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WEIMAR INSTITUTE BULLETIN

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VOL. 6 NO. 8 AUGUST 1982

Home School Seminars Draw Professionals From Across The Country



A very excited group attended the home school seminar.

Sunday, July 4, dawned clear and cool, but the twenty-seven Home School Seminar participants provided their own fireworks for this historic gathering. The participants represented a lively mix of professions, but all were concerned mothers and fathers. Some came from as far away as Texas, Oregon, and Florida to seek three specific items pertaining to home schooling. The first item was to gain confidence in teaching their own children at home, the second item was to seek know-how on beginning and maintaining a home school, and the third item was to learn specific and practical teaching strategies in subject areas such as reading, math, and work education.

Elmer Brooks, Dr. Raymond Moore, Dorothy Moore, Kathie Kordenbrock, Dr. Ted Wade, and Dale Martin provided insightful, thought-provoking analyses on varied topics, and also served on Monday and Tuesday night panels fielding questions of urgent import to the parents.

Elmer Brooks, a teacher for more than thirty years in elementary schools, frequently in one-room school situations, fascinated the audience, professional and laymen alike, with his math wizardry. To gasps of delight, parents learned simple methods of teaching math without tears or frustration from either parent or child.

Dr. Raymond and Dorothy Moore gave incisive, irrefutable statistics and personal experience which convinced most of the audience that home schooling is, in most instances, vastly superior in the social, spiritual, scholastic, and physical areas of a child's development to either public or private schooling.

Dr. Wade, Dale Martin, and Kathie Kordenbrock gave some excellent advice on what strate-

gies to follow in reading, math, and preschool teaching.

Mari Vandivier is a charter member of the Weimar Child Development Center because she is the mother of our first enrolled pupil. Mrs. Vandivier served on our Monday and Tuesday night panels, along with other mothers who had also home schooled this past year. These home schooling mothers provided insights and experiences from "where it's at" which were valuable to the audience as they related their early fears and then told how they gained confidence as they home schooled in the following months.

The second Home School Seminar began July 11, and the weather was clear and sunny, — and not cool. There were over fifty participants who came from Mississippi, Texas, Idaho, Washington, Minnesota, Arizona, Indiana, Nevada, and even Suriname, South America. It is interesting to note that on one verbal count taken on Tuesday night, sixteen teachers were present, a very encouraging trend.

Again, an interesting mix of professions were represented, and the concerned fathers and mothers of potential home schooled children raised pertinent, urgent questions.

Elmer Brooks held forth in his inimitable style, with Dr. Raymond Moore, Dorothy Moore, Kathie Kordenbrock, Dr. Ted Wade, and Dale Martin giving their lectures and insights on the same topics presented in the July 4 seminar.

Again, panel discussions were held on questions of vital importance which were submitted by the audience. Kerry Harrigan and Sharon Richardson, as well as Lianne Richardson, Sharon's daughter who is presently being schooled at home and is in the eighth grade, served on the Monday and Tuesday night

panels, providing rare insights and empathy to those who wondered what home schooling is like. They discussed what the pressures may be on parents and the child, economy of time both as to a school schedule and "time for myself," and the socialization needs as perceived by adults and teenagers. Both Kerry Harrigan and Sharon Richardson have home schooled their children for the first time since January, 1982, and praise the benefits of home schooling.

The lecturers were overwhelmed when the Monday morning July 5 audience, with one voice, vehemently declared they did NOT want the hour break which had been provided to allow them to stretch their muscles, walk on the trails, or compare notes on home schooling experiences with others. This was a portent of things to come. Afternoon meetings ended at 4:30 or 5:00 p.m. instead of 4:00 p.m. as scheduled. Evening panel discussions closed at 9:30 or 10:00 p.m. instead of 9:00 p.m. as scheduled. Many openly declared they had come to learn, and learn they did. It is difficult to say who learned more, the audience or the instructors. The effect of the audience on the lecturers was often electrifying.

For those who fear for their positions or institutions, it is safe to say that home schooling will never pose a threat to either public or private schools. Why? Home schooling a child requires commitment and will to give oneself in any age, a commitment of time and energy many are not willing to make. Even so, judging from the fire and verve of the audience, along with letters received from around the United States which are directed to Weimar Child Development Center, the home schooling idea is one whose time has come.

Trip to British Columbia

By: Joy Leer, Teacher

Getting back to work-study/outreach programs as outlined in the Bible is the desire of many of our Seventh-day Adventist schools. Many schools are asking, "How can we have this balanced program in our schools?"

The Leers were guests in the

home of the Broussons in Victoria, B.C., over the fourth of July weekend.

Verlin was asked to speak in the Sidney (B.C.) church for Sabbath, July 3. His topic was, "God's Educational Plan." The thought was brought out that after man was created, he was given an appointed work to do; and even in the new earth there will be work to be accomplished.

All three of the Victoria area churches united for a fellowship dinner at noon. This was followed by a question and answer period concerning the work-study program. The main question was, "How can it work in an elementary school? and "What can be done in an elementary school?"

A third program was scheduled for Sabbath evening vespers, which featured three Weimar college students for song service, Jan Brousson, Kelvin Clark, and Ivy Leer. (Kelvin Clark and Helene Monier are working in a summer ministries program in Victoria.)

The Leers then gave a slide presentation showing how three California schools are implementing the work-study program. The three schools were Weimar with its proven program; Paradise Academy, which has a well-advanced program; and the Corning SDA school, which has had an elementary work-study program for several years which helps with its financial needs.

It's thrilling to see the interest in getting back to God's basics.



Joy Leer

NEWSTART Schedule

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

August 29 — September 23
September 26 — October 21
November 1 — November 24

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

I Couldn't Have Done It Alone

R. K. LOWE
as told to Robert Bohlman,
Teacher
June 23, 1982

Coming by last fall on a business trip to Reno, R. K. Lowe, stopped and took home a Bulletin hoping to encourage his sister to join the NEWSTART program. R.K. is a real estate broker, and he and his wife live in Modesto.

A short time after visiting Weimar, I began having trouble with my lower back. When I had a doctor check it out, he discovered that I had a herniated fifth lumbar disc. I also knew without a doubt that my smoking habit was very detrimental to my health, causing respiratory irritation, frequent colds, continued sinus problems and fatigue.

Hoping that the NEWSTART program might help my back, I joined the May 23 group. I wasn't given a lot of hope that my back would be made significantly better, but because I felt it would help reduce the stress, I stayed through the program. After the first day I threw my cigarettes out the car window and forgot about them.

Several things impressed me as I participated in the program and observed patients, staff and surroundings. First, the diet impressed me most. I enjoyed the food, which was a sharp departure from my usual diet: a bowl of cereal with sugar and coffee in the morning, a light lunch and a heavy dinner. I also enjoyed the lectures on nutrition and intend to continue the changes in diet experienced here when I get home. In fact I jokingly said that, "I would empty out my refrigerator when I got home and give the food to my enemies."

A second thing that impressed

me and was a direct result of the diet was the change in my cholesterol and triglyceride levels. My cholesterol dropped in two weeks from 197 mg% to 136 mg% and my triglycerides from 124 mg% to 84 mg%.

Another thing that impressed me was the benefit to the other patients, especially those with very serious problems. I watched serious heart patients who could hardly walk when they arrived, achieve dramatic results from the program. Not only were they feeling better, but they were walking several miles a day by the end of their stay.

