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# Weimar Bulletin

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Weimar Institute

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## What Do Auto Body Repair And Physical Therapy Have In Common?

There is a similarity in the work of the Auto Body Shop and the Physical Therapy Department. Both seek to restore "structural integrity." One deals with car bodies; the other, human bodies. At Weimar, however, they have one more thing in common, great new improvements. Here are their stories.

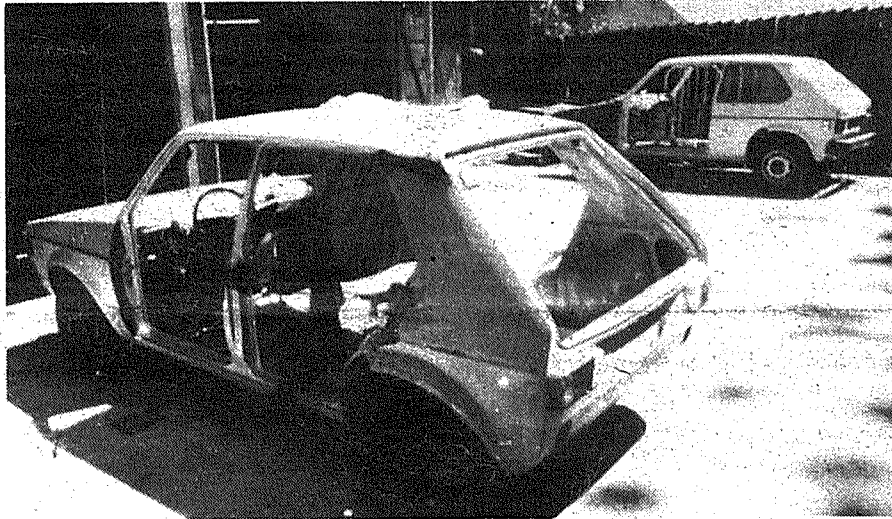
### BODY RE-BUILDING

By Steven Siciliano

After working in less than ideal facilities for three years, the Auto Body Shop deserved its latest improvement—a new paint booth. In its quiet, unobtrusive way this industry has benefited the Institute in many ways, routinely performing everything from minor repairs to "creating" complete cars by joining the good half of one car to the good half of another. Many of the vehicles in use on campus have been put back into operation by the shop. It has also generated income by restoring surplus trucks and selling them. And the new addition promises to "at least double the shop's output," according to Ethan Mulvihill, shop manager.

The new paint booth is a 26' x 16' work area especially designed for spray painting vehicles. It is equipped with a total of 20 eight-foot-long fluorescent bulbs set vertically in two side walls for even lighting. One large exhaust fan and a series of air filters keep the room supplied with fresh, dust-free air, essential for the finest spraying results. The booth, comparable to the facilities used by commercial body shops, was built at a cost of only \$1,500, thanks to surplus materials and the work of staff carpenters.

The advantage of the new space, aside from providing the optimum conditions for spraying, is that it saves time. Before, in order to spray, all other phases of the work had to stop to free the work area. Then, a thorough cleaning had to be done to remove all traces of dust from the shop. Since the new booth is an area all its own, spraying can progress while preparatory work goes on in the shop. This increased speed may enable the Institute to accept



One Plus One Equal One: At the Body Shop

various outside jobs previously turned down due to lack of time. Mr. Mulvihill believes the potential for growth of this industry is almost limitless.

Benefits to the Institute generated by the Auto Body Shop have been more than economic, however. A few students who have chosen this as their work station have acquired enough skill to make money toward their college expenses. Some, well on their way to having a viable trade, can purchase a "wreck," rebuild, and sell it for profit. And there are spiritual lessons to be gained while at work on car bodies, too. Ethan noted one outstanding lesson: "You can't do a surface job here. Sooner or later it's going to show up. You have to go right to the core of the problem. You've got to be patient enough to get right down to the 'soul,' so to speak."

The Auto Body Shop needs tools; both pneumatic body shop tools and hand tools. There's also a need for another experienced shop instructor.

The New  
Physical Therapy Center

### God Plans Ahead

By Buddy Kruger

When it comes to rebuilding bodies, minds, and hearts of men and women, startling are the provisions God sometimes makes far in advance of our need. This is true about Weimar Institute's developing Physical Therapy Department.

What's that? Physical therapy as a medical term means treating disease by physical and mechanical means such as with massage, exercise, water, heat, etc. Weimar's NEWSTART center staffs a resident physical therapist for the benefit of its patients, guests, and Institute personnel.

Richard Mautz, our present Physical Therapy Director, points out that Weimar's program includes more than the usual P.T. one would find in the yellow pages. It includes a more balanced em-

phasis on training one's whole body. Instead of focusing so much on treating acute or chronic injuries and disease, we concentrate on training to remedy and help prevent injury and disease. Much of the program contains practical ideas one can use in his own home with no equipment or with equipment easy to get. We design personal programs for physical development tailored to the individual, not a pre-fab course for mass application. To provide such a service requires specialized space and adequate facilities.

Formerly, the Physical Therapy Department housed itself in one of the long, narrow, ward-buildings near the Administration Building. Floor space was poorly arranged for both individual and group use of equipment. But years ago God's providence had provided a building right next to the present NEWSTART Center. Until recently, the Institute used this "Annex Building" for staff housing and school equipment storage.

But His urging and its prime location kept bringing it to mind as a possibility for physical therapy and other health programs. Remodeling estimates of \$20,000 slowed down any moves for several years. Then Mautz, with volunteer labor and wise use of available materials, engineered completion of the initial phases this spring, allowing him to officially move in. The cost? \$5,000 from donations and the sales of surplus equipment. Hydrotherapy and

### NEWSTART Alumni Homecoming

(Story and Photos)  
See centerfold  
and page six



Water, sunlight, air, nutritious food, exercise, rest, temperance, and trust in divine power are eight natural remedies. Proper application of these remedies both restores and maintains health. And, in addition, these eight natural remedies serve as keys to reveal God's wisdom to us.

Consider the events of the creation week. Why did God perform creative acts in that particular order? Were there logical or scientific reasons for that sequence of events? Understanding the eight remedies answers these questions.

"And the earth was without form and void; and darkness was upon the face of the deep. And the Spirit of God moved upon the face of the waters." Genesis 1:2. At the beginning of the week of creative acts, water covered the dark earth. "And God said, Let there be light: and there was light. And God saw the light, that it was good: and God divided the light from darkness. And God called the light, Day, and the darkness He called, Night. And the evening and the morning were the first day." Gen. 1:3-5. God began creation in such a way that if there had been creatures with eyes on this dark, water-covered earth, they would have been able to see the day and night as we do now. He also did it so days could be measured as we measure

days now. This tells us that the days of creation week were days like our 24-hour days now.

To have this earth covered with water first, before light came in upon the water, reveals God's wise planning. Light falling upon matter is absorbed or reflected. Energy in light when absorbed causes the temperature of the matter to rise. So, the earth may have become unuseably hot in a short time. But water has a greater capacity to absorb energy with less rise in temperature than other matter. For example, in the summer oceans receive the same amount of energy in sunlight and rise fewer degrees in temperature than barren deserts in the same latitude.

At the end of the first day of the creation week there existed water and light.

"And God said, Let there be a firmament in the midst of the waters, and let it divide the waters from the waters. And God made the firmament, and divided the waters which were under the firmament from the waters which were above the firmament; and it was so. And God called the firmament, heaven. And the evening and the morning were the second day." Gen. 1:6-8. What is a firmament? The phrase describing what happened on the fifth day of creation, "and fowl that may fly above the earth in the open firmament of

heaven," helps us understand the firmament to include the atmosphere where the birds fly.

At the end of day two of creation week there now existed water, light, and air. But earth was not yet ready for the heat of the sun.

On the third day of creation week God gathered the water under the firmament together into seas. This allowed for dry land between the seas (Gen. 1:9, 10). The vegetation — grass, herbs, and trees — He then created to cover the land (Gen. 1:11,12). This vegetation would provide food for animals and man, soon to be created, as well as set up a natural cooling system for the whole planet.

Suppose the atmosphere would have been made clear or transparent before this? The full strength of the sunlight could have made earth so warm that on the following day it would require cooling before thriving vegetation could have been created. God would have had to undo some of the work He had done on the previous day before he could proceed with forming the vegetation.

