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# Weimar Bulletin

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Vol. 8 No. 5

Weimar Institute

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May 1984

## Elder Clayton Child gives Spring Week of Prayer

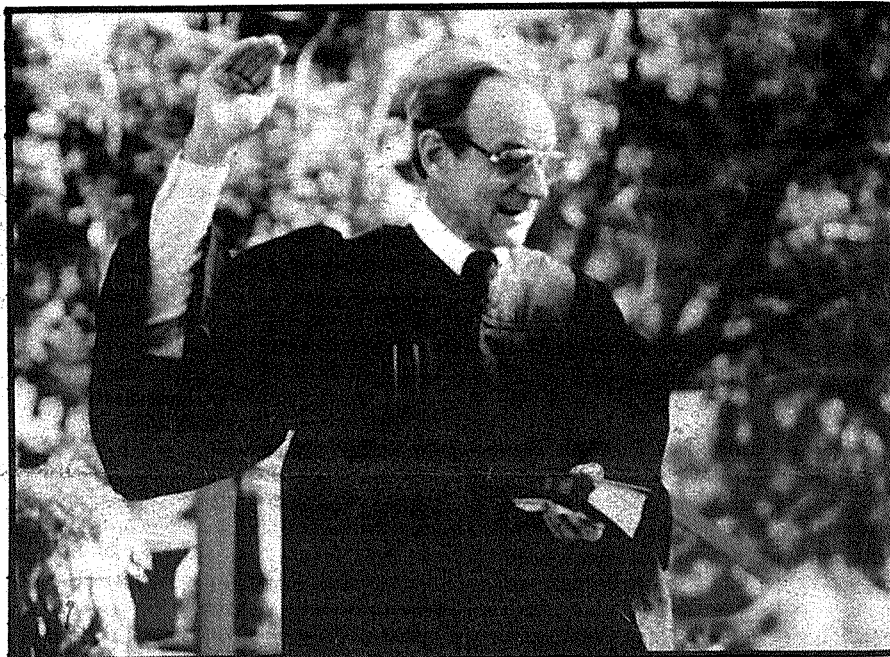
“BEHOLD I STAND AT THE DOOR OF YOUR HEART...AND KNOCK.”

This was the theme of the spring quarter Week of Prayer given by Elder Clayton Child, Youth Director of the Upper Columbia Conference. Preceding the Week of Prayer was a Week of Spiritual Preparation. The students made an effort to pray together, do soul searching, and seek the Lord to be ready to receive the message that God had in store for us.

Elder Child went through the Laodicean message in view of Steps to Christ, illustrating what it really means to surrender your life completely to Christ. He went over the shaking vision described in Early Writings, and we learned where we are now at this point in time. Sunday night found us looking at “The Shaking Vision;” Monday morning we went through “Where Are We Now?” Monday evening was “The Total Message” and Tuesday morning “God’s Last Call”. Tuesday evening “God’s Sure Cure” and Wednesday morning “I’m Knocking.” Wednesday evening there was some variety. We viewed the film Solo, seeking to understand God’s character...how He relates to us and we relate to Him. It was a very enlightening experience as the students pooled their thoughts and came up with some profound insights into God’s dealing with man and our response.

Thursday morning the topic was “Only You Can Open”, and Elder Child shared with us a precious testimony relating to his own experience with his wife and how they were led into a personal relationship with Jesus Christ. All of our hearts were touched. Friday morning we learned “Why Is the Door Stuck?” And Friday evening was a very memorable night with a special candlelight supper of fruit, fruit rolls and fellowship. The room was filled with many voices lifting together to praise God in song, testimony, and prayer. The meeting was an open-ended one that closed as the Holy Spirit impressed everyone when it was time to go. It was a rich experience.

Sabbath morning was a treat for everyone on campus, since we had our Sabbath services in the sunshine on our own lawns. Everyone brought blankets to enjoy the Sabbath School presented by Elder Hancock followed by “Where Do We Go From Here?” by Elder Child. To conclude the service we joined together for the Lord’s Supper, solidifying the recommitment we had made in our hearts. What an impression of love! God gives us the opportunity to understand our relationship by giving us an ordinance that symbolizes our union with Him...as someone once put



Elder Clayton Child

it...a mini-baptism...a mini-declaration of our love in response to His love!

The communion ended on a special note

with everyone in the Weimar family joining hands and singing “Side by Side”.

But the highlight of the whole week was

the celebration of commitment for Linda Holder, one of our cherished students. She was baptized in the afternoon and made the day a most memorable one for all involved. But the working of the Holy Spirit doesn’t end there...another of our deeply loved students, Soozee Morgan, also made the step of entering into a deep commitment with her Lord just this last Friday. God’s working on the hearts of His children never ends. How He longs for each one of us to listen to His voice and open the door of our hearts...to make ourselves known to Him so that He can then make Himself known to us.

The theme song put to music by Lyndon Dieter expresses our heart’s desire:

Behold, I stand at the door and knock  
And if any man hear My voice  
And open the door  
I will come in to him and sup with him  
(repeat).