The staff also made a big impression on me. I felt the doctors were very attentive to patients, eating with them and being always available for questions and needs. Also the nurses and other staff reflected the spirit of NEWSTART.

Finally, I was impressed with the walking trails on the Weimar property and their effect on my stamina. Mountain Misery was the trail I thought most beautiful. As far as my increase in stamina is concerned, when I arrived, in walking a half mile in 6 minutes, my heart rate was 120. After a week it had gone down to 100, and by the end of the four weeks it was down to 86. I'm sure that breaking the smoking habit at last has helped to allow me to enjoy eating healthy food, breathe clean air and be able to take walks again without fear of my heart rate.

NEWSTART'S eight natural remedies do work and I'm proving it to myself each day.

"The Diet Impressed Me"

RUDI SKALAK
as told to Robert Bohlman,
Teacher,
June 23, 1982

Rudi Skalak, a pleasant, energetic man in his mid sixties, began the NEWSTART program here with the May 23 group. Rudi and his wife live in a community by Lake Isabella just east of Bakersfield here in California.

The reason Rudi decided to participate in the Newstart program begins around a year ago when he noticed that walking uphill caused him to become completely out of breath.

Becoming concerned, he took a treadmill stress test. He showed a doctor friend the results of the treadmill test and the friend immediately suggested open heart surgery.

Wanting to avoid open heart surgery if at all possible, Rudi opted for an angiogram, which his friend urged him to have to see just how bad things really were.

The angiogram showed some clogging of the heart's arteries, but nothing serious enough to warrant an operation, he felt, because the chances of his having an immediate heart attack were not high.

About this time Rudi became acquainted with another doctor who put him on a low fat, low sodium diet. Implementing this diet was no problem for him since he does the cooking at home. His wife, who is a school psychologist, is happy to let him handle that chore. But, he found that, although he didn't become worse on the diet, neither did he become better. It was a maintenance diet, not a reversal diet.

He found this out when, sometime later, a Bakersfield internist did another treadmill stress test on Rudi to see what progress might have been made. On his



NEWSTART guests exercise around the flag pole.

electrocardiogram the doctor pointed out an ST wave depression and suggested open heart surgery.

Discouraged, Rudi and his wife prayed for a non-surgical answer which he strongly felt was still a possibility. And then in a totally unexpected way, the answer came.

Rudi had subscribed some time before to Life and Health magazine and one day after his appointment with the internist, as he was putting around the house, he absent mindedly picked up a copy sitting on a table and started thumbing through it. An article about Weimar caught his eye, and he read it.

He had never heard of Weimar before, but he feels strongly that divine guidance led him to that article. Three days later he was enrolled as a Weimar patient.

When Rudi arrived here, he was taking seven different medications. He was also taking each day, 1000 mg. of vitamin C, 600

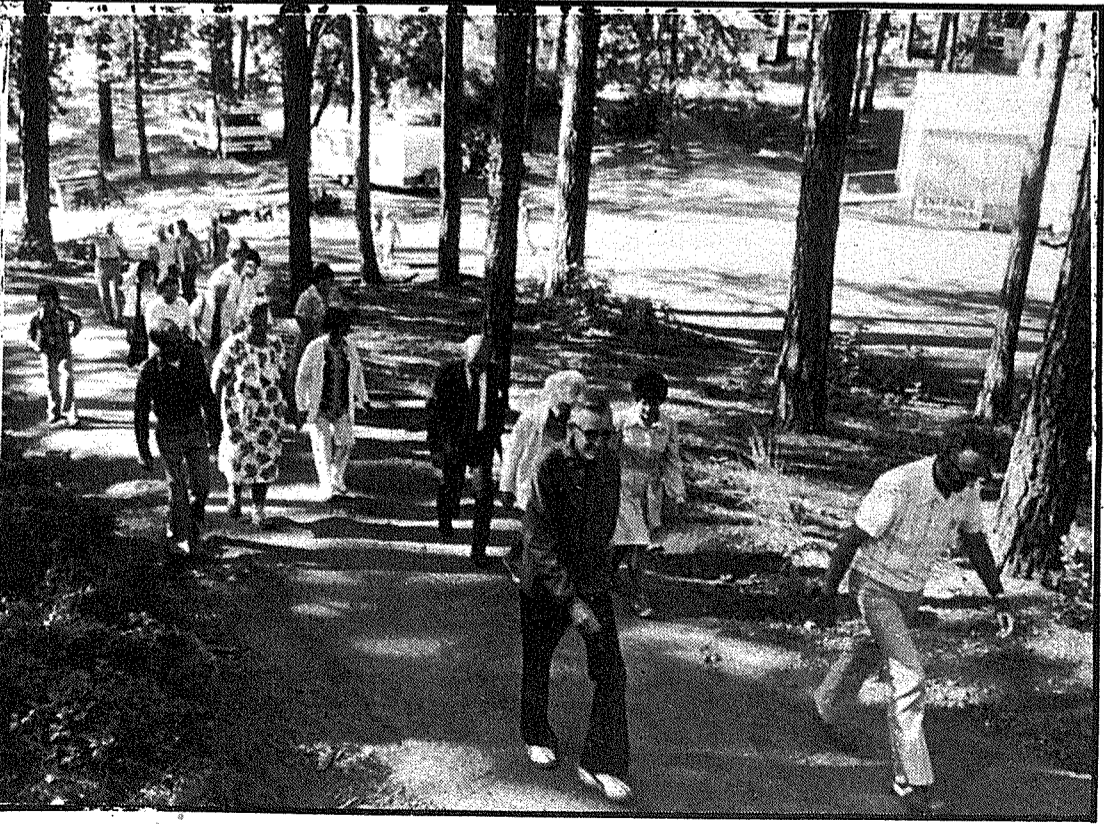
mg. of potassium and a high potency vitamin and mineral formula. At the end of his stay, June 18, he had taken none of these for nine days and said he felt good.

When he came, his triglyceride level was 191 mg%. June 9, it had come down to 101 mg%. The lowest it had been previously was 180 mg%. His cholesterol level when he came was 196 mg%. June 9, it was down to 158 mg%, which, he feels, is unbelievable.

I couldn't have done it alone, says Rudi, because it requires living with the instruction, diet and close supervision by doctors and staff. Now he is sure he "knows the road to follow and how to follow it."

He was impressed not only with the simplicity of the NEWSTART remedies, but "with the complex result that cannot be achieved any other way."

Rudi has acquired copies of every menu for the 25 days he was here and intends to repeat them at home.



Walks are a vital part of the NEWSTART treatment program.

NUTRITION 🍏🍏🍏🍏🍏🍏🍏

EXERCISE 🏃🏃🏃🏃🏃🏃

WATER 💧💧💧💧💧💧💧

SUNSHINE ☀️☀️☀️☀️☀️☀️☀️

TEMPERANCE ⚠️⚠️⚠️⚠️⚠️⚠️

AIR 🌬️🌬️🌬️🌬️🌬️🌬️

REST 🛏️🛏️🛏️🛏️🛏️🛏️

TRUST IN GOD 📖📖📖📖📖

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

A Dream Coming True

By: Dennis Blum, Ph.D.

At the very first Weimar Educational Advisory Committee meeting in January of 1978 it was the expressed desire of every member that Weimar Institute would someday send out experienced educators to help in the establishment of similar schools.

