present site or move it to a different location. Then they plan on doing commercial work, and building up the industry, reaching the point where a helpful income is coming in for the Institute.

Overall, students gain many valuable experiences, not only being able to save money by doing the work themselves, but also by learning the same lessons Christ learned as He worked for others while here on earth.



Students from the auto repair shop at work on one of the Institute trucks.



Your Bulletin editor's car is given a tune-up and other repairs in the auto repair shop. The result was a smooth running car.

What Makes Weimar Academy Special?

By Sandy Kunioshi

It's hard to explain the feeling of friendship and togetherness that exists at Weimar Academy, but it is really something special. Let me give you an example.

A few weeks ago the Academy physical education class went on an exciting field lesson. We crossed the Bear river on a rope about forty feet above waist deep water. It was a terrible, yet wonderful feeling. While we were there shaking in our boots one brave soul finally volunteered to go first. The third person to cross was a strong husky young man. Some one shouted to him from shore, some ego building words. "Ah vain fellow!" I thought. I was soon put to shame however. As I watched, this same academy student helped to pull each of us in on the rope. I'm sure that some of us would have been embarrassed if we had been stuck in the middle of the river. No one else thought about it and he received no applause, but I thought about it while I was sliding across. It came to my mind again the next day in Bible class. I was sitting behind this same student and noticed that he kept rubbing his hands. I then noticed that there were several broken blisters with dried blood on them. I felt so bad that I had judged him so wrongly. But now I had a feeling of just what kind of school year this would be. I saw what kind of students come to Weimar Academy. I realized that each student and each staff member here is a very special person. Each one is silently and lovingly growing in Jesus.



Sandy Kunioshi



Heidi Truby

By Heidi Truby

I am really glad to be at Weimar Academy. The class schedule is arranged so that we have each class only twice a week. This way we do not have to pack every subject around in our heads each day. We are, however, still plenty busy with other things on our schedule. There is outreach, work study and special classes, just to mention a few.

The small group of friendly people make me feel at home, even though I am in a boarding academy and don't even know everyone yet. My teachers and work supervisor are special people. They are interested in both my educational and spiritual growth.

Worships, prayer meeting, week of prayer, chapel and academy 'after glows' on Friday evening, mean a lot to me. I learn something new almost every time and Jesus becomes more real and special in my life. One thing that I enjoy most is all of the musical talent here. There are people playing the piano, violin, trumpet, guitar or singing alone or in groups.

We also have a new aerobics class. We do several funny exercises, all to classical music. This type of exercise provides both physical exercise, but is also soothing to the mind. And I like the Sabbath afternoon hikes. It is hilly and beautiful here and it is so good to be able to enjoy God's wonderful blessings for us in nature.

Even though I am far from my home in Michigan, I'm very glad that I am here at Weimar Academy.

Hypertension — Part II

By Milton Crane, M.D.
Medical Director

WHAT CAUSES HYPERTENSION?

In discussing the cause of hypertension we need to differentiate primary (essential) hypertension from secondary hypertension. The latter results from a specific derangement in one or more of the known mechanisms that regulate blood pressure.

PRIMARY HYPERTENSION

Although the exact derangement that causes essential hypertension is unknown, several factors seem to play a part. Some patients inherit a tendency to have high blood pressure, and under certain circumstances such as habitually eating too much salt they may develop hypertension. Doctors McNeely and Dahl have found that hypertension is directly related to the amount of salt in the diet. Japanese on Hokkaido eat an average of about 30 grams — 6 or 7 teaspoonfuls! — of table salt a day. Hypertension occurs four times as commonly there as in North America, where the average salt intake is one third that much.

The word hypertension stems from the concept that patients who live under chronic nervous tension are more likely to develop high blood pressure. Chronic stress probably plays a role, but how it does so has not been worked out. One third of people with essential hypertension tend to have a little more noradrenaline, a potent nerve hormone, in their blood.²

Some research physicians suggest that hypertension may be a result of a deficiency of some chemicals that normally lower blood pressure, rather than an excess of or an overactivity of some kind.³ Such concepts have not yet been approved. No doubt the "essential" hypertension group, which makes up 70 to 80 per cent of people with high blood pressure, still includes several undiscovered defects and is not caused by just one disorder in the pressure-regulating mechanism. **A THEORETICAL EXPLANATION FOR THE DEVELOPMENT OF ESSENTIAL HYPERTENSION.**

If we look at the epidemiological and experimental evidences available to us, we find that we may arrive at a fairly accurate conclusion as to the cause of primary hypertension. Aborigines from various societies have been found to have no increase in blood pressure with increasing age into age 60. Hypertension is uncommon in those populations.