Earlier we noted that water can absorb much energy with little rise in temperature compared to dry land exposed to the

(Continued on Page 3)

## "O.L.C." UP

We in the "Outpatient Lifestyle Clinic" (O.L.C.) are excited to report that plans to build a new clinic were given a green light by the Weimar Institute Administrative Committee. For this, we wish to express a GREAT BIG THANK YOU to each of our Alumni guests! Their successful lifestyle changes validated the need for a new clinic.

For those unaware of this pilot program, here is a brief synopsis:

Dr. Milton Crane recognized the need for a clinic that would serve those persons in the local area unable to attend a full 25-day NEWSTART session. Through God's guidance and after much answered prayer, a pilot program was begun in September of 1983. With no advertisement, other than word of mouth, the people came from near and even as far away as San Diego. The class met each Tuesday from 8 a.m. to 4 p.m. for eight consecutive weeks with the exception of holidays. June 5, 1984, was the last day of the fourth session.

The one-day-a-week program includes two 45-minute lectures by Weimar physicians; a 2-hour cooking demonstration and practice session under the guidance of Susan Jansen, M.P.H.; an "on the trails" exercise training session, blood pressure, pulse rate, and weight check-ups; and a personal consultation with a doctor.

Following the session, the participants go home to practice and prepare to return the next week with questions, for further instruction and progress checks. The results have been equal to the NEWSTART successes. The cost is substantially less and Medicare is returning up to 80% of the clients' expenditures. Praise God for this success! We have seen His words fulfilled to a remarkable degree in this program.

"Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers." (3 John 2, NKJV)

This summer has been set aside to build the "O.L.C." a complete facility beneath the present medical offices. We plan to reopen the clinic in its new location at the end of September or early October of 1984. The blueprints are done and volunteers stand ready to build. We wait on the funds to cover the cost of materials, approximately ten thousand dollars.

Ask the Lord how He wants you to help the "Outpatient Lifestyle Clinic" in time, prayer, financial assistance, or some other way.

"And God is able to make all grace abound toward you; that you may always have enough of all things, for every good work." (2 Cor. 9:8, paraphrased)

Lou Davis, Director, O.L.C.

(God Plans Ahead) (Continued from Page 1)

bathrooms for outpatient use, locker areas, and classroom development have yet to be done and will proceed as soon as more funds become available. For now the newly remodeled facility includes a 28 x 40 ft. carpeted gymnasium area with 9-1/2 ft. ceilings joined by an outside, screened-in 8 x 40 ft. porch. Cool in summers, warm, dry and comfortable on wintery days, this space is ideal for P.T.'s exercise needs. Pedal bikes, rowing machines, pal bar, treadmills, weights, sit-up boards, rebounders — all have places around the room.

Other improvements of the program include Weimar's hiking trails and a recently installed swim spa. "We're giving the hiking trails a good work-over to make them more beautiful and safer to use. We're also cutting some new trail routes," said Mautz in a recent interview.

Walking the trails provides important benefits for all who use them. But for those

not accustomed to it, sore muscles would welcome a "soak" in a hot-tub. So reasoned NEWSTART Alumni, who were planning to donate one. But as they studied the idea more closely, they settled on a more versatile, multi-function "tub." This one would have areas to sit down and soak, but would also have a deeper area with a forced-water jet where one could actually swim and exercise against current in a stationary position. This would greatly add to the therapeutic value of the pool. Many thank yous go to God for inspiring this idea, and to our alumni for contributing the entire cost. It is a most helpful addition to the NEWSTART and Physical Therapy centers. It measures 8 x 14 ft., is 4 feet deep, solar heated, and surrounded by redwood decking. It has been installed outdoors right between the two buildings — a perfect fit, almost as if it had been planned that way long ago.

## STAFF POSITIONS OPEN

The Personnel Office is accepting applications from dedicated, qualified Seventh-day Adventist Christians to fill the following needs at Weimar Institute.

- Agricultural Supervisor (experience in gardens and green houses)
- Auto Body Specialist (dept head)
- Maintenance Director (institutional experience)
- Education Professor (college teacher and department head)
- Elementary School Teacher (multi-grade experience and teaching credential)
- Bakery Manager (office and shipping)
- Custodian/Housekeeper (commercial or institutional experience)
- Tape Ministry Manager
- Administrative Secretary

Write to or call  
Personnel Director  
(916) 637-4111

Weimar Institute  
P.O. Box A  
Weimar, CA 95736

## SPECIAL EQUIPMENT NEEDS

Video Tape Player (1/2-inch VHS)  
and Color Monitor  
(for use in visitor center)

Wood Chipper (to provide fuel for  
greenhouse furnaces)

If you can provide any of these items for our use, please contact the Business Manager's office at Weimar Institute, (916) 637-4111.

same amount of sunlight. Vegetation can also absorb large amounts of sunlight without its temperature rising significantly when sufficient water is available to the plants. The chlorophyll in the leaves absorbs this energy and uses it in photosynthesis. The food molecules in the plants store this absorbed energy. That is where we get the four calories per gram of carbohydrate and protein and the nine calories per gram of vegetable fat. The land — covered with vegetation — was ready now for the full strength of the sunlight the next morning.

On day four of creation week. God continued His wise sequence of creative acts preparing the environment for His creatures. Here He made the atmosphere so vegetation could receive the full strength of the sunlight for photosynthesis.

For growth, vegetation sips water through its roots, takes carbon dioxide from the air through tiny openings on the underside of its leaves, and absorbs sunlight through its transparent skin on the upper side of its leaves. The water dissolves the minerals in the soil needed by the plant and carries them into the plants. God's creative acts in the first four days of the creation week provided the needs of the flourishing vegetation.

At the end of the fourth day of creation week then, there were sunlight, fresh air,

pure water, and nutritious food. These four gifts of God made the earth ready for the birds, fish, animals, and man, now to be created.

On day five God created the birds and fish. Trees with fruit and berries already grew for food and roosts for the birds between their flights and caroling. The marine environment already waited for the fish.

Continuing on the sixth day of creation, God created the various kinds of animals to occupy the vegetation-covered land. Everything — sunlight, fresh air, pure water, and every kind of nutritious food in the vegetation — had been created to supply their needs. With everything else completed, God was now ready to create man. He had made for man not only sunlight for light and warmth but also brightly colored plumage of the birds to reflect the various colors in the sunlight.

He filled the fresh air not only with oxygen but also with the delightful fragrance of flowers and the musical songs of birds. The food contained not only nutrients but also flavors and tastes to make eating a pleasure. God filled these four gifts with many additional tokens of His love.

So that man could obtain the benefits of these gifts — sunlight, fresh air, pure water, and nutritious food — God instructed Adam in four personal practices: exercise, rest, temperance, and trust in His power. "And the Lord God planted a garden eastward in Eden; and there He

put man whom He had formed. And the Lord took the man, and put him into the garden of Eden to dress it and to keep it." Gen. 2:8,15. Thus God gave Adam directions for daily exercise in the fresh air and sunlight.

At the very beginning of creation week on day one, God had made provision for night and day so there would be periods for rest and for activity.

"And God said, Behold, I have given you every herb bearing seed, which is upon the face of the earth, and every tree, in which is the fruit of a tree yielding seed; to you it shall be for meat. And to every beast of the earth, and to every fowl of the air, and to everything that creepeth upon the earth, wherein there is life, I have given every green herb for meat; and it was so." Gen. 1:29,30. All vegetation was nutritious food for animals. But God showed His love for man again by selecting the very best food — cereals, fruit, and nuts — which would not only be best but also most delightful to eat. Here was also that valuable lesson in temperance or self-control. God taught man to choose the best food and refuse those not made for him.

Trusting in God's power, Adam and Eve rested in the wisdom, care, and provision of their loving Creator and responded with appreciation, worship, and loyalty. This completed the eight natural means for maintaining health. God invites us today to return to this original plan of life which gives us this revelation of His goodness.