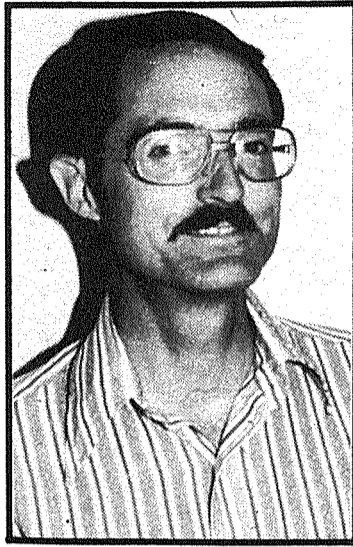
At the request of Hal Mayer, (1981 Weimar College Health Science graduate) now director of Health Ministries, Hamburg, Pennsylvania, Dr. Colin Standish and Dr. Dennis Blum accepted speaking appointments in the Boulevard Philadelphia Church and the Tranquility Seventh-day Adventist Church to explain the blessings of the Lord towards Weimar Institute, Weimar College, and the NEWSTART programs. The providences of the Lord had preceded them. The enthusiasm of the people in each of the churches was beyond their expectations.

Dr. Blum and Hal Mayer also spent a profitable Friday afternoon with Dr. Richard Stone, Director of AT&T, Corporate

Medical Division, the purpose of which was to assess what was being done for the health of corporate executives. Dr. Blum and Hal were given a tour of AT&T's health facilities and spent a couple of hours in dialogue with Dr. Stone and his complete medical and Health Education team. Dr. Stone was very interested in Weimar's Health and Educational objectives and showed special interest in the Spokane Summer Wellness program designed and directed by Weimar Health students.

The enthusiasm for a Weimar-type program in the eastern United States was translated July 25 into the establishment of a constituency who have in turn elected a Board of Trustees and mandated them to begin a search for property and qualified, experienced personnel to lead out in the project. Their program is being actively forwarded through their fine newspaper known as **BREAKTHROUGH**, which is mailed regularly to their growing constituency. We pray that God will bless their endeavors and that they will soon have a Health and Education Center.

Success — God's Way



Buddy Kruger

By: Buddy Kruger,
Academy Bible Teacher

"From Him the whole body, joined and held together by every supporting ligament, grows and builds itself up in love, as each part does its work." Ephesians 4:16. (NIV).

Have you ever stumbled across the secret to success? It goes something like this: Real success results from the contribution of many parts working together toward a common goal, under God's blessing.

Personal vitality, better health, business success, school prosperity, positive progress in any form never come from just one thing, one person, one "secret formula" or ingredient, truth, or technique. Success in any line is the overall result of a number of important factors and processes, each carrying out its little work in balance with the others. The combined, faithful efforts of many small works bring into creation a dream never possible before.

This principle explains why a single administrator, minister, doctor, teacher, family member, or a single Christian cannot bring about success just by himself in any line of effort. This may be why whole churches, schools, and medical institutions sometimes fail. One man tries to impose his one plan and idea on all, controlling, suppressing other people's plans and ideas; urging, coaxing, or forcing all into his mold for his own glory. But it never succeeds. The work may look promising for a time, many people may speculate and invest in the plan, but when that one man goes, the whole scheme crumbles and comes to nothing.

Haven't you and I seen this drama played out time and time again, only to leave its miserable trail of broken homes, split-up churches, closed schools and ruined lives? Will we never learn God's wisdom?

Only He is big enough to be the Master-mind, the Master planner, the Super-coordinator. Only His plans and ideas are perfect and never fail. Only He promises success and keeps His promises. Only He can move us all toward His one great common goal. Yes, only He can lead each individual worker to do a con-

structive, unique work in combination with entirely different work by others and make it fit together for the success of the whole. By His direction then, every part makes its contribution and all the small streams flow together to create the moving, powerful river, able to bring life and nourishment to many far away.

How often through past experiences I've come face to face with the bigness and complexity of just my own daily life. Take health as an example. I've tried one thing and then another and another, only to end up in frustration and confusion. But I've also found that health will come from many things working together in

a balanced way. Now that is going to take a Super Engineer to work it all out and to show me what to do, when and how to cooperate. But who can do it better than my Creator.

The same goes for the success of Weimar Institute or any other cooperative effort to do new things or a larger work. We will attain to God's high destiny as we give our complete attention and effort to His Master Plan. He must steer our Institute by steering us individually. Then as each does his small part of God's will, He will weave our efforts all together into a beautiful design of His genius to do a great good for our world.



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.

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Dick Winn.....Secretary
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Preston Walloce.....Director of Community Services

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WEIMAR INSTITUTE BULLETIN

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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.

COLLEGE ENROLLMENT PERSPECTIVES

The increase of interest in Weimar College may be grasped by a comparison of application and acceptance figures for 1981 and 1982. According to the Office of Admissions and Records, as of the end of July 1982, the statistics were:

	APPLICATIONS			ACCEPTANCES		
	New	Returning	Total	New	Returning	Total
1981	86	67	153	39	58	97
1982	120	85	205	59	72	131

A comparison of the balance of men and women reveals a considerable increase in the percentage of male acceptances.

	ACCEPTANCES		PERCENTAGES		
	Men	Women	Men	Women	Diff.
1981	40	57	41%	59%	18%
1982	64	67	49%	51%	2%

Another interesting increase is in the acceptance of students from outside the United States. The figures below include students from six continents.

	ACCEPTANCES		PERCENTAGES	
	Int.	U.S.	Int.	U.S.
1981	11	86	11.5%	88.5%
1982	28	103	21.5%	78.5%

The records indicate that a significant change has taken place in the percentage of students who have secured their place on the roster by the end of July by paying the advance deposit.

	ADVANCE DEPOSITS	
	Acceptances	Percentage
1981	97	70%
1982	131	91%

During the first of July, the following notice to applicants was sent out with each student application packet:

"Weimar College has limited capacity for students, both by reason of available student housing facilities and by design of the college master plan. By early summer the number of student places had been more than filled for the autumn quarter, 1982.

Therefore, student applications received after this date will be considered on the following basis:

1. Applicants who will be entering as freshman or who are transferring from non-Seventh-day Adventist colleges will be considered for the autumn quarter, 1983.

2. Applicants who are transfer students above the freshman level from Seventh-day Adventist colleges will be considered for the winter or spring quarters, 1982-83, or the autumn quarter, 1983-84, as indicated by the applicant and as space is available."

Surely the rising interest in the principles of the Weimar College program would seem to indicate that soon there will need to be sister colleges with similar educational principles to meet the needs of the young people desiring to prepare themselves in this special way for God's service.

Summer Work

Bakery

By: Gerald Hammon
Chief Baker

One of the distinct advantages of Weimar Institute is the work-study program. The bakery has been in production for approximately three and one-half years, giving many young people an opportunity to receive on-the-job training in baking health oriented products. Each student will get practical experience in each of five main areas. They are as follows: 1. Scaling of ingredients, 2. Mixing of dough, 3. Dividing the dough, 4. Molding or shaping, 5. Loading and unloading the oven.