On the other hand, in civilized nations the blood pressure increases progressively with age. The incidence of hypertension approaches 40 to 50 percent of the population in some civilized societies. The same populations have many of the other diseases that are associated with civilized society such as coronary heart disease, atherosclerosis, strokes, degenerative arthritis, and obesity.

Several groups of scientists⁴ have studied monkeys as well as other experimental animals. It has been found that when mon-

keys are given a diet in which about half of the calories come from fat with added cholesterol that within a year and a half they have a plugging of the coronary arteries to about 5 per cent closure.⁵ Other physicians have given monkeys several different kinds of fats with the cholesterol. When peanut oil was given with the cholesterol, the monkeys developed arterial fibrosis with an increase in the collagen and elastic fibers in the artery wall. Such lesions were not limited to the major blood vessels.⁶

In another study⁷ hypertension was induced experimentally in small animals, and they were killed and frozen suddenly. The relative internal diameters of the small arteriole vessels of the normotensive and the hypertensive animals was 27 u in the hypertensives and 33 u in the normotensive animals.

Since the arterioles are the main pressure regulating valves just before the capillaries, we can see that something in the diet such as cholesterol and fat induced some arterial fibrosis. Then a little too much salt with its water in the artery from a high salt diet, or a little too much stress with increased constriction from adrenaline or nerve tension, or a little bit too much arterial constriction from the wrong prostaglandin in the arteriole wall, causes hypertension at least intermittently. Intermittent hypertension over a period of time results in persistent hypertension because of the more rapid formation of elastin and collagen in the artery wall from the higher pressure.

Certain chemicals which can block formation of collagen in the artery wall have been shown to prevent the development of high blood pressure.⁸

The monkeys who were given cholesterol and oil developed a several-fold increase in collagen in the artery wall.⁹ They also developed atheromatous lesions from coconut oil with the cholesterol. When a regression diet of only cereal and fruit was given, there was a gradual removal or a regression of the cholesterol deposits from the artery wall. The collagen though appeared to be removed very slowly if at all as a result of the regression diet.

These studies help us to understand a very probable explanation for the development of hypertension of the so-called primary type. Granted, there are several factors, but they seem to be related to the type of food and quantity of foods in the diet.

REFERENCES

All references for this series on hypertension will appear in next months Bulletin, along with part three of Dr. Crane's important discussion.

CORRECTION

In last month's Bulletin there was a recipe for coconut macaroons. The first ingredient was 1 cup fine coconut. The correct ingredient should be 1 cup chopped dates. The balance of the recipe is correct.

BAKERY ORDER FORM

If you would like to order bread from the Weimar Bakery, you can fill in the following order blank and return it.

Quantity	Price	Product & Size
	80¢	Corn Bread — One Pound Loaf
	80¢	Five Grain
	90¢	Lumberjack
	80¢	Oat
	90¢	Raisin
	80¢	Rye
	90¢	Sprouted Wheat
	90¢	Wheat Free
	80¢	Whole Wheat
	90¢	Sprouted Wheat-Salt Free-One Pound
	80¢	Whole Wheat - Salt Free
	125¢	Granola - Pounds
	1.25	Whole Wheat Dinner Rolls-18 per pkg.
	96¢	Coconut Macaroons-One Dozen

Bread must be ordered in boxes of 20 loaves. You can mix the box with an assortment of bread. We ship via U.P.S., so a home or business address is necessary. Invoice will be enclosed.

NAME.....

ADDRESS.....

CITY.....STATE.....ZIP.....

Send to Weimar Bakery, Weimar Institute, P.O. Box A, Weimar, CA 95736.

An African Mission Project

Bruce Peters and Jeff McSherry, graduating seniors of 1983 received an acceptance to go as missionaries to Zambia, a country in Southern Africa. They will work for at least three years at the self-supporting Riverside Farm Institute, a Seventh-Day Adventist vocational and agricultural school. They leave in January 1984.