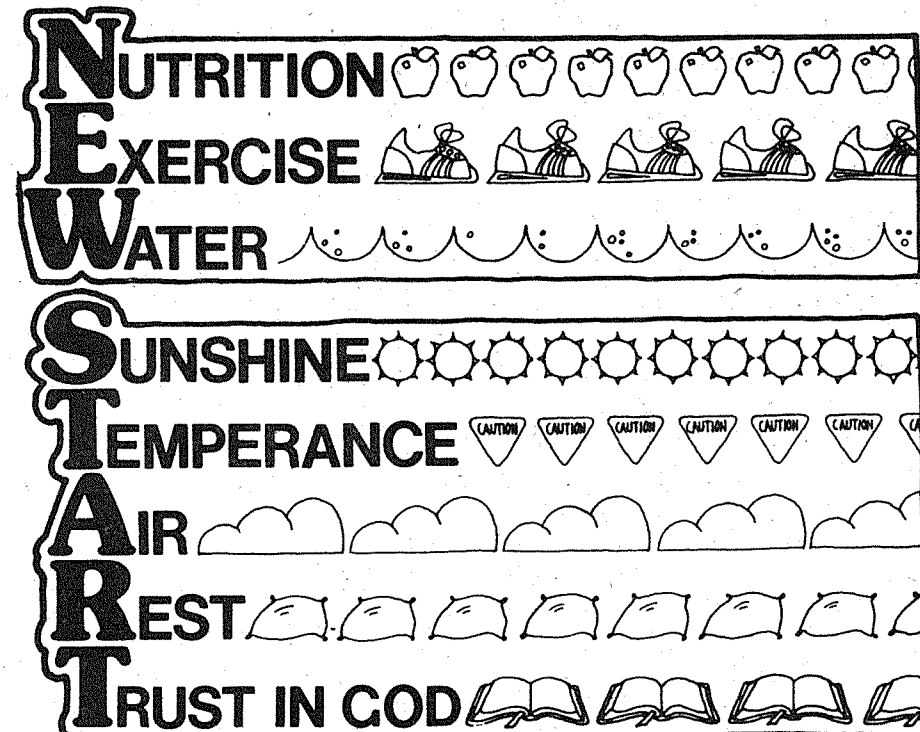
## “NEWSTART”

“Let's see, what if I try... W-R-E-N-D-A-S-T?... No, that won't work. How about... W-A-N-D-R-E-S-T? or S-T-A-N-D-W-E-R?... They don't make sense! Maybe R-E-S-T-B-A-N-D?... That's better, but not great. Perhaps a different approach... N-E-W-S-T-A-R-D?... Hmm, that's beginning to sound like something... Wait a minute! I can replace 'abstemiousness' with 'air', and 'deep breathing' with 'temperance'. Then it will say... N-E-W-S-T-A-R-T... That's it!!!... NEWSTART...”

Judging by his scratch paper, it's not hard to imagine thoughts like this running through Bill Dawson's mind as he wrestled to find the NEWSTART acronym, now the name of Weimar's health education program. After attending Weimar's first 25-day health conditioning session in 1978, Bill sought to develop an easy, catchy way to

remember the eight natural remedies, God's method of healing, employed successfully at Weimar. Using the first letters of each of the remedies: Nutrition, Exercise, Water, Sunshine, Temperance, Air, Rest, and Trust in God, he finally came up with an appropriate “trademark”. Not only does “NEWSTART” make sense, it sums up the experience of many of the guests who go through the program. They do receive a ‘new start’ on a fuller, healthier life.

But creative expression did not stop there. When Terry Zeyen of Angwin, California, then Weimar Institute's staff artist, heard the new acronym, he went to work. Exercising his own imagination and artistic talent, he designed the attractive illustration printed here.



Also, see Ellen G. White, *Ministry of Healing*, p. 127 (published 1905)

## Library Update

Among the many good things God has directed in establishing here at Weimar Institute is our library. It's rather small compared to other college libraries, but amazingly complete and adequate, especially considering it has been built up largely by donated materials. Through the years since Weimar College was founded in 1978 many people have shared an abundance of books, magazines, and other things with us. We are very grateful for this help. In fact, through the generosity of these many friends, we have not only built up our own collection, but have been able, during the past year, to share several thousand volumes of duplicate materials with two other fledgling institutions to help them begin their libraries — Hartland Institute in Virginia and Black Hills Missionary College in South Dakota.

Here are some highlights on our resource materials which might be of interest to our readers and especially to prospective college students. We have a nearly complete selection of E. G. White materials, including copies of many original documents and manuscripts from the White Estate. A laser disc concordance of the E. G. White writings was donated last fall. In our heritage room are a number of rare, out-of-print books dealing especially with S.D.A. history. We have more than 30 different translations of the Bible. Our cassette tape library contains some 1500 tapes, including a variety of sermons, classes and workshops, and recordings of Spirit of Prophecy books.

Our needs for general library materials are not nearly so pressing as they once were. However, we have two current urgent needs: a recent (1980 or later) complete set of good encyclopedias, such as World Book or Encyclopedia Britannica (the latest edition we have is a 1974 set), and a portable tripod-stand projection screen, at least 50" x 66" in size. If you have one of these items, or anything else that you feel would be a valuable addition to our library collection, please contact the librarian, Weimar College, Box A, Weimar, CA 95736, or call (916) 637-4111, Extension 355.

## Weimar Bulletin

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. We desire that the free gift of God's righteousness, as revealed in the person of His son Jesus Christ — our only source of salvation — shall become more believable to others because of this service to which we have been called.

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compiled by Aileen Ludington

## Homecoming

By Aileen Ludington, M.D.

Of those who complete the 25-day NEWSTART Program, approximately 99% (in my personal survey), leave feeling they have fully gotten their money's worth. The knowledge, the care, the improvement in their health, the feeling of well-being, the spiritual growth and the loss of fear as they learn to handle their

diseases, add up to make it a special and worthwhile experience.

But what about "the rest of the story"? When people get home to all the old problems, pressures, stresses and temptations, how do they fare?

Thoughts like this were on the minds of many of us as we welcomed 58 Alumni back home again. Their spouses, children and guests brought the grand total to well over a hundred for most of the week. Alumni came from 5 states and 4 countries.

The first night we shared what had hap-

pened to each of us "after Weimar." There was a wide range of results — some inspiring success stories, many "still-in-progress" notes, and some who had done well for a period, then regressed. A few felt they had failed completely, but had the courage to come back and try again!

The week presented a varied program of devotional periods, sing-alongs, scientific updates, cooking demonstrations, lab tests and check-ups (for those who wanted them), and plenty of time for camaraderie, sunbathing and enjoying the trails. Evening activities included a planning ses-

sion for the Alumni organization, a wonderful musical program coordinated by former NEWSTART nurse Joan Kristensen (who just "happened to drop in" from England), and finally, a beautiful banquet in the remodeled dining hall. The food was so delicious, the fellowship so warm, and the medical presentations so inspiring that nearly everyone signed up to return next year.

NOTE TO THE REST OF YOU: Don't miss this unique experience next year. Reserve your place now for July 16, 1985.

## "Blessed Are They That Do"

In talking with and listening to people coming and going through NEWSTART over the years, I have come to the conclusion that the ones who follow the lifestyle with 90-100% faithfulness get REMARKABLE RESULTS! They experience approximately 90-100% improvement or more. Those who follow the program around 50% of the time get pretty good results too. They get about 50% better. Those who live up to, say 10% of their new knowledge get minimal results — about 10% improvement.

Following are some success stories gleaned from the recent alumni group. These are samples of the kinds of things that happen, over a period of time, to people who consistently live 75% or more of the NEWSTART lifestyle.



Rudi Skalek

### I Just Love This Place

By Rudi Skalek — Lake Isabella, CA  
May 1982 NEWSTART Class

I just love this place! I really do! I come back here every chance I get.

I was in sad shape two years ago when I first arrived. I had seriously plugged coronary arteries, I was overweight, my blood pressure was too high and I felt generally pretty miserable. The 25 days here improved me markedly and opened my eyes to the possibilities of a new life.

Since finishing the program two years ago, I have followed it faithfully 95% of the time. When we retired, I told my wife that my contribution would be the cooking. I cook all the food. So, I make sure it is "Weimar-kosher." My wife is diabetic and

even though she won't come to Weimar, she has benefited considerably from the diet. She doesn't mind it at all.

I am also very active and faithfully walk several miles daily. I like to travel and often do. Last year we had a wonderfully enjoyable trip through Europe. By planning ahead, we found places to stay where we could do most of our own cooking. Neither of us got out of control on the trip. I enjoyed every minute of it.

I am so glad that I do not now need the bypass. I feel great and plan to continue this program for life. (For the GOOD LIFE!)