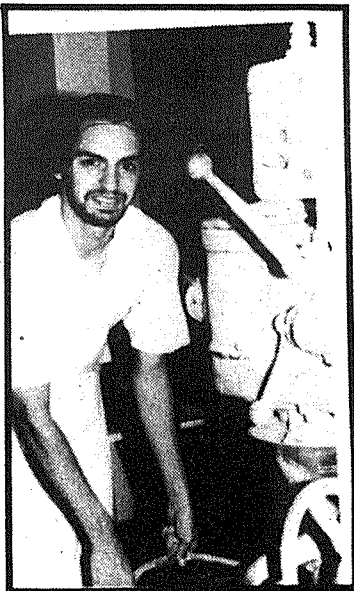
Scaling the ingredients involves following a recipe and weighing of all ingredients so that you get a consistent product day after day.

While mixing, the most critical process, a student must learn to feel the texture of the dough and decide whether a dough is under-mixed or whether it requires more time in the machine. Mixing involves many factors such as room temperature, flour temperature, water temperature, and the fineness or coarseness of the flour.

After being mixed and proofed, the dough is divided into individual loaves. On a work bench, it is important that each piece of dough is cut quickly and accurately at just the right weight, making each loaf uniform.

Then we mold the dough into loaves which used to involve a hand operation. Now our bread molder eliminates the hand work and produces a more uniform loaf.

After molding and shaping the bread, the loaf is proofed to the right size and put into the oven. When the right color is achieved, which takes about thirty minutes, the students unload the oven and take the bread to our cooling room. At that point the wrapping room takes over and passes our product on to our customers.



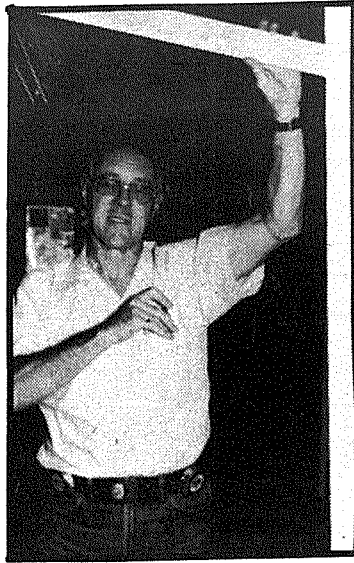
Paul Cascagnette mixes bread dough for baking.

Construction

By: Ken Glantz
Director of Construction

Construction may be slow in most parts of the country but not at Weimar Institute. The needs are acute, especially for staff housing. Ground was broken in July for a nice residence to house a new physician on the NEW-START staff. The finish work is being done on the academy residency building to be ready for the fall term. Remodeling work is scheduled for two apartments and we eagerly await the word to start on the retirement center, chapel, and an additional academy residence hall.

Our greatest need for manpower and funds still exists, but God continues to provide, enabling us to move ahead with our plans. Dan Bell will be joining us about the first of August as a construction supervisor. Additional helpers are being interviewed as funds come from the Lord's vast storehouse to keep His work moving forward in this program.



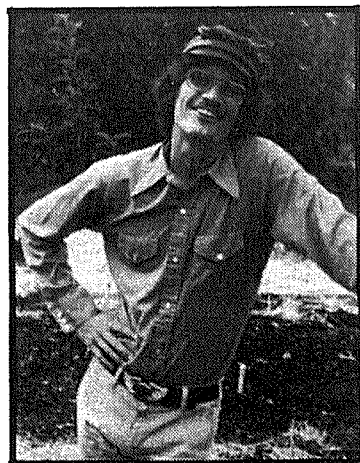
Ken Glantz on a Weimar construction project.

Grounds Summer Work

By: Sue Chirco,
College student

A routine day for the grounds crew consists of mowing and watering lawns, hoeing, raking, pitchforking, trimming, and various other tasks which help keep the grounds "groomed." Many benefits are derived from these outdoor activities, spiritually and mentally, as well as physically. We draw closer to God and one another as we work in a unified effort to preserve and maintain the precious beauties in nature which God has entrusted to us. Our experiences out of doors apply to ways by which God works with us; for example, digging up a deeply rooted plant reminds us of the way God digs and takes out of our lives anything inhibiting spiritual growth; as we carefully provide nourishment and water, tending a delicate rose, we think of the way God daily supplies us with our life's needs.

To work as a member of the grounds crew is a blessing, a challenge, and a growing experience. How beautiful to gaze upon a blooming rose, to hear a robin sing, and to fathom the majesty of a towering pine tree...and to know the One who has made all these things.



Bruce Gleason at work on the farm.

Paint Crew Summer Work

By: Doug Raymond Garcia
College student

This year will be my first at Weimar College. I arrived on campus at the beginning of the summer to start the work-education program. I was assigned a morning job working on the paint crew and an afternoon job of working in the shipping department of the bakery. I like having the variety that two jobs offers besides the opportunity of learning two different skills.

So far this summer the painting crew has worked on a variety of things. When I arrived the crew was working on one of the faculty apartments. Then we started painting and staining throughout the new academy girl's dorm. We have refinished some desktops for the elementary school besides doing some other projects around campus.

My supervisor is Mr. Vander Mei, the campus librarian. Mr. Wallace, the outreach director, works with us also. The students on the crew are David Montané, Carol Putz, and Kirk Henry. While working with the painting crew we learn about the different types of paint and how to use them. This gives us a practical skill that we may be able to use wherever the Lord leads us. I have had experience with painting before, but this summer I have learned things that I hadn't known before.

Weimart

By: Arline Parker,
"Weimart" manager

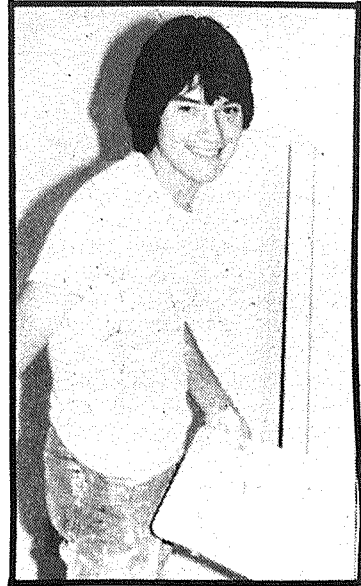
The "Weimart" is the little country-type grocery/book store on the grounds of Weimar Institute. We serve those on campus as well as the surrounding communities.

Our stock consists largely of those foods included in the "Weimar diet" and served in our cafeteria. We carry a complete line of the bread from our bakery, also.

The student working in the store is responsible for packaging our bulk items in one, two, and five pound bags and stocking the shelves, going on errands and other household type chores. Also, she has opportunities to witness and communicate with the public.

The student and I are soon good friends and we enjoy working together. I stress the fact we are working for our Lord at Weimar, thus instilling the importance of honesty and doing one's best no matter how menial the task. Working for the Lord reminds us that time is a talent and should be used wisely.

While at Weimar the Lord has personally blessed me and I daily thank Him for the opportunity to be of service.



Doug Garcia is seen painting the new Academy girls dorm.

Agriculture

By: Pam McCarter

For my summer scholarship at Weimar College, I am in charge of the old orchard. My duties vary from watering, making sure the fruit is picked, and nurturing the fruit trees. To nurture the trees we dig, at a proper distance, four to five inches deep around each tree. Then we add turkey manure (1½-2 inches deep) and cover the manure with mulch (3 inches). The manure and mulch, which are high in nutrients, have been analyzed in our lab. The trees benefit greatly from this procedure.

I am an agriculture major and plan to be a missionary (the Lord willing), teaching others how to eat right and grow high-nutrient foods.