Bruce Peters, an agriculture major will be managing the agricultural department and teaching agriculture. Jeff, a metropolitan ministries major will teach in the medical department, and do evangelism and health education projects. Jeff has had training in paramedics.

The Riverside Institute runs a clinic for the staff and natives. Diseases, such as malaria and parasitological infections run high because most of the people are very poor. Nutritional needs are also urgent, hence the need for proper agricultural teaching methods. The Institute also trains native missionaries. It is a highly regarded school in that area of Africa.

Funds are needed, however, for transportation and for a medical vehicle to use for helping the natives. Your prayers are also requested.

Weimar Welcomes New Staff

DR & MRS SANG LEE

Dr. Sang Lee, of Korean parentage, was born in China while his parents were living and working there. When he was two, the family returned to Korea.

He earned his M.D. at Yonsei University in Korea and served in the Korean Navy. In 1970, he came to the United States and took internal medicine at Wayne State University in Detroit. Later he took allergy training at the University of California at Irvine, after which he practiced as an allergist in Orange County.

About two-and-a-half years ago, he became a Presbyterian, and then in January 1981, he was baptized into the Seventh-day Adventist Church.

He became interested in out-post work, and realized that the eight natural remedies were the only way to treat patients.

"The health message became my anchor," says Dr. Lee. "When you give up the health message, all doctrines of sanctification, etc. become unstable."

Dr. Lee began to give his testimony to various groups. In January of this year, when he spoke at the Sequim, Wa. SDA Church,

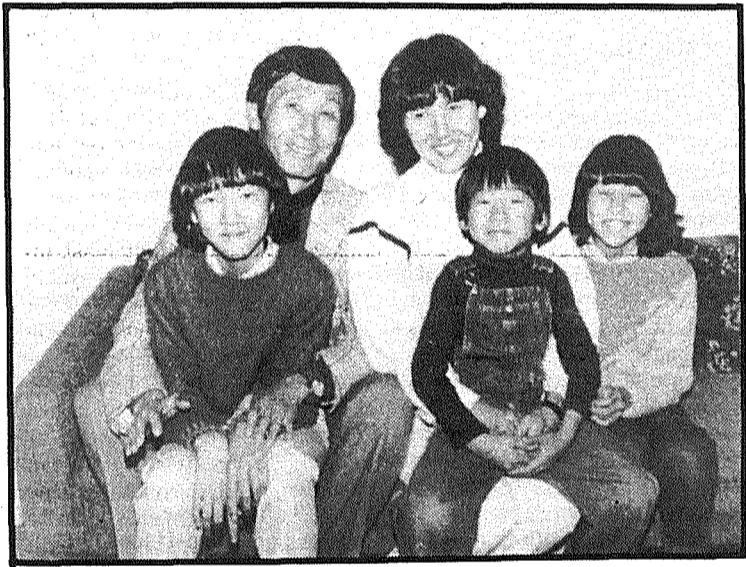
Lois and Hollis Morel of NEWSTART) were there. Afterwards, Pastor Morel invited him to speak at a NEWSTART ministers course to be held at Weimar in March.

He did so, and it was then that Vernon Putz, NEWSTART administrator, asked Dr. Lee to join the staff, as a physician.

Dr. Lee's wife, Hyun Ah, was born in Korea, and they met and married there. They have three children: Jennifer, 11; Susan, 10; and David, 5. The two girls attend Weimar Elementary School. "When David is older, I would like to help in some way," says Hyun Ah.

Though they like it here at Weimar, "It is up to God if it is permanent. We have found the students here to be very different from the world, yet they are able to blend in well when going out into the world to give the gospel."

Dr. Lee's work at Weimar will include being a NEWSTART physician, opening an allergy clinic for the general public, and speaking as a witness to the health message.



Dr. Sang Lee, Hyun Ah, and family

Ardell McMacken

Ardell McMacken, a native of Minnesota, moved to California in 1980. She worked as a staff accountant for an investment company in Los Altos.

In 1977 Ardell joined the Seventh-day Adventist Church. Tapes by Dr. Zane Kime aroused her interest in healthful cooking, so she sent for a Weimar cookbook.

During June, 1982 she had a chance to visit Weimar Institute when her brother-in-law, Bill Zima, was a NEWSTART guest. Ardell became exposed to NEWSTART Lodge and the lifestyle. Overall she liked the concepts but wasn't sure she could make the adjustments to the living conditions.