Alice Humphrey

### I Knew I was Dying

By Alice Humphrey  
Phoenix, Arizona  
February 1983 NEWSTART Class

I walked out of the doctor's office determined never to darken his door again. He had been switching my medicines around time after time in the past few months, and I continued to go down hill. My feet were so swollen I couldn't walk. I couldn't go to bed, I had to sit up all night to breathe. I had diabetes, hypertension and serious heart failure. I knew things couldn't go on much longer.

Somehow I found my way to Weimar. The first few nights I continued to sit up to breathe. But I got better! Soon the edema

subsided, the breathing got easier, and I was able to start walking. By the time I left, I had clocked over 100 miles!

It's been over two years since NEWSTART. It's hard to believe what has happened in my life. My heart failure is gone. My blood sugar has been normal for two years. I've lost a total of 50 pounds. I take minimal medication for blood pressure. I work 10-12 hours a day. I also exercise regularly and follow the diet plan consistently. I'm happy. I feel great. I'm nearly 70 years old, and excited about my future. I praise God for what has happened to me.

### Back on the Job at 83

By Jack Christiansen — Calistoga, CA  
March 1981 NEWSTART Class

I'm a plumber, and I've always worked hard and enjoyed it. Retirement age came and went, with no notice on my part. My health seemed fine and I continued to relish my work.

But dramatic changes came in early 1981. I had a stroke which put me in the hospital and partially disabled me. (For a few years before this I had been having occasional attacks of high fevers, which would totally disable me for weeks at a time.) As soon as my condition permitted, I joined the NEWSTART Program, wanting to maximize what health and strength remained.

I took seriously what I learned about diet and lifestyle changes. It has been two years now. My weight gradually decreased 30 pounds to my normal weight and has stabilized there. I have had no further virus attacks. Even though I am 83 years old, I feel great. I am very active. I go to work every day, work hard, enjoy life and thank God for the reprieve.

### God Worked a Miracle for Me

By Alice Weisz — Ukiah, CA  
May 1981 NEWSTART Class

An accident about five years ago left me with constant, severe neck pain, and a loud buzzing noise in my head that never stopped. For two years I went to doctors and medical centers, had countless x-rays and tests. I spent thousands of dollars. No one held out any hope. I thought I would lose my mind. I begged God for relief.

Finally I came to Weimar's NEWSTART Program. It was "desperation station" for me. The doctors told me frankly that they could not promise me relief from a medical standpoint. I told them that I understood. I had decided to follow God's way for my life, in every detail, to the best of

my ability, and ask His blessing on that. If I were healed, fine. If not, I knew God would help me learn to live with my problem. I put my life in His hands.

I fully believe the NEWSTART Program reaches as close as is humanly possible to the ideal God has for us in healthful lifestyle. I'm glad to tell you that after about 10 days on the program, both the pain and the noise stopped. You can imagine how the surrounding hillsides echoed with my joy and thanksgiving!

That was three years ago. I've taken nothing for granted. Since God chose to heal me via the vehicle of following His lifestyle, I am dedicated to doing so FOR

LIFE. No way do I wish to risk a return of my previous miserable state.

And there have been many very good side benefits. My health and energy are better than ever in my life. On a recent 11½ mile hike in Yosemite, a group of young people wanted a picture of this 74 year old white-haired mountain climber.

"When I get old, I hope I can be like you," one of the girls confided.

I can never thank God enough for bringing me to Weimar. I just want to share it with the world.



Alice Weisz

# Alumni Homecoming

(Continued on next page)



Alumni Homecoming Family of 1984

## The Ripple Effect

How exciting it was to return home from my NEWSTART experience to such an interested and supportive family! My husband joined me wholeheartedly in the program, and is enjoying as many benefits as I am.

But that isn't all. It seemed as though others at home had been prepared in advance to hear about what I had experienced. Our church has a young people's prayer group and I had a chance to share with them. Soon "Weimar tapes" were flying around the group, figuratively speaking. Next they told me they wanted to live this way but needed recipes. Fifty cookbooks quickly vanished and more

By Lavonne Hilliard  
October 1983 NEWSTART Class

were requested. Next they wanted a meeting to ask questions. Over 60 came the first night. The interest continues to be high, and many are now cooking and eating this way and finding the bonus blessing of spiritual growth that seems to be built in with the health blessings.

You wonderful Weimar people, you will never begin to realize the extent of the influence for good that begins with your humble and dedicated work there. I'm just reporting from one little corner of the world. I want you to know what is happening here — a part of the "ripple effect" of God's great work for the world in our time.

## From Zombie to Fireball

Life suddenly began closing in on me. In the past, I had lived a very full and exciting life. I had the privilege of pioneering much early mission work in Brazil and other areas of South and Central America. Even after retirement, I got involved with many interesting and challenging activities.

But diabetes crept up on me. Also overweight. Then my blood pressure went up to alarming levels. My doctor was able to control that with medication, but I became like a zombie. I just kind of wandered around, trying to do a few things, but not accomplishing anything. My frustration with this kind of life and my determination

By Pastor Fred Prichard — Calistoga, CA  
September 1983 NEWSTART Class

to find a better way led me, in September, 1983, to Weimar's NEWSTART live-in Health Center.

It is hard even for me to believe what has happened since. To date, I've lost 40 pounds. My diabetes has cleared up, and my blood sugars remain normal without medication. My blood pressure is 130/80 without any medication of any kind.

I'm 74 years old, but I feel like I've been reborn. I'm active, full of energy, and excited about the future. Thank You, God and Weimar, for helping me back from a zombie netherworld to a vigorous reality full of exciting challenge.

## My Legs Just Keep Going

By Mae Libby — Modesto, CA  
August 1980 NEWSTART Class

I first came to Weimar in 1980, mainly because of poor circulation and severe cramps in my legs whenever I tried to walk more than a few steps. I was a little doubtful anything would really work at such a late stage. I figured one probably had to make some concessions to one's age sooner or later.

But the diet, the hydrotherapy, the exercise and the prayers worked their wonders for me too. In 25 days my walking had increased from a block, slowly, to a fairly brisk two to three miles. I went home determined to continue the good work.

Now, four years later, I am still sticking with the program 90% or better. I am active, happy, and on the go all day long. I

find things to get involved in everywhere I turn. Currently, I am leader of the Dorcas Society (a charitable organization) in our church. The cramps in my legs have stopped. If I overdo, I notice that an aching type of pain will begin in my feet. That reminds me to slow up just a little. But I am able to do everything I want to do. I enjoy life and feel fine. My only regret is that so few people are open enough to be able to share this wonderful lifestyle. Most seem to feel they must get terribly ill before they really need to change. But this is such a good life! I praise God for His blessings, and I am thankful to the dedicated people here. I will be back next year. I haven't missed a reunion yet!

## The Sidestream Team

We are being barraged with the news that "sidestream smoke" is inhaled by those around the smoker, and can be as harmful to the bystander as smoking is to the smoker. However, in the NEWSTART experience, it is the other way around. We are logging an increasing number of spouses and companions who are benefiting as much or more from the program as the person they accompany. We have nicknamed this group, "The Sidestream Team." Here are some examples:



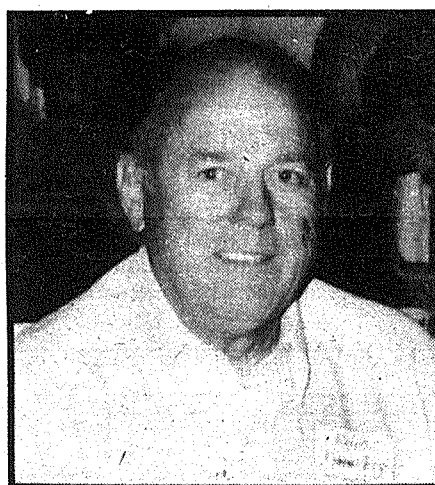
John and Barbara Silva

## I Lost 92 Pounds — Painlessly!

By John Silva — Reno, NV

My introduction to Weimar was in February 1982 when I brought my wife for the NEWSTART Program. Although I was overweight and suffering from arthritis and angina, I felt her problems were more serious than mine. But even though I hadn't planned to enroll as a patient, I decided to stay with her, attend the lectures, eat the food and walk the trails. Before the week was out I was so impressed that I too enrolled as a full patient.