The hard work and friendly people at Weimar have helped me grow as a Christian. As Ellen G. White points out, our character development is benefited by working the land.



Sue Chirco enjoys her work outside in nature.

Here At Weimar

Cafeteria

By: Debbie Fillman
College Student

For five years I have worked in the cafeteria which has become a very familiar and enjoyable place for me. The never-ending variety of things to do allows virtually no time for monotony or boredom.

Cafeteria student workers learn to do many things. Jobs such as preparing entrees, scrubbing vegetables, arranging salads, or making garnishes such as spreads, dressings, and the like are rotated among the workers. This way each worker learns a variety of skills which can be integrated together and used in their own home later.

Creativity is stressed, also. Many recipes used have been invented by the students. Mrs. Shirley Fillman, food service director, relies on the students' ingenuity to make the needed meal items. Oftentimes students create a dish without having a recipe. Failure to write down the ingredients causes the delightful new dish to be forever gone. Lately we have endeavored to write down our inventions and many of these will be added to our new cookbook.

Not only do students learn how to cook, but also how to operate machines, and basic cleaning skills. We build strong muscles by mopping, lifting heavy pans, and stirring large pots of food.

Student supervisor positions are delegated to experienced cafeteria workers. Student supervisors, working together with the other students, gain valuable lessons.



Debbie Fillman husks corn for the noon meal.

In the past, steam ovens have broken down during the weekend when there was no one around who could fix them. Knowing no solution the workers formed prayer bands. Miracles have occurred, showing us that God even cares for the work and success of the cafeteria.

Happy attitudes prevail among the workers. Often singing voices can be heard. When everyone joins in a song, a contagious light spirit makes our work go seemingly faster.

Even students who don't work in the cafeteria appreciate the food. Many high compliments on the quality of food return to the cafeteria staff. Hearing few complaints encourages the workers to keep fixing that tasty, attractive, healthful food.

NEWSTART

By: Doneta Fenning

Working with the NEWSTART guests in hydrotherapy gives me many opportunities to share Christ's love with people.

My day starts by heating the fomentations and Russian steam bath, filling the whirlpool and preparing other treatments. As NEWSTART guests come in for their treatments, I try to discover the concerns of their life and share their ups and downs with them, directing them to Jesus who provides the answers for their lives. The relaxing whirlpools and back massages can provide a time for close communication like no other time can. Patients, when not accustomed to exercise, have sore muscles after walking hilly trails. The massage and water treatments help relieve their aches and pains caused by exercise and illness. When the treatment is finished I have prayer with my guest about the things we have discussed, committing them to Jesus' care.



Doneta Fenning assists a NEWSTART guest.

Business Office

By: Rocio Mojica
College student

Good stewardship of our gain is an essential for everyone and the business office is a good place to learn this type of education. Even with the large scale of income and disbursements, we gain many valuable lessons applicable to personal organization of finances.

This summer quarter two young ladies worked, receiving a practical education in various functions of the business office. Some jobs taken on by students are bookkeeping, filing, posting, preparing deposits, and reconciliations. We learn by practice. What better way to gain knowledge and fit ourselves for God's service?



Nancy Bussio works in the outpatient clinic.

Outpatient Clinic

By: Nancy Bussio
College student

Plans to begin an outpatient clinic were set on paper during the fall of 1981. The preparations included writing up protocols, goals, needs, etc. On December 2, 1981 the clinic's mission was reviewed as providing affordable health assessment, evaluation, and counseling to those within our sphere of influence. To portray God's character and reveal His desire to restore total well-being in preparation for His coming states the purpose of the clinic.

During the winter quarter of 1982 the clinic began functioning; however, only the staff members of Weimar Institute received its services, giving them the opportunity to receive a complete evaluation of their health. Jennifer Matlack, a health education major who graduated in 1982, was the first student to begin the testing under the direction of Dennis Blum, PhD, and John Goley, PhD. After a period of training, three Health Science majors, Jeanene Moon, Wesley Taylor V and I joined Jennifer in this work.

This summer we continue to test the staff at Weimar, evaluating them in the areas of physical fitness (treadmill), nutrition (food analysis, dietary habits), lung disease screening (pulmonary function test), cardiovascular risk factors (EKGs, Holmes and Rae stress questionnaire, blood tests, lifestyle questionnaire, and health questionnaire), psychologically (questionnaire), and spiritually (questionnaire). We want to reveal God's desire to restore humanity through the proper use of His natural laws.

Also, we hope to complete the preparations necessary to open the clinic for outpatients by October of this year. This preparation includes collecting data, setting up computer programs, completing protocols and objectives, and organizing the files for a more efficient service to the people.

I believe this is an invaluable experience for me. My involvement with the Health Assessment Clinic will give an excellent training for the work God may call me to do.

NEWSTART

By: Sonja Phillips
College student

The highlight of my day begins when I walk into the hydrotherapy room at the NEWSTART Lodge after a talk with Jesus to give me added strength for the rest of the day. Setting up the different pieces of equipment and getting them ready for use starts an afternoon in hydro. Then our guests come in for their Russian steam bath, contrast shower, whirlpool, fomentation, or whatever else the doctor orders. Every treatment is followed by a message and a rich experience in sharing and praying with each person that comes in. In this work, I have come to realize what it means to be a servant of all. The text in Ephesians 4:2 (NIV) "Be completely humble and gentle; be patient; bearing with one another in love" has taken a deeper meaning within my own heart as I come to the realization

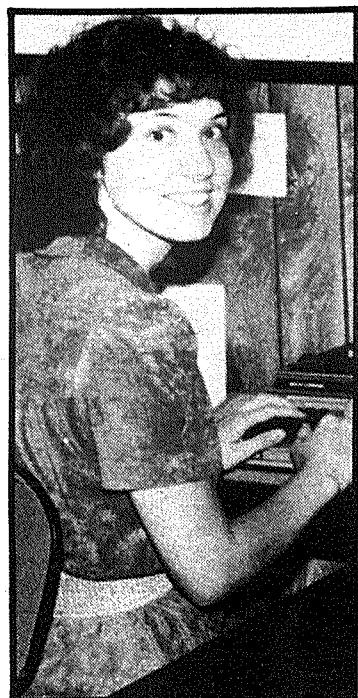
that this is indeed the way I need to relate to those around me.

Following hydro, I make my way towards the lecture room to prepare for cooking school. There I am given the privilege of sharing with the temporary residents of NEWSTART how to cook the way they eat here. It is really fun to experiment with new recipes and actually learn right along with the guests in most cases. One of the most valuable aspects of the NEWSTART program is learning the reasons why we live the way we do and how to attractively live God's life-style for us — the way it is meant to be lived.

"Nature is God's physician. The pure air, the glad sunshine, the flowers and trees, the orchards and vineyards, the outdoor exercise amid these surroundings, are health-giving, life-giving." Ministry of Healing, p. 263-264. Walking on the trails with the guests, the few times I've had opportunity to do so, has

been rewarding to me. Watching the progress of one man who struggled to walk the short distance around the flagpole to doing a five-mile stretch daily impresses me that God is truly a miracleworker and the leading Physician here. My work at NEWSTART has been one of the most rewarding and uplifting experiences God has placed me in so far. These words come to life for me:

"In all your work remember that you are bound up with Christ, a part of the great plan of redemption. The love of Christ, in a healing, life-giving current, is to flow through your life. As you seek to draw others within the circle of His love, let the purity of your language, the unselfishness of your service, the joyfulness of your demeanor, bear witness to the power of His grace. Give to the world so pure and righteous a representation of Him, that men shall behold Him in His beauty." Ministry of Healing p. 156.