O come into my house Lord Jesus  
Just come and dine with me  
Come to my house Lord Jesus  
Come and stay with me.

Revelation 3:20

## The Senior Class and Alta

The “debates” dragged on as a few faithful seniors tried to figure out at least one day every senior could participate in a class trip. Dreams had been high at the beginning of the year: Point Reyes, Yosemite, Baja California, The Grand Canyon...Yes, a long weekend free from the maddening schedule would be nice.

Now responsibilities and schedules had crowded out every possibility except a little unknown crook in the road called Alta. From there the plan was to hike down a two-mile trail to the American River and enjoy the sunshine and cool water. One-half of the class was finally scrounged up and piled into the blue van in which they sputtered up the 25 miles to their rendezvous point: Alta.

The sight was actually quite inviting. Spring was getting to the trees as they sent out their new shoots; the horizon was hazy with moisture and scanty clouds bobbed along under the sun. Fifteen hundred feet below they could see the American and North Fork rivers converging.

Finding a resting place on some sand by the river, everyone stretched out to heal their wobbly knees (the trail down was

pretty steep). A few connivers plotted a course up the river bank which was basically composed of rocks and cliffs. Toting over spring-fed rapids, clinging to ledges fit for mountain goats, they eased their way up the river.

Back at ground-zero, the chilly remnant prepared a roaring fire to chase away the cold shadows and laid out the grub. It was good most everyone had eaten by the time the ravenous explorers returned; before long they consumed most everything in

sight (even the charred avocado sandwiches they tried to barbeque over the fire).

The conversation turned reminiscent as the seniors began sharing with each other stories of the past and plans for the future. The moments seemed so sacred that when the time finally came to encounter the two-mile hike UP the hill, nobody budged! Why couldn’t they forget school and take out a couple days, relishing times like this? Baja would be a nice place to go...

## Notice! College Alumni and Friends

1985 Homecoming Weekend date set for April 5-7

ALSO

Watch for announcements of College Alumni activities in the BULLETIN and in the new Alumni Newsletter.

# Contending With Contentment

By Steve Thulon

When we face conflicts in our lives it would seem that we might have more peace if we could adopt the attitude (seen in the facial expression) of the cow.

But let's look more deeply into what forms the awareness of conflict in the lives of people. Most all the time it is the presence of two seemingly opposite values that need to be meshed and balanced or given their proper place. For a working person it could be that work conflicts with family values and priorities. There are other "opposites" such as freedom and responsibility, self and others, and a whole array of

***"We produce better when surrounded with an atmosphere of acceptance and contentment."***

varied expectations. The area of possible (probable) conflict that I have chosen to address is between contentment and growth.

Allow me to share a personal encounter that might demonstrate the apostle Paul's statement to young Timothy, "...with contentment is great gain."<sup>1</sup> (I guess we could turn the statement around and say as truthfully, "with discontent is great loss!") I can well remember when I was

younger, the first time I was asked to sing a solo for Sabbath School. I was asked three weeks in advance. I was also very nervous for those three weeks. When the time finally came for me to sing, I was so nervous that it nearly incapacitated me and I rendered the song quite dreadfully. The problem was that I lacked a measure of contentment.

Years later I learned to be a bit more content and songs were just naturally rendered in a more satisfactory manner. This is just one example of the great principle of contentment. We produce better when surrounded with an atmosphere of acceptance and contentment.

On the other hand, there's a difference between being content and being downright lazy or indifferent. Solomon gives instruction to those whom he calls "sluggards" to "go to the ant" and "consider her ways."<sup>2</sup>

When something needs to be done in the way of industry, obviously someone is (we'll use the word) discontented. Why does a man remodel his house? He's no longer content with the usefulness or the appearance of it. Progress comes then, in a way, from a sort of discontent. Not a grumbling discontent, but from an ambitious discontent.

But remember that progress is not the only value involved in our lives. At the same time we need happiness, contentment, peace, moments of serenity — a

time to stop, pick and smell the flowers.

The Christian's prerogative is to "man" these values in demonstrating the practical counsel from the pages of God's

***"Progress comes then, in a way, from a sort of discontent."***

Word; to make the best of these different values that make for a better more direct approach to living. And in so doing to dem-

onstrate that not only are God's people contented people, but growing as well.

Are you CONTENT with yourself in God's loving acceptance? Are you GROWING in your concepts of your God and your relationship with Him? I think these are questions worth answering — today, tomorrow, and forever.

<sup>1</sup>Tim. 6:6

<sup>2</sup>Proverbs 6:6

## Men's Chorus tours Central California



The Weimar Men's Chorus with both accompanists, Terry Winn and Tawny Bottgenbach. A very happy group.

The men's chorus of Weimar recently toured central California giving five concerts. The chorus consists of 9 college students and 7 staff members.

We left for our first appointment — Soquel — at 1:30 p.m. on Friday, April 27. Four hours later we arrived and prepared for our evening vesper's program for the ASI members that were meeting in Soquel. We retired early, because we had to rise and eat a 6:00 breakfast in order to make it to the Modesto area in time for a Sabbath School program.