I soon noticed that I began feeling much better. I was also impressed with the improvement experienced by other group members. By the end of the program, I was convinced that this was the way I wanted to live. It is often said that you can't teach an old dog new tricks. I know many people have great difficulty with any basic changes in lifestyle. I am 74, but I can honestly say it wasn't hard for me. For the past two years and four months I've stuck to the program 99%. My weight just seemed to melt off, and I never really felt hungry. I weighted 252 pounds in February 1982 and I eventually stabilized at 160 pounds. My wife worries that I'm too thin, but I feel wonderful. In fact, I feel better, healthier and happier than I have for many years. So you can see that even though I didn't intend to be an alumnus, the NEWSTART program has changed my life.



Ralph Fleharty

## I was Very Skeptical

By Ralph Fleharty — Pollock Pines, CA

I was greatly worried about my wife's health, and I pretty much forced her to come to Weimar. We arrived in time for the February-1981 NEWSTART Class. To try to help matters, I decided to stay with her, requesting the privilege of sitting in on the lectures.

Three years before this, I had undergone a five-vessel heart bypass. I was also 35 pounds overweight and diabetic. Despite the seriousness of my condition, I wasn't given any advice by my doctors on exercise or diet, nor did I receive any rehabilitation. The literature I read indicated that bypass operations usually lasted from two to five years. So I figured that was the time I had left.

Despite my own problems, I came to Weimar strictly for my wife's sake. I was very skeptical this lifestyle would be any help to me. I guess I had the fatalistic feeling that nothing could change that two to five year sentence.

Despite my skepticism, I was very impressed by Dr. DeVine's first lecture. I knew and respected him, and I talked to him for quite a while after the lecture. Finally I was willing to believe that this program was for me, too. I opened my heart

and my mind to everything I could learn.

That was three years ago. My weight, which at surgery was 185, is now at 150 pounds — normal for me. My diabetes is under good control and my back problems have cleared up. I work hard, mostly outdoors, from sun-up to sundown. It has now been six years since my heart surgery, and I just feel wonderful. I'm sure I have many productive years ahead. One of my greatest joys is sharing with others the news of this wonderful, health giving, health restoring lifestyle.



## Re-starters

A brave few turned up who had gone through a period of regression, or who felt they had failed completely. But they had the fortitude to come back and face everyone, soak up renewed inspiration, and determine to get back on the "wagon" once more. Hollis Morel nicknamed this group the "RE-STARTERS."

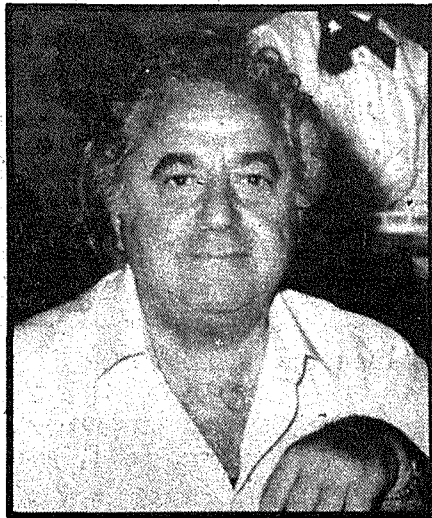
The common thread running through nearly every instance of discouragement and regression is a crisis. It can be physical, circumstantial, emotional, financial, spiritual, and most often it is a combination. One begins to feel "I can't fight everything at once."

The remedy is to understand how this process works beforehand and be ready for it. During a crisis, one's body needs even more care than usual. A reaching out to our powerful, loving God for help in maintaining even more careful health will ensure our emerging from the crisis stronger and better persons, instead of discouraged, defeated and sick.

Here are some examples of brave souls who were willing to share their experiences:



Janis Fleharty



Pete Porfido

### I was a NEWSTART Dropout

By Janis Fleharty  
February 1981 NEWSTART Class

Actually, my husband pressured me to come to Weimar. I knew I should come, but still I resisted inwardly.

When I did arrive, in February 1981, I fell in love with the place. I was impressed with the lifestyle and began to take some positive steps. I was even more worried about my husband who I felt needed it worse than I did but wouldn't admit it.

I really worked with the program for approximately four months. I lost 40 pounds and began to feel a lot better. But then I hit a snag and fell off the "wagon". Once off, somehow it seems extremely hard to get back on. By this time my husband had become a firm believer and was benefiting greatly from the program. I would cook him all the wonderful good food every day and then I would fill up on junk. It's hard to explain. It's embarrassing. It's totally irrational! But it is what happens to many of us, especially to those of us who have a very long way to go.

Since I am still fairly young, I seemed to be fine for quite a while. But the body can only take so much abuse. My joints began to hurt. It was harder to walk, harder to do my work. My blood pressure crept up and up. A gouty, painful arthritis flared. Diabetes showed its ugly head.

It's not worth it. It's too big a price to pay. I was convinced. This time my husband didn't have to push me. I asked to return to Weimar. I'm the aggressor this time. I mean business. I want to live. I want my health. God wants me to have these things. I'm determined to take God with me into this RE-START. I'll be back next year and you will see a difference. Pray for me.

I had my first heart attack ten years ago at age 51. I didn't even know I had one until it showed up on an EKG. Later I had a second one in my sleep. I developed angina

### Time was Running Out for Me

By Francis Miller — Lodi, CA  
August 1980 NEWSTART Class

Four years ago I was literally waiting to die. The doctors could do no more. I faithfully took my 19 pills a day, sat around watching TV, bored, discouraged, depressed, eating too much.

A friend told me about Weimar's NEWSTART Program, and out of desperation, I decided to go. It was my last hope.

Before the 25 days were over, I knew I was a new man. Within a year, I lost nearly 80 pounds and increased my walking tolerance from less than a block to several miles. My blood pressure stabilized at around 140/70 without medication.

In succeeding months and years, my improvement continued. I took lawn mowing away from my wife and began doing it my-

## "Eight Physicians Among Alumni"

Another "FIRST" in this year's alumni group was the presence of a large number of physicians. Not counting resident faculty, invited speakers and drop-in visitors, there were eight MD's attending part or all of the sessions:

Dr. Ronald Gregory, a former missionary doctor and now retired, had recently returned from Bangkok, Thailand where he was able to conduct two live-in programs modeled after NEWSTART.

Drs. Henri and Beverly Wiebe flew to Weimar from Nepal, primarily to attend their daughter's graduation. But they stayed around most of the week, sharing their experiences and renewing old acquaintances.

Dr. Shirley Masaoka, Director of Norwalk Adventist Health Center, busy with a NEWSTART-type practice in a city setting, took time out to spend a few days here.

Dr. Clarence Hilliard came from Colorado to see for himself the things his wife experienced last year. He has found the principles valuable in his own life, and plans to devote his spare time to teaching others the principles of healthy lifestyle changes.

Dr. James Klobucar is an orthopedic surgeon from Whittier, California who originally came here with serious health problems of his own. His tremendous personal improvement has simply whetted his appetite for more knowledge and experience in this kind of medical practice.

Drs. Cliff and Aileen Ludington from Loma Linda, California are both NEWSTART Alumni. Dr. Cliff is President of Norwalk Adventist Inc., a self-supporting group operating a bakery, health center and van ministry. Dr. Aileen was a staff physician at Weimar from 1980-82, and is on a study leave.

### I Couldn't Have a Bypass

By Pete Porfido — San Jose, CA  
August 1980 NEWSTART Class

and borderline diabetes. I was also overweight.

After appropriate tests, the doctors told me I was not a candidate for a bypass. Did that mean I was doomed? About that time, I heard about Nathan Pritikin's program and went there. I improved and felt encouraged.

Later I found out about Weimar. Since it was nearer my home, I decided to come here. I entered the August 1980 NEWSTART Class.

In the four years since, I have followed the program about 85%. My highest weight

was 200 pounds and I was able to get it down to 147. I feel good, stay active and enjoy life. I play golf, swim and often take my boat out. I walk four to six miles a day. Also, I've quit alcohol.

There are a few things I can't do, like play tennis and racquet ball. Also, I've let my weight creep back up in the last few months. That is why I especially wanted to come to the Homecoming Session. I'm soaking up inspiration for a RESTART! I like the people here and am glad to be back. You'll see some changes for the better next year!