Due to the investment company's financial problems, Ardell told her sister, Pat Zima, that she was looking for other work. Pat and Bill asked President Bob Fillman to send Ardell an application. However, she waited to fill out the application until October when the conditions at work

worsened. She mailed the application, not knowing if Weimar even needed someone in accounting.

One week later the Director of Admissions called her. She arrived the following Wednesday and learned that Weimar Institute wanted to set up its records in a computer. She had her own computer, having had a public accounting service for several years.

"The Lord put my doubts to rest," says Ardell. "He had plans for me and has helped me to adjust."

Ardell feels that interested students can get training, experience and exposure on computers which can eliminate the "snow" of paper work for all departments. She even has some computer tapes on the grade-school level.

"It's so uplifting here compared to the world, and I find the students and staff to be very spiritual."



Beverly Lee

Beverly Lee

The Director of Weimar's new Van Ministry, Beverly Lee, arrived here on September 15, to design and direct an outreach program to serve the population from Truckee to Sacramento, California. The program will provide free blood pressure checks, computer health screening, and free information about life style and its effect on hypertension.

Developing the program also included designing and building the interior of a van to accommodate the people, technicians, materials and the activities that will take place. The 'build-a-van-from-scratch' project has been no small undertaking, with many roadblocks and pitfalls along the way.

However, Beverly, along with Ronda Potterton, RN, plan to have the van in operation this month.

A westerner by birth, Beverly started her career in geo-physics, then package design, and eventually became the art director of

an advertising agency in Denver. When she moved to Texas, she served as chairman and teacher of the graphic arts department of Texas State Technical Institute.

Beverly moved to Walla Walla, Washington, where she worked for the State of Washington for three years. Her work included interviewing and matching job applicants, building employer relations, working with migrant farm labor programs, and teaching career-life-work classes.

From there, she moved into intensive social work as full-time assistant director of HELPLINE (an agency that provides food, clothing, transportation and medical assistance, along with marriage counseling). At the same time, Beverly was the full-time director of the Community Abuse and Assault Center.

Of her new work here at Weimar, Beverly says, "To be where God wants me to be, and doing what I believe He wants me to do is a privilege I treasure."

Walther & Zeta Lund-Nielsen

Walther, a native of Denmark, had completed his ten-trade apprenticeship before coming to America at the age of nineteen. He worked for the Trona Railroad in Death Valley for nine months. Then he served in the Army for eight years, which included being a Green Beret helicopter pilot in Viet Nam. Out of the Army, he earned the AA degree in aeronautics at San Bernardino (CA) Valley College. With these qualifications, Walther became a stunt pilot and mechanic for Art Scholl Aviation. Walther then learned of the Sabbath; and, since many air shows are held on Sabbath, it was necessary for him to change his occupation. His skills were used the next seven years for the Santa Fe Railroad. However, here too, he began to have Sabbath problems.

Zeta, born in North Dakota, was nine when her family moved to San Bernardino, Ca. "My mother became an Adventist long before I did, said Zeta. "She tried to talk to me, but I didn't understand." A serious auto accident in

1970, and the resulting thirteen surgeries, gave her plenty of time to think. She began to study Adventism, and joined the church in 1976.

Zeta and Walther met through the Mt. View Church in San Bernardino. They were active in the Singles Club, co-ordinated meals for bereaved families after funerals, and helped with an outreach program at the Veterans Hospital in Loma Linda. They were married on June 1, 1980.

They had been receiving the Weimar Bulletin for some time when they saw an ad in the June 1982 issue for a supervisor for the auto shop. Because of the Sabbath problems Walther had had, they came up for an interview. Walther was asked to join the staff.

He came up for the Colloquium in early September and then returned home to San Bernardino. He came back, to stay, on September 26. One month later, Zeta and her mother, Julia Hicks, who lives with them, came to stay.

"We feel God led us here," they all agree.



Walther and Zeta Lund-Nielsen



Ardell McMacken

SUMMER PROGRAMS BEING PLANNED

A schedule of seminars, workshops and classes is being developed for the summer of 1983. Following up on the good attendance, the expressions of appreciation and the helpful suggestions of last summer's program participants, Drs. Ted Wade and Paul Hawks are developing a slate of educational and spiritual programs representing a variety of subject areas relevant to Christian living in the Nineteen Eighties.