After our Modesto program we left for Ceres, where we gave the church service.

There we had lunch and fellowshiped with the church members, making many new friends. But our stay was short-lived; we had to be in Turlock for an afternoon concert.

Our final program was in Sonora, where we had the Sabbath evening vesper service. After eating supper there we left for home, arriving about 12:30 a.m. It was a long day but a very rewarding one.

We are very thankful to be able to communicate in humanity's universal mode of expression — music. We pray that God will use us to inspire many as we sing together in a unique ministry.

## Van Ministry

We have reported some of the beautiful ministering effects that are taking place in the Van Ministry as the Van makes its soul-searching tours up and down Hwy. 80. At this writing, Vanguard's are counseling and putting our health messages and brochures into the hands of up to 450 people a month.

As for us, we are twice blessed and I'd like to record the impact that the Van Ministry has on students who made these responses as to its value as a training tool for them.

"Taking blood pressures, counseling people to change their lifestyle patterns, and encouraging them to take a more active part in controlling the path of their health, gave me encouragement to pursue a career in the health field. No other day at Weimar has given me assurance that I am doing God's will by aiming for a career in the health field.

"Going out on the Van has given me a desire to understand and learn more of the simple health principles so that I might be able to give an account when I am asked." (Dennis Covrig)

"I've been looking forward to the first day of Van Ministry. It came with much excitement as well as some anxiety. This morning motivated me enough to have more sincere devotion than usual since I felt more desperate need of my God. After prayer I tried to remember all the information that I studied about hypertension. And I practiced English to speak more fluently. But I still felt unready and inadequate and nervous. Anyway I went to the Van. We all had a brief review and long devotion and prayer. It was very encouraging to me. It made me more confident and convinced that God was going with us...On the way home all my anxiety was gone. I felt so peaceful and fulfilled and satisfied. It was really rewarding and fulfilling. I wish I could do it more often." (Ki Chul Kim)

Even though I didn't know anything about blood pressures before I signed up for Van Ministry, I know I wanted to be a part of this ministry. I could feel the Lord's presence on the Van speaking to me and giving me the right words to say. To know that Jesus can take me and use me as an instrument in His work when by myself I can do nothing, shows me the miraculous power of His Holy Spirit.

"Of all the people I've screened so far the first person to ask me 'What are the Seventh-day Adventists?' came from a child. My heart grew silent as I thanked God for the opportunity to share who we are. I told her that I believe Jesus is coming again, explaining the word 'Advent', and I keep the seventh day holy as it says in the 4th commandment. Then she counted on her fingers from Sunday to Saturday and she said 'That is the 7th day!' I gave her and her sister the book, 'What Adventists Believe', but I pray that her step into the Van and the love she was shown would tell her that we believe more than any magazine or sermon. Before she left she asked me, 'Do you really believe Jesus is coming again?' It made me look deep inside and think. I told her 'yes, and I want you to know He loves you and wants you to be ready to go home with Him.' She left the van but she hasn't left my heart.

"I was so thankful for the Van Ministry. Its doors find a way to people who may never be reached by any other means. The Van has so many special times. I'm so grateful to be an instrument for Jesus here." (Lynn Lomas)

"The atmosphere of the Van, one where prayer is no stranger, makes one realize that he is indeed doing something that is important and that will have an impact on the lives of others. I am looking forward to learning and growing as I continue my outings on the Van. I love Van Ministry!" (Robert Nordman)

"I'm anxious to promote this program and the caring witness its people can provide. I've learned so much myself too! I can personally testify that I have changed my feelings about many health habits because of knowledge gained through my work with the Van." (Paul Holman)

These learning and growing experiences are magnified for Connie and me also as we work with the students and the public. We had an opportunity to network with the Medical Department last week and took Dr. Sidney Nixon with us to address the T.O.P.S. (Take Off Pounds Sensibly) Club in Auburn about the effects of sodium and exercise in high blood pressure. The ladies were so enthusiastic they bought our entire supply of Weimar cookbooks as soon as we offered them, and asked to bring their 31-member Club to Weimar for a tour and a chance to taste our lunch. Another member wants to have her bowling team come for the same.

The Mayor of Nevada City has issued a proclamation making May 16 "High Blood Pressure Control Day" with the Weimar Health Van serving as the health screening program for the day. Invitations to share our health message in Truckee, Tahoe and Yuba City as soon as school starts this fall have already come in. We covet your prayers to cover us and the people we contact.

Yours in Christ,  
Beverly Lee, Director  
Connie Hutson, Van R.N.  
Weimar Van Ministry

# Newstart Health Center

## A Story of Incredible Success

Gary Porfido  
NEWSTART Guest  
March 18-April 12 Session  
as told to Robert Nordman

My story starts with a career change and a move from northern California to Texas. I was put in charge of territorial sales and did a lot of traveling. I began eating out a lot and putting on weight. I was also getting less exercise, and my job was more stressful.