### 1984 NEWSTART Schedule

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

AUGUST 26-SEPTEMBER 20  
September 23-October 18  
October 28-November 22

NOV. 25-DEC. 6: A.S.I.  
DEC.9-DEC. 20: (Ten-day)  
For further information contact: The Medical Director, Weimar Institute, P.O. Box A, Weimar, CA 95736. (916) 637-4111 ext. 401.

self again. I did roofing and other construction jobs. I returned to carpet laying. I just feel great, wonderful, full of energy. I enjoy life, and I love this place. I come back often. I know now that if I live my new lifestyle carefully and conscientiously, I can have many more years of productive life.

This past year I had a series of upsetting problems which I allowed to interfere with my health habits. Quite a bit of weight crept on. I came back to this Alumni Week for inspiration to make a RESTART. I want to get this extra weight off as soon as possible. My future, the quantity AND quality of my life depend on it!

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# Australia and the Health Message

By Steven Siciliano

Hazel Hon awoke at 2:00 a.m. impressed to contact Philip Groth. That was in May of 1983. Mrs. Hon, with a group of other professionals, had been laying the groundwork for a NEWSTART-type program in Australia, her homeland. (Mrs. Hon worked at Weimar for two years with her husband, Elder Eric Hon, who served as Outreach director until his death in 1980.) Philip, meanwhile, with his sister Anita and a group of other young people had a plan too. They were hoping to start a "Weimar-type" health center in a country area in Queensland. They had advertised for land and had visited different properties. They had even sent a few "scouts" to the United States to tour various self-supporting health centers and find out how it was done. During that tour, a year before the phone call, Hazel met Philip. Since then, like pieces of a giant jigsaw puzzle, the two groups have been drawn together by their mutual interest in health evangelism.

This "meeting of the ways" was but one step in a continuing process of growth for the project. Progress continues steadily as quickly as finances allow. A major boost to the project was the donation of 150 acres of rural property in New South Wales known as Cedarvale (for its abundance of cedar trees). Orchards and gardens have already been established and temporary housing erected. And while some are performing this manual labor on the site, others at home continue at their jobs in order to finance the project until the health center can go into operation.

Those on the property are at work in more ways than one, however. They are meeting and sharing with the Seventh-day Adventist congregations in the area as well. Regular speaking engagements in the churches meet with enthusiastic responses. And church members have been very impressed with the "new" information about better living. Many are making personal lifestyle changes and some even dedicate their free time to work on the site.

Medical workers are being trained as well. John and Estelle Belette and Philip and Anita Groth have come to Weimar to observe and learn how to practice natural treatment methods. Anita has been most deeply involved in this aspect of the work. In fact, both her attraction to Seventh-day Adventism and her participation in the Cedarvale project are results of her interest in the health message, as her story reveals.

After three years of nurse's training and a year preparing for midwifery, Anita was also eager to serve in the field of preventive medicine. At about that time her brother was discovering the health counsels Ellen White had written. (Philip had become a Seventh-day Adventist only a few years before.) The ideas he shared appealed to Anita too, and soon they both were involved with the Cedarvale project.

Having been at Weimar for ten months employing the eight natural remedies, Anita says she has been "very surprised" by what she has gained here, and will have much expertise to bring back to Australia.



Anita Groth

She is not only learning "much about the dietetic approach to healing" but other therapeutic techniques such as hydrotherapy and massage as well. Anita is most impressed by the way spiritual encouragement is incorporated into the program. Prayer concludes each treatment period and, as Anita said, "you could almost see the patients sparkling after it (the prayer)." The focus of the medical team is on the overall well-being of the guests, Anita observed. During medical staff meeting, doctors and nurses discuss the emotional and spiritual, as well as the physical condition of the patients.

Anita was astounded also by the results she witnesses. She said, "During the first few sessions I participated in I was amazed at the miraculous improvements I saw. Cholesterol levels and blood pressures dropped, people who could barely walk were walking miles a day and people who came in unhappy and depressed left with a new, cheerful attitude, trusting in God's care. Now I have come to expect this. Instead of wondering if something will happen, I look forward to seeing what terrific thing will happen this time!"

As a result, Anita has been convinced God's way works! "The medical arts can bring healing to the whole person when God's methods are employed, which include caring for the person's spiritual, mental and emotional needs."

Having observed the eight natural remedies in action has strengthened Anita's faith in God, the Bible and the writings of Ellen White. She feels her spiritual life has blossomed during her time at Weimar. (She was baptized in March!) And she believes a great percentage of the Australian population is ready now to hear and accept the sensible, convincing truth of a better lifestyle and a wonderful God. With the rest of her group and their supporters, she looks forward to blessed results as the Cedarvale Health and Education Centre continues to grow. For the Cedarvale newsletter, write: Mr. Geoff Richardson, CEDARVALE, c/- P.O. Fitzroy Falls, New South Wales 2577, AUSTRALIA.

"The words and promises of the Lord are pure words, like silver refined in an earthen furnace, purified seven times over." (Psalm 12:6, the Amplified Bible)

"I will put my laws into their mind, and write them in their hearts: and I will be to them a God, and they shall be to me a people." (Heb. 8:10).

\*\*\*

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# From our Chaplain

## The Prodigal's Missing Brother

By Dick Winn

*I grieve for the young man who believes purchased "love" and the chemical escapes of life in the fast lane will meet his needs more fully than gentle fellowship with his family.*

If I had to choose between the brother who left home and wasted his youth in the far country, or the grumbling, self-congratulating one who stayed home and punched the time clock for his father's estate, I think I know which one I'd choose.

Oh, it wouldn't be an easy choice. As Jesus told the story, each son had costly misunderstandings about his father. Though the younger had all the wrong reasons for leaving home, the older brother had all the wrong reasons for staying at home. Both had somehow come to believe that the father was making heavy demands upon them as the price for his love and acceptance. One bolted for the city lights rather than pay the supposed price. The other, with an eye on a considerable inheritance, sullenly submitted to present self-denial that he might find his pleasures after his father's death.

Midpoint in the story, it's a toss-up as to who is in a better condition. I grieve for the young man who, in youthful ignorance, believes the purchased "love" and the chemical escapes of life in the fast lane will meet his needs more fully than gentle fellowship with his family.

His brother, meanwhile, is in the right place, doing the right things, at the right time. It looks so good. But his heart is all wrong. Locked into the reward-punishment scheme, he jealously guards the rewards he is sure he has deserved. Alone in the hot fields, he nurtures contempt for his wayward sibling who, he is certain, will get his just punishment.

If I could hold my vote, however, until the end of the story, my sentiments would tilt toward the returned rebel. He's home, and he knows now the father with whom he resides. He has made a seasoned choice to

trust one full of grace and goodness. And somehow he seems more safe than his grouching brother. That brother worries me.

The father responds tenderly to this son's bitter complaints, for he knows he is harboring thinly smothered rebellion against the father's dealings—thus against the father. I suspect he'd openly rebel on the spot if it weren't for the risk of losing his coveted inheritance. Clearly he does not trust his father. How can he? He doesn't know the father's heart!

It's at this point, however, that I find myself wishing that Jesus would have included a third brother in His story...one who did it right. Though I'm glad the prodigal came home at last, his leaving in the first place was so unnecessary. And the scars he brought home—the wasted years, the weakened body, the diminished mind

powers, the dark memories—what a tragic waste!

That missing brother Jesus could have told about...I can almost hear how He might have told it:

"And there was in that same household a third son. And this son spoke often with his father, and thereby he knew his father, and loved him, for he found his father to be a wise and tender man, whose ways were full of blessing. And so it grieved this son in his heart when his brother, being deceived by the enemy, left for the far country. But when his brother returned, he rejoiced with his father with much gladness. For he had learned to have the heart of his father."

This son would get my vote!

<sup>1</sup>Luke 15:11-32



## New Faces in old places

As summer has arrived in full we're meeting some new people in different departments and positions around campus.

Paul Hawks has moved his work to the College Building as our new Dean of the College. (Former Dean, Howard Hardcastle, transferred to Rio Lindo Academy to go into teaching and counseling.) Elder Wesley Taylor has "given the torch" over



to Elder Robert Hancock to head the College Theology Department. (The Taylors have accepted a call to Hartland Institute in Virginia.) Retiring Ken Glantz left a vacancy as Plant Services Director. Jerry Northrop now sits in that chair. Lucy Versteeg has become new secretary to

President Bob Fillman. NEWSTART also has a new secretary, Terri Torrey. Dawn Drexler is putting her cooking talents to work as a Food Service supervisor in our cafeteria. Dwayne Bullock and Miles Greenup join forces in the Business and Accounting Office. From Mississippi has come Earl Swope to direct our bakery. Earl Allen is piloting Institute Development and his wife, Dottie, is in charge of the Publications and Media Ministry. Gayle Osborne is moving her activities to the College Library. And Elder Buddy Kruger has become Editor for the Institute BULLETIN.