The following list identifies some of the opportunities planned for this summer. A more complete list with descriptions and registration procedures will be printed in the Bulletin next month.

- Agriculture Seminar (June 12-15)
- Country Living Seminar (June 16-19)
- Home School Seminar #1 (June 19-21)
- Adventist History in the West (June 26-July 3)
- Healthful Cooking School (July 3-7)
- Math Clinic (July 5-15)
- Daniel (July 5-August 17)
- Family Retreat (July 7-10)
- Weight Control Seminar (July 10-13)
- Bible Conference (July 15-17)
- Issues in Christian Education (July 17-24)*
- Christian Article Writing (July 24-29)
- Life-style for Superior Health
- Poetry Workshop
- Witnessing in the Christian Business Enterprise (August 11-14)
- Principles of Stress Management (August 18-21)
- Work Bee #1 (August 21-26)
- Work Bee #2 (September 4-9)
- Issues in Adventism (September 9-11)

CASSETTE TAPE SALE

We have cut prices on several of our most popular tape sets. These reduced prices apply through the end of March, 1983.

PRINCIPLES OF STRESS-FREE LIVING. Self-centeredness, guilt, depression, Christ control, marriage, time for re-creation and seven other titles. Thirteen tapes in an album. Standish, Hawks, Foster, Putz, Nixon. Reg. \$39. NOW \$33.

CHRISTIAN MARRIAGE AND FAMILY. Recorded from Dick Winn's class on the topic. Backed up by divine counsel, experience and common sense. Regular price for the whole set of thirty tapes in two albums, \$91. NOW \$73. Or you may purchase short sets. The first seven tapes are "A Fresh Look at Courtship". Reg. \$21. NOW \$19. "Keeping Marriage Alive," seven tapes. Reg. \$21. NOW \$19. "Raising Truly Secure Children." Reg. \$49. NOW \$44.

ROSEVILLE STRESS SEMINAR. Lectures by Weimar specialists to the staff of a community hospital. "The Beauty of Balance," Standish and Bottings; "Sensory Bombardment," Hawks; "Living Life in the Fast Lane," Nixon; "The Western Way of Death," Martin; "Food Allergy and Stress; The Natural Way," Lee; "Why Not Try Suicide," Blum. Reg. \$19.50 or \$3.25 each. NOW \$15.

AGRICULTURE SEMINAR. Gardening methods, the Chad project, soil nutrients, greenhouses, agriculture in education, etc. Fred Riley, Ralph Wood, Colin Standish, Howard Burbank. Eight tapes. Reg. \$26. NOW \$21.

FROM THE WHITE ESTATE. Three sessions by Robert Olson. The investigative judgment; how we know she was a prophet, questions and answers. Reg. \$9.75. NOW \$8.

ISSUES IN CREATIONISM. How do we arrive at truth? what manner of persons, evidence supporting the creation/flood story, radiocarbon dating, radiometric dating. Reg. \$16.25. NOW \$13. (Or the first three without the more technical dating lectures, \$8.)

NEWSTART MEDICAL LECTURES. Twenty-three tapes in two albums. Talks on using natural means to prevent and reverse degenerative health problems. Reg. \$73. NOW \$64.

ORDER FORM

Prices include mailing to addresses inside the U.S. For overseas add \$2 to your total order. For UPS add \$2. Californians, please add 6% tax.

Name.....	Sets ordered	Prices
Address.....	Zip.....	\$.....
WEIMAR TAPE MINISTRY		
Box A		
Weimar, CA 95736		Tax 6% (Calif).....
		Total.....

Allergy Out-Patient Clinic

By Sang K. Lee, M.D.,
Allergy Specialist

Allergy diseases are increasing rapidly in the general population today, such as Asthma, Eczema (Atopic dermatitis), Chronic Urticaria (Hives), Hay Fever, chronic sinus problems, migraines, repeated ear problems with infections, "Spastic Colon," fatigue and emotional irritability, hyperactivity and learning disability problems in children,

fluctuation of body weight and fluid retention without any significant reasons, some of the seizure problems, chronic indigestion and alternating diarrhea and constipation episodes, and sudden attacks of sleepy episodes, etc.