Sonja Phillips enjoys working in NEWSTART.

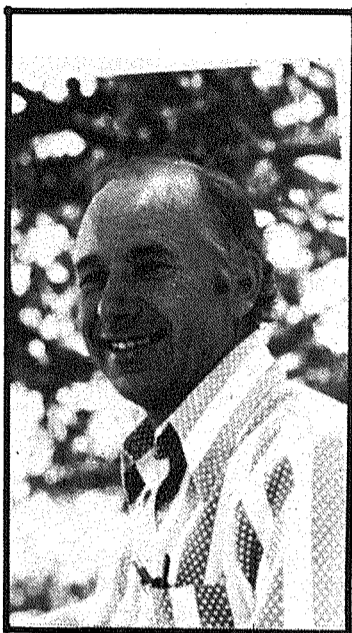
New Staff at Weimar

WILLIAM STONAS

As told to Jeannie Carr

William Stonas arrived at Weimar Institute February 1, 1982. With teaching qualifications and a Registered Professional Engineering license he heads the development of the Institute's machine shop. He lives in Lincoln, California, approximately twenty-five miles from the Institute with Dora, his wife, and Doris and Alfred, his two children. Doris and Alfred attend the Institute's academy during the school year. Dora stays busy as a homemaker and seamstress.

When Mr. Stonas arrived, the machine shop needed much repair; and the heating system had long since fallen into disrepair. During the last two quarters Mr. Stonas, with the help of students, worked making a stove for heating, repairing the windows, walls, and roof, along with building an office.



WILLIAM STONAS



DONNA JEAN BECK

DONNA JEAN BECK

As told to Jeannie Carr

Donna Jean Beck, working in the NEWSTART Lodge as a nurse, comes to us from Portland Adventist Hospital located in Portland, Oregon. In 1981 she graduated from Walla Walla College with a bachelor of science degree in nursing. As a nurse for NEWSTART she not only gives regular nursing care to health patients, but also accompanies them on walks, administers hydrotherapy treatments, helps in the cooking and breadmaking classes and enjoys the opportunities for meeting the patient's spiritual and emotional needs.

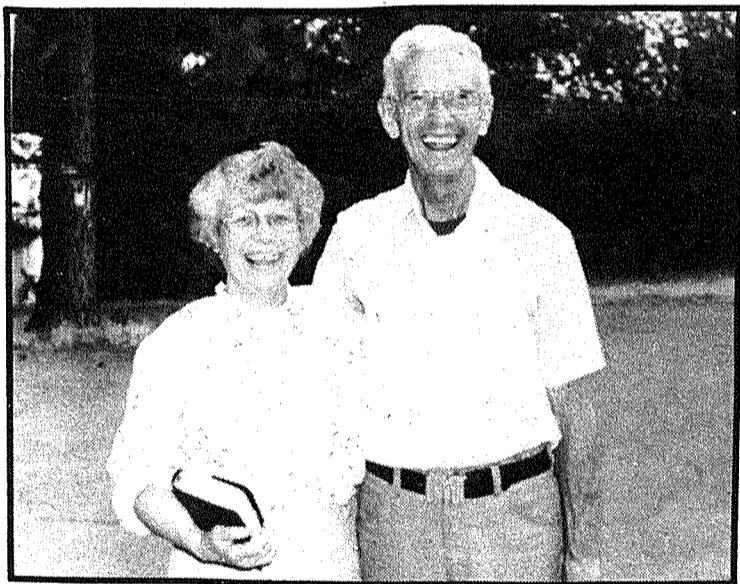
Donna learned about Weimar Institute while she was attending Walla Walla College and had an interest in becoming a part of the Institute's program. After graduating from Walla Walla College, Donna worked seven months at Portland Adventist Hospital. Unhappy with her hospital work,

Donna wanted a change. Eventually she became content, learning the joys of her work situation. Afterwards the Lord opened the door for her to become a part of NEWSTART. She's thankful for the lesson stated in Philippians 4:11, "...in whatsoever state I am, therewith to be content."

Here at the NEWSTART Health Center Donna wants to learn the concepts of preventive medicine and apply them to other areas of nursing during the future. She expresses appreciation for the dedicated staff and the balanced approach of gaining health by changing the lifestyle. Donna remarked, "The program puts emphasis on changing the total lifestyle versus 'quick cures'." Also, she looks forward to getting involved in the Institute's out-reach program in nearby churches and communities. When asked if she liked being a part of NEWSTART, Donna convincingly replied, "I really do."

(Continued on Page 7)

OLIVER and IRIS EDWARDS



Oliver and Iris Edwards

As told to Jeannie Carr

Oliver and Iris Edwards from Spokane, Washington, arrived June 11, 1982 at Weimar Institute. Oliver is the production manager of the agriculture program, including the farm and greenhouses. Iris helps in the kitchen, assisting Mrs. Shirley Fillman.

In the past Oliver worked as a greenhouse manager in Lafayette, Colorado for a health education center. Iris helped with food service. During their time at Colorado they were asked not to share their faith with the patients. So they left and moved to Spokane, Washington. At Spokane Oliver installed complete water systems with Bartholomew Drilling. Iris served in the health education center, giving demonstrations for the cooking schools. Also, she spent twelve years at Walla Walla College in food service.

Iris told a story about their travel to Weimar Institute which conveyed the Lord's protection against the enemy's efforts to prevent their arrival. While driving their pick-up with a trailer behind, Iris applied the brakes and the truck swerved into the lane of oncoming traffic. Even though her husband tried to fix the brakes, this experience occurred several times. Amazingly, at no time were oncoming cars present. Finally they left the truck at a service station in Red Bluff and continued on to Weimar in the moving van. "I'm sure the guardian angels were with us," Iris said.

The Edwards' interest in the health work began when Iris' health declined. Allergic to sugar and requiring blood pressure pills, Iris began to search for alternatives. Answers were found by changing their diet and exercise habits.

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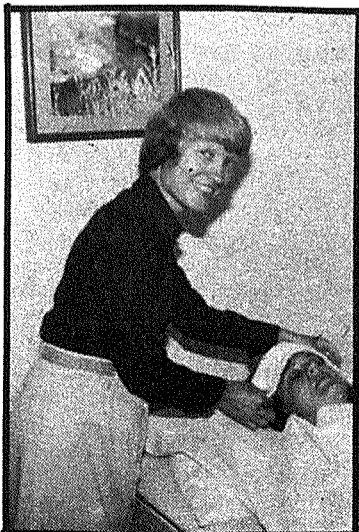
PAM BRIGHT

As told to Jeannie Carr

During the first of January, Pam Bright, a registered physical therapist, arrived at NEWSTART Lodge. She came from Mississippi where she combined being a Bible worker with giving physical therapy treatments in homes. Her position at NEWSTART mainly involves giving hydrotherapy treatments and lectures, along with directing calisthenics for patients.

After hearing from a friend about a job opening in the NEWSTART Health Center, Pam readily applied. Previously, she had been acquainted with Weimar Institute and had contact with some of the staff members.