## Nondiscrimination Policy

Weimar College admits students of any race, color, national and ethnic origin to all the rights, privileges, programs, and activities generally accorded or made available to students at the school. It does not discriminate on the basis of race, color, national and ethnic origin in administration of its educational policies, admissions policies, scholarship and loan programs, and other school-administered programs.

## Tape Ministry

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  - ....A84 2 WHAT IS "NATURAL"? Dr. Shakespeare
  - ....A84 3 NUTRITION UPDATE Dr. Foster
  - ....A84 4 NUTRITION (cont.) Dr. Foster
  - ....A84 5 NEWSTART — ON THE ROAD Dr. Wiebe & Dr. Cox
  - ....A84 6 NEWSTART UPDATE Dr. Dixon
  - ...A 84 7 ALLERGIES Dr. Lee (from July NS session)
  - ....A84 8 LAB REPORTS, QUESTIONS & ANSWERS ON NATURAL REMEDIES Dr. Crane
  - ....A84 9 MINERALS & TRACE ELEMENTS Dr. Crane.
- (this tape has some mixed taping due to tec. difficulties)

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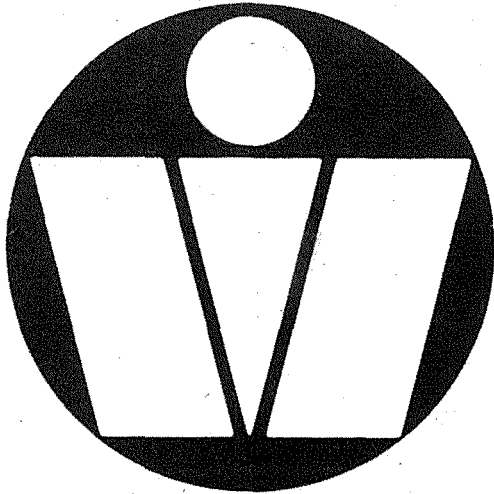
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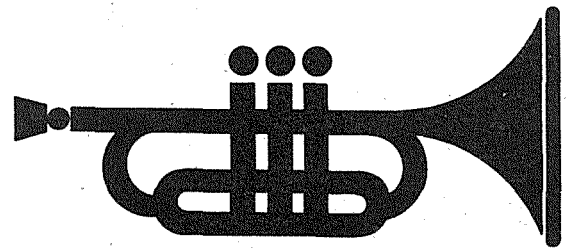
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***SPECIAL NOTICE  
TO ALL READERS***

**HERE'S YOUR  
CHANCE...**

(See "DEAR READER" on Page 2)

# DEAR READER

Many people receiving the Weimar Institute Bulletin have not personally requested it. It has been sent to them by a friend's request. Are you one of these people? If so, we want you to have a choice in the matter. Here's your chance to tell us what you want. As it applies to your situation, fill in the form below, tear off this entire half-sheet on the dotted lines, fold and tape as shown, and mail it back to us. Then we can change our mailing list accordingly. If we don't hear from you in the next 90 days we'll continue sending you the Bulletin.

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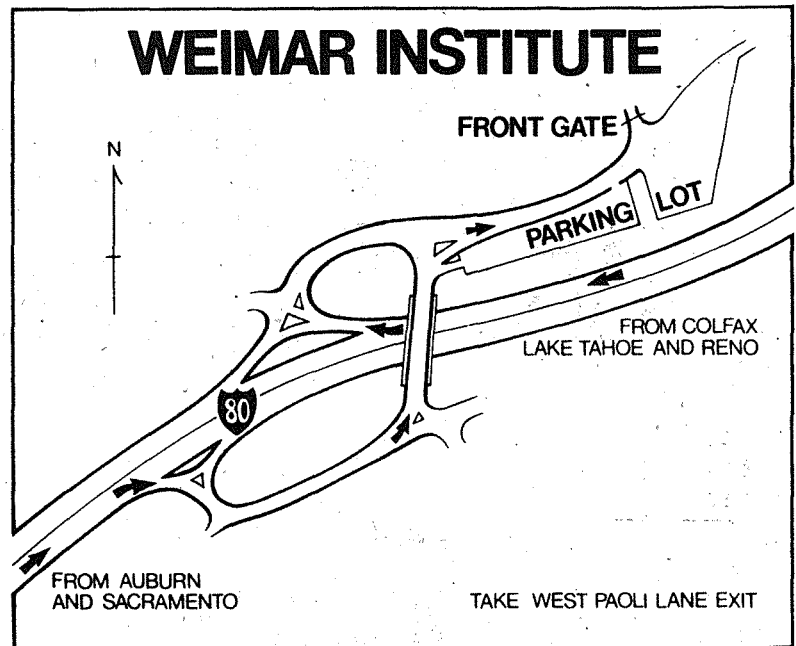
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Coming from the west, go about 12 miles beyond Auburn, to the West Paoli Lane turnoff. Exit to your right, then follow the road back over the freeway to your left. You will then be facing the Institute grounds. Jog to your right and go through the main gate on your left.

Coming from the east, go about 4 miles beyond Colfax to the West Paoli Lane turnoff. After exiting to the right, turn back 180 degrees and you will be paralleling the Weimar property. Continue to the gate and turn left.

## PLAN AHEAD!

### NEWSTART HEALTH CENTER PROGRAMS

September 13 — October 18  
(Regular Session)

October 28 — November 22  
(Regular Session)

November 25 — December 6  
(Special 12-day Session  
for A.S.I. Members)

December 9 — 20  
(Special 12-day Session  
for Business Executives)

January 17 — February 7  
(Special 12-day Session  
for Ministers)

For further information, contact:  
The Medical Director  
**WEIMAR INSTITUTE**  
P.O. Box 486  
Weimar CA 95736  
Ph. (916) 637-4111 Ext. 401

tear here and tape after folded

tape here



## STAFF POSITIONS OPEN

The Personnel Office is accepting applications from dedicated, qualified Seventh-day Adventist Christians to fill the following needs at Weimar Institute.

**Agricultural Supervisor (experience in gardens and green houses)**  
**Auto Body Specialist**

**Maintenance Director (institutional experience)**

**Construction**

**Bakery Manager (office and shipping)**  
**Custodian/Housekeeper (commercial or institutional experience)**  
**Tape Ministry Manager**

Write to or call  
 Personnel Director  
 (916) 637-4111

Weimar Institute  
 P.O. Box 486  
 Weimar, CA 95736

## SPECIAL EQUIPMENT NEEDS

**Video Tape Player (1/2-inch VHS) and Color Monitor**  
 (for use in visitor center)

**Wood Chipper (to provide fuel for greenhouse furnaces)**

If you can provide any of these items for our use, please contact the Business Manager's office at Weimar Institute, (916) 637-4111.

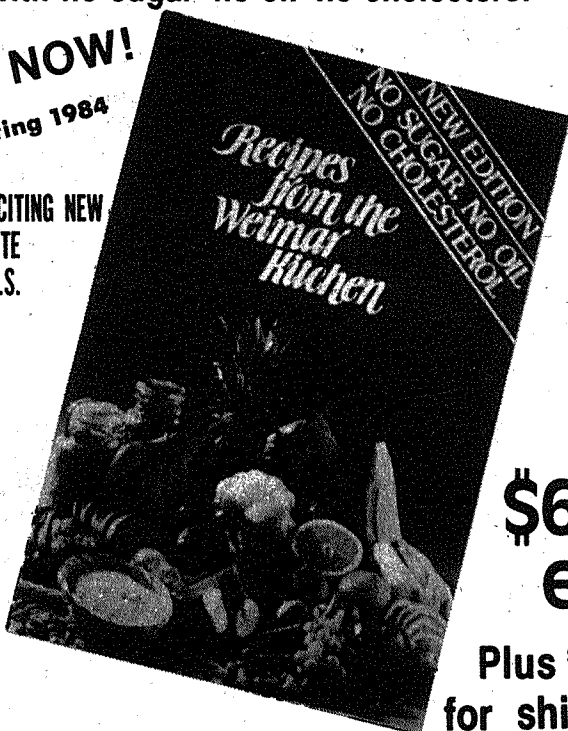
## Weimar's new revised cook book

featuring recipes  
 with no sugar · no oil · no cholesterol

**ORDER NOW!**

2nd printing 1984

WITH MANY EXCITING NEW  
 IDEAS FOR TASTE  
 TEMPTING MEALS.