There is a lot of confusion in understanding and management of these problems. Many are known as hereditary, and some as incurable. However, all can be corrected or markedly improved by reforming the methods of treatment and changing faulty habits in patient's lifestyle and environ-

mental factors. Many patients with allergies do not have sufficient understanding of their own problems and just receive "allergy shots" for prolonged periods of time without significant improvement.

What is "allergy," anyway?

Why do these problems develop?

Why are these problems more prevalent in the same family?

Why do allergy shots seem to work well at the beginning of treatment and not continue to work well?

What should I really have to change?

Are allergies really related to an emotional state?

Can allergies really be treated? Why me?

All these questions can be properly and scientifically answered at planned allergy retreat programs at Weimar Institute's Health Center, with actual demonstrations of hypoallergenic diet, cooking, eating, important use of water, correction of individualized eating habits and details of menu, re-evaluation of your allergies, and other important lectures to prevent allergy problems in children. We also plan out-patient allergy clinics for local residents. It is our desire that this new outreach ministry of Weimar Institute's medical program will not only be of physical benefit but be a spiritual blessing as well.

Tour Schedule

Earl and Dottie Allen will be in the following areas during the next few months. If your church or group would be interested in a visit or presentation from them, please contact the medical office at Weimar Institute.

March thru April: Northern and Central California

May: Central and Southern California

Summer: Campmeeting tour

From the Chaplain



Why I Remain a Seventh-day Adventist

By Dick Winn

I never had the privilege of addressing the question, "Why did you become a Seventh-day Adventist?" To quote Morrie Venden, "I was born on this bus." Yet every believing adult still has to face the question head-on at least once: "Why do I remain on the bus?"

Some of my friends have been urged to ask this question, at least in part because of the various intense discussions within the church regarding doctrine and policy. And a few of them, I fear, have failed to find answers they regard as adequate. Some of these have pressed the question hard with me. If you will understand why I need to speak often in personal terms, I would like to share the essence of my conclusions.

In the simplest form, I am excited about Jesus! Not just what He's done for me, but who He is. I am deeply moved to devotion and admiration the more I learn about Him. Then to recognize that Jesus came to this earth to show us all about His Father, I cannot remain the same. To see the beauty, the fairness, the patience, the wisdom and infinite love of God, is to find the whole center for my life.

It means a great deal to me to be able to team up with a people with whom I can share the mission of making God believable to this deceived world. As I see it, the genius of Adventism is its clear, integrated, attractive picture of who God is. There are many church groups who say that Jesus is returning soon; I'm glad to be a part of one that says we can know Him so well in advance that we'll be at peace with Him when He arrives.

How freeing it is to belong to a fellowship that is not consumed with anxious endeavors to get God to think well of us, but rather are responding to God's loving endeavors to get us to think well of Him! My Adventist heritage

has taught me to recognize with what respect and dignity our Lord views His wayward and confused people, and what exalted purposes He has for us — to make Him known, and to share friendship with Him forever.

I am satisfied that every doctrine of the church, when seen with spiritual insight, is a sensible, attractive picture of our heavenly Father. I have found no finer statements presented elsewhere. It is a doctrinal framework which allows a proper emphasis on many doctrines which some others have thought to be in conflict. For example, we can speak so freely about forgiveness, for we know our God to be a forgiver. Yet we can also talk enthusiastically about wholehearted desires to live a Christ-like life (a desire sometimes hinted at by the word "perfection"), not to earn God's forgiveness, but in service of making Him known to the world.

And to achieve service toward that larger goal, the Lord has described for us, right down to the practical details, the most appealingly sensible lifestyle. How I treasure those insights on personal health, on family life, education, church life, and on ministry to the world! How could a thoughtful person choose to live otherwise? It is so free from arbitrary, meaningless restraints.

I am profoundly grateful for the rich insights into God's character and plan which have been unfolded to us through the ministry of Ellen White. Certainly the Lord knew how desperately we needed to have our sights lifted to the larger issues in the great controversy centering around the character of God; and He equipped her to speak with such persuasive clarity on this great theme. Sadly, my several friends who have been troubled about her (Ellen White's) credibility have all failed to see her mission in this larger perspective.

Why do I remain a Seventh-day Adventist? Jesus once asked His disciples if they would join the crowds who were turning away from Him. I can identify with Peter's answer: "Lord, to whom shall we go? You have the words of eternal life." (John 6:68) Where could I go to find anyone portraying more clearly Him whom to know is life eternal?