Pam expressed several blessings which have made her life at Weimar rewarding. The college student's dedication to God inspires Pam. Her own relationship with God has deepened, and Christian friendships have been formed. At NEWSTART Lodge Pam has seen drastic changes in patients as a result of incorporating the eight natural remedies into the lifestyles. While thinking of specific aspects she appreciated most, Pam remarked, "It has been a real blessing to see how lives can be changed by God's principles of health."



PAM BRIGHT

JOAN KRISTENSEN

As told to Jeannie Carr

On June 13, 1982 Joan Kristensen returned to Weimar Institute to serve in the NEWSTART Health Center as a nurse. Joan originally comes from Denmark where she received her R.N. Previously she worked for NEWSTART one year, 1979-1980, and then went to Loma Linda University for additional training in nutrition and health education. After 1½ years at Loma Linda University she worked as a nurse at the "Total Health Foundation" in Yakima, Washington. While re-visiting Weimar Institute Joan heard of an opening and applied for the position.

When asked what she liked

about her work at NEWSTART, Joan gave numerous reasons. "I like the whole concept of a prevention approach," she said. "We teach the patient how to take care of themselves," she added. Joan appreciates how the NEWSTART program reaches the total person, caring for patients physically, spiritually, mentally and emotionally. Joan enjoys getting to know the patients, and commented, "I want to be able to tell them of the abundant life that Jesus offers." The program allows Joan to express herself in areas other than nursing. She loves to sing and exercise her camera. Also, Joan is able to practice what she preaches and spends time staying physically fit. "The concept of health and gospel that I wanted to practice is here," she stated. "It's good to be back."



JOAN KRISTENSEN



Buddy and Carol Kruger and family.

Buddy and Carol Kruger

Buddy and Carol Kruger with their two daughters, Heidi, age twelve, and Johnna, age thirteen, came from Alpine Springs Academy in Wisconsin. Buddy held several positions there over the course of four years, such as, principal, Bible teacher, chaplain, boys' dean, and others. Carol served as girls' dean. At Weimar Institute Buddy will teach academy Bible classes and direct the academy outreach program. Carol will be the house-mother to the academy girls in their new dormitory.

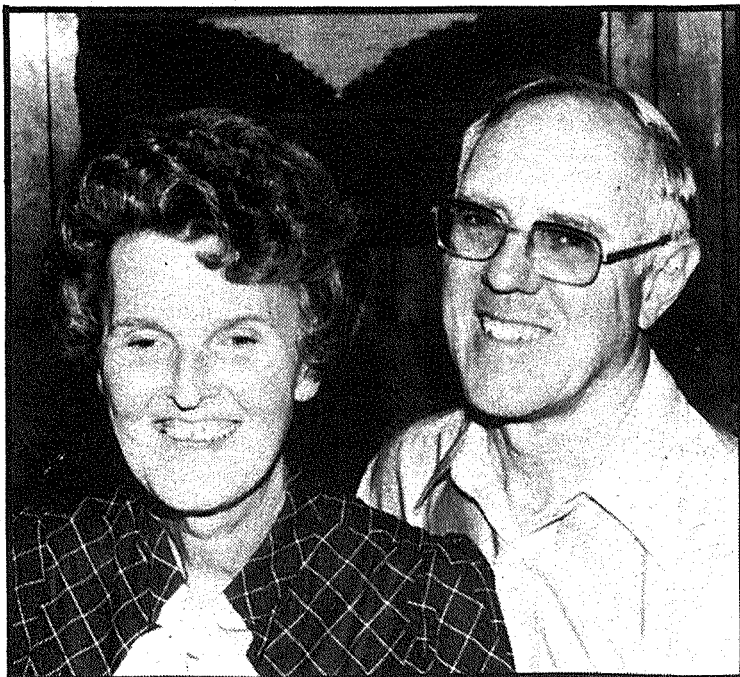
The Lord guided the Krugers in many providential ways, drawing them to Weimar. Buddy stated the following, "God impressed Weimar to extend an invitation for us to come; He sold our truck which helped us finance the move; provided a camp trailer to stay in while traveling; and supplied workers to replace us at Alpine Springs Academy." The Krugers wanted to broaden their experience in self-supporting work and receive training so they could be of greater value.

Buddy writes in his own words what Weimar means to them. "Weimar is not just old buildings; crowded, quaint apartments and offices; outdated equipment; or even the unique NEWSTART center and program. What makes Weimar a success is the evident desire of many students and staff to openly live their lives for God. The people pray, study God's Word, and share God's love with neighbors by practical deeds of kindness and uplifting. This is Weimar to us and we praise God we can now join its ministry of training people to share Christ's goodness with our world."

17, 1982. Since 1974 Ken worked as a supervisor for the building inspection department of Deschutes County. At Weimar, he is the director of construction and Doris does secretarial work in the medical office.

Reflecting on the Lord's leading, Doris stated, "We didn't do anything; we simply moved as God directed." The young couple are still studying God's Word with a member of Glantz's former home church.

Glad to be at Weimar, Ken Glantz remarked, "We feel it is a real privilege to be here." Doris commented also, "Knowing we are a part of a program set up on God's plan gives us joy."



Ken and Doris Glantz.

Ken and Doris Glantz

As told to Jeannie Carr

During the summer of 1981 Doris Glantz saw in the Weimar Bulletin an ad asking for help in construction. In response she said to her husband, Ken Glantz, "Well Ken, you want to know what to do for vacation this summer? — let's go to Weimar and help out." Ken took her kidding suggestion seriously and called Weimar Institute for more information. With an open okay from Weimar, the Glantz prayerfully put their home, located in Bend, Oregon, up for sale. Not knowing when they could come, they told Bob Fillman, the Institute's president, to take their names off the list. For nine months their home didn't sell. However, "God's time table was not ours," Ken said.

A non-Adventist couple lived nearby. After seeing the for-sale sign, they inquired about the details and desired to buy Glantz's home. The couple planned to sell their cattle and land which would enable them to buy Glantz's place. During the nine months of waiting the couple became good friends with Ken and Doris. Visiting two or three times a week, they conversed on spiritual topics. Being convicted by the Holy Spirit about Adventist truths, the couple responded favorably. In June of 1982, the Lord provided money so the couple could buy Glantz's home. The day after the papers were signed, Bob Fillman called Ken, "Can you come? We need you now more than ever."

So Ken and Doris Glantz arrived at Weimar Institute on June

(Continued from Page 6)

Edwards

In 1978, the Edwards became acquainted with Weimar Institute when Dr. Merritt Horning sent Oliver here to begin developing a greenhouse. Later, Oliver gave a talk on agriculture evangelism during a health seminar at Camp Movoden located in Hayden Lake, Idaho. A group of staff and students from Weimar Institute were present, including Dr. Dennis Blum. After hearing Oliver's presentation, Dr. Blum sent a job application to him. Previous to receiving the application the Edwards had become well-acquainted with a team of students who had worked at Spokane, Washington, during the summer of 1981. Impressed with the quality of students Oliver remarked, "You usually can't trust kids these days, but these kids you could trust anywhere." The Edwards acknowledge God's leading in their lives and are glad to be a part of the program at Weimar.

(Continued from Page 6)

William Stonas.

"Training the students to use machine tools creates a challenge." Mr. Stonas said, "as students have seldom been acquainted with building machines." Mr. Stonas plans to incorporate the machine shop as a part of the work-study program. Solar panels for heating water and treadmills are ideas in the making. These will be used here on campus for possible resale.