**\$6.95**  
**ea.**

**Plus \$1.50**  
**for shipping**  
**and handling**

California residents please add 6% tax

P.O. Box 486

WEIMAR KITCHENS, WEIMAR INSTITUTE, WEIMAR, CA 95736

## In Loving Memory

A MEMORIAL GIFT TO WEIMAR  
 INSTITUTE HAS BEEN MADE

In Memory of:

Mrs. Adella Peterson  
 from Dr. & Mrs. Harold E. James  
 Alfred Anliker  
 from Norman and Margaret  
 Severance  
 Robert C. Reidel  
 from Mary Gorton and  
 Norman & Margaret Severance

## CASSETTE TAPES

### SUMMER SETS SALE

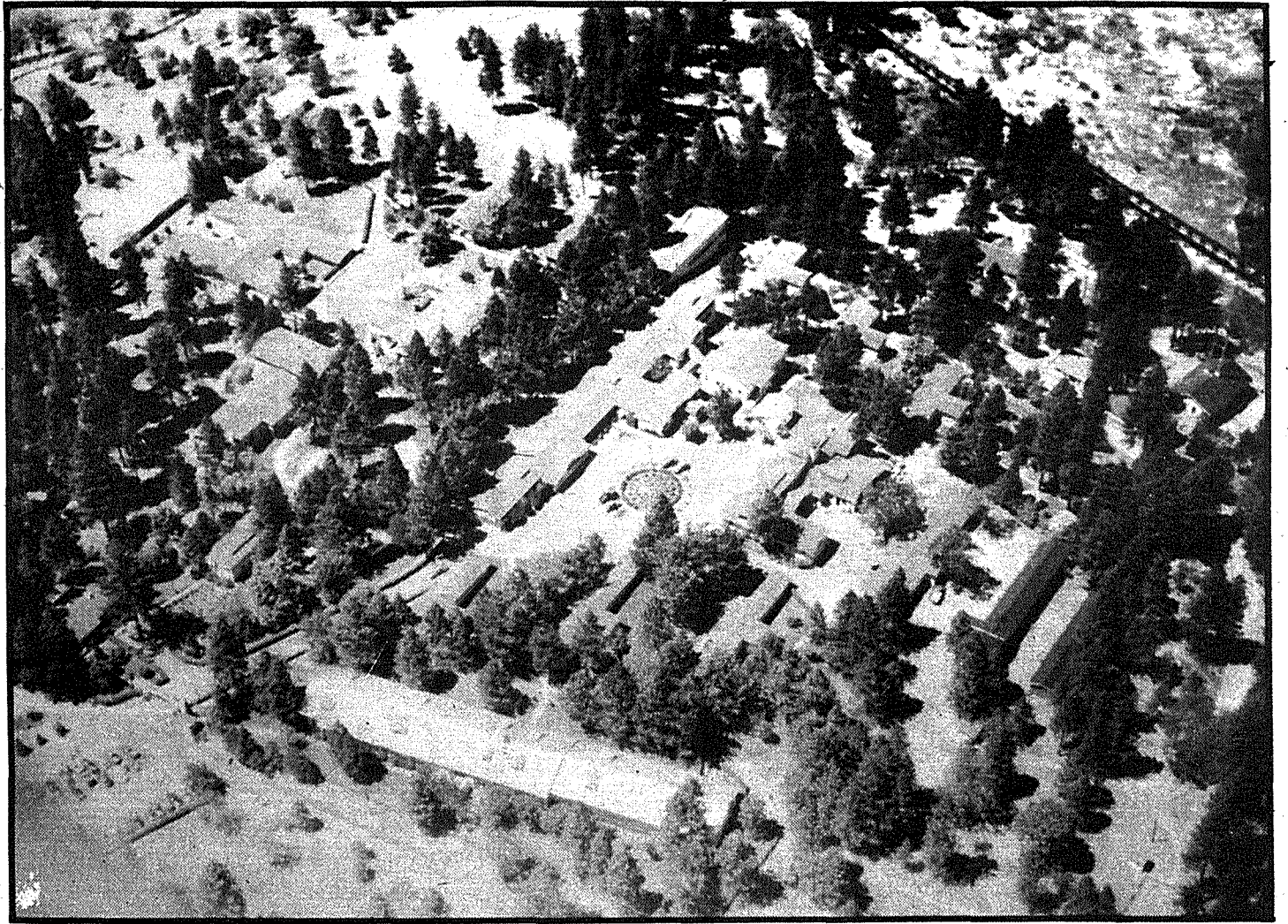
We have many sets on sale. Enjoy these informative sets.

1. "Laodicean Message" (CC1-4). Upper Columbia Conference youth director, Clayton Childs, speaks on the urgent needs of Laodicea. 4 tapes for \$11.00.
2. "Our Wonderful God" is a 5 tape series on God's patient love to our erring planet. By Ken Hart. \$14.00.
3. "Firm Foundation Conference" 35 tapes by Leo Van Dolson, Leroy Moore, Robert Weiland, Thomas Davis, Colin Standish, etc... On the Christ behind the SDA doctrines. Comes in 3 Albums for \$75.00.
4. "Heaven's Healer" is an 8 tape set on the spiritual importance of the Healer and His message of health. By Dr. Lee. In an album for \$25.00.
5. "Family Life Workshop". An excellent 12 tape set to which the whole family can listen. It offers guidelines for a happier, healthier home circle. Speakers include Dick and Terri Winn, Betty Gerbozy (Educational department head) and Dennis Blum (Family health educator). Set comes in an album for \$36.00.
6. "Stress Free Living". This 13 tape album contains pertinent procedures to eliminate and cope with stress. By time management, exercise, restoration, and a simple life style one may live peacefully in the "rat race" society. \$39.00.
7. "Ellen White for the '80s" by Roger Coon from the E. G. White Estate, gives you an appealing presentation of Mrs. White. This 9 tape set is one of our best sellers. It comes in an album now for \$27.00.

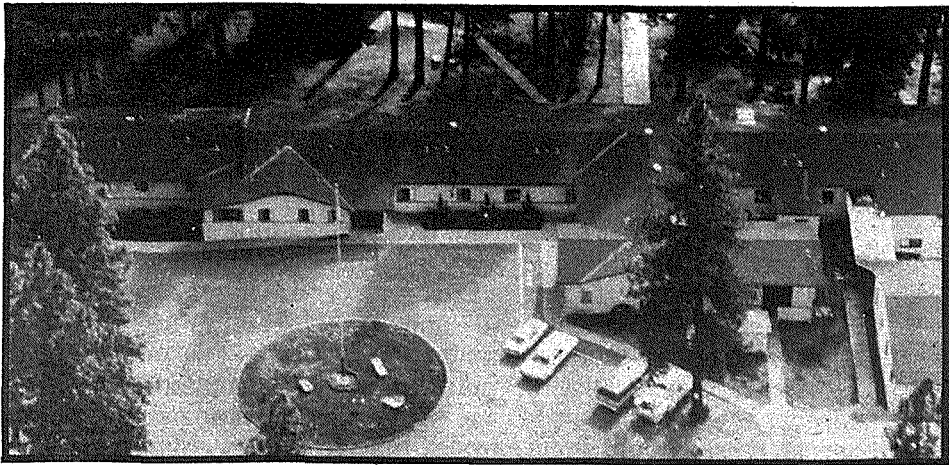
CODE	TITLE	COST
		\$
		\$
		\$

Tapes \$ \_\_\_\_\_  
 NAME \_\_\_\_\_  
 6% tax if CA \$ \_\_\_\_\_  
 ADDRESS \_\_\_\_\_  
 Shipping \$ \_\_\_\_\_  
 ZIP \_\_\_\_\_  
 Total \$ \_\_\_\_\_

WEIMAR INSTITUTE TAPE MINISTRY  
 P.O. BOX 486  
 WEIMAR, CA 95736



Aerial View of the former Weimar Joint Sanatorium



Aerial View of The Newstart Health Center



Students enjoy summer fellowship