In the past Mr. Stonas held the position of a manufacturing engineer at Hewlett Packard, an electronics company. Also, he was an administrator at Maranatha Meadows, a self-supporting school in Lincoln, California. He has chosen to work at Weimar Institute for various reasons. He stated, "I feel I can put most of my technical knowledge to use and acquaint the students with that knowledge." Students enjoy working with Mr. Stonas and appreciate his teaching. One student commented, "He's humble, not a hard-nosed guy, and real dedicated." "All the boys that work down there really enjoy him, too." Mr. Stonas has chosen a position in the Lord's service which gives little material gain. He practices the promise stated in Matthew 6:33, "Seek ye first the kingdom of God, and His righteousness; and all these things shall be added unto you." Mr. Stonas has found much joy in serving God by serving others.

recipes



WEIMAR KITCHEN RECIPES Scrambled Tofu

- 2 cups tofu
- 1 tsp. chicken-style seasoning
- One-eighth tsp. garlic salt
- 1/2 tsp. onion salt
- 1/2 tsp. parsley flakes
- 3 green onions chopped fine
- 1/2 cup mushrooms
- 1/2 tsp. tumeric

Place green onions and mushrooms in a teflon skillet and simmer. Then add crumbled tofu and seasonings; stir until hot. Add pimiento to top when served for color.

Tofu Mayonnaise

- 1 lb. tofu
- 1 Tbs. soy sauce
- Juice of 2 lemons
- One-eighth tsp. garlic powder
- 1 tsp. onion powder
- 1 tsp. dill weed
- 1/2 tsp. ground sweet basil
- 1/4 tsp. salt

Put in blender and blend till smooth. If you want a thinner consistency add 2 Tbs. of water.

SEMINAR TAPES AVAILABLE

From the Chaplain

HOME SCHOOL SEMINARS

- HS1 "Philosophy of Home Schooling," and "Early Childhood Educational Research," Raymond Moore.
 HS2 "How Children Learn," Dorothy Moore. "Working Mothers," Dorothy Moore and Kathy Kordenbrock.
 HS3 "Legal Problems and Procedures," Raymond and Dorothy Moore.
 HS4 "Answering the Authorities," Raymond Moore.
 HS5 "Structure and Balance," and "Teaching Science," Ted Wade.
 HS6 "Math Teaching Simplified, Part 1," Elmer Brooks.
 HS7 "Math Teaching Simplified, Part 2," Elmer Brooks.
 HS8 "Teaching Reading," Dorothy Moore.
 HS9 "Preschool Child Activities," Kathy Kordenbrock.
 HS10 "Moral and Spiritual Values," Ted Wade and Betty Gerbozy.
 HS11 "Internalized Values," Dick Winn.
 HS12 "Teaching the Value of Work," Dale Martin.
 HS13 "Setting Up a Home School," Betty Gerbozy.
 HS14 "Panel Discussion, Part 1."
 HS15 "Panel Discussion, Part 2."
 HS16 "Panel Discussion, Part 3."

WEIGHT CONTROL SEMINAR

- WC1 "Orientation: What is Obesity?" John Goley.
 WC2 "National Law," Dick Winn.
 WC3 "God's Original Lifestyle" John Goley.
 WC4 "Concentrated Calories," John Goley.
 WC5 "He Is Able," Colin Standish.
 WC6 "Prayer and its Relation to Obesity," John Goley.
 WC7 "Exercise for Obesity" John Goley.
 WC8 "What Are Values?" Dennis Blum.
 WC9 "Depression," Colin Standish.
 WC10 "Guilt" Colin Standish.
 WC11 "Emotions and the Power of the Will," Dennis Blum.
 WC12 "All to the Glory of God," Colin Standish.
 WC13 "Through Failure to Victory," Colin Standish.
 WC14 "He That Shall Endure to the End..." Colin Standish.
 WC15 "Promises Were Made to Keep," John Goley.
 WC16 "Obesity and Disease," John Goley.

TO ORDER TAPES: Each of these sets comes in a vinyl album of 16 tapes. The cost for either set is \$49 (plus \$2.94 tax to California addresses). Individual tapes are \$3.25 plus 6% in California. Add 25 cents per tape to a maximum of \$2.00 for shipment outside the United States.

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 Larry Ludington by Vivian L. Ames
 Virginia Shull & Alva Ragsdale by Marie M. Anderson
 Anna Cossentine by Allan B. Cossentine



Trapped by Love?

by Dick Winn

Imagine, if you will, a scene that goes something like this.

It's a hot summer afternoon, and the river is so inviting to my son Jeff. But I'm getting ready for a family trip the next day, and the car is very dirty. So I say, "Jeff, will you please wash the car for me while I finish some other items?"

One quick glance, and I know that my request has not been well received. Jeff is melted onto the back steps, beach towel over his shoulder and inner tube at his feet. "But, Dad..." he begins, half an octave higher than usual, and despair in his eyes.

Sensing that the encounter could be a tough one if I give an inch, I decide to rally my best tactics. I want all the leverage I can get in my first response. I know that my son loves his Daddy. (Most boys do; they are amazingly forgiving!) So I ask, "Jeff, do you love me?"

Well, of course he does. And even if his fervent devotion may be slack under the circumstances, he's not about to make a scene out of it right now. So he says, "Yes." But his answer is hardly an emphatic statement of fact. The word is spoken with the voice raising at the end as in a question. Guardedly, he is in effect asking, "What are you going to make of it?"

Just what I wanted. "Alright," I say, "since you love me, go wash the car."

Now let's go a little deeper with this imagined scenario (which to my knowledge, hasn't yet taken place.) Let's try to get inside Jeff's mind. Does his heart now throb with an intense desire to wash the car? Does the attractiveness of the river swim suddenly fade into nothing? Or does he feel that his statement of love has been used against him to trap him into doing something he really does not wish to do? Does he resent the fact that the only alternative to washing the car is to deny his love for his Dad? And

will he continue in the years ahead to love someone who manipulates him with love?

Oh yes, I am aware of Jesus' comment on this matter. In John 15-10, He is recorded as saying, "If you love me, keep my commandments." (That's the King James Version.) And I've often heard that passage used in the manipulative manner described above — in that blunt, "if...then" logical trap that leaves one no other option but to deny love. But perhaps the Revised Standard Version reading might expand the possible meanings: If you love me, you will keep my commandments." Rather than a conditional clause leading to an inescapable conclusion, it is a description of two closely related facts: those who love Jesus are the same kind of people who love to live as He did.

John makes a similar comment later in his life. "And this is love, that we follow his commandments; this is the commandment, as you have heard from the beginning, that you follow love." (2 John 6.) RSV

This is the issue: Christ's love for us does not trap us at the end of a logical argument. Rather, it inwardly transforms us so that our own deepest desires are to live in a loving manner. And such a person finds in the commandments of God a perfect description of how that love is expressed. To a thoughtful person, one who has been inwardly transformed, and on whose heart God has written His law of love (Hebrews 8:10), obedience is his own greatest desire. He does not need to be caught in the "if...then" trap.

But the afternoon is still hot, and the car is still very dirty, and Jeff is slumped on the back steps, eyes set toward the river. Just possibly, our imagined scene could end like this:

Dad says, "Jeff, why don't you take a few moments and join me while I wash the car."

Then we both swim in the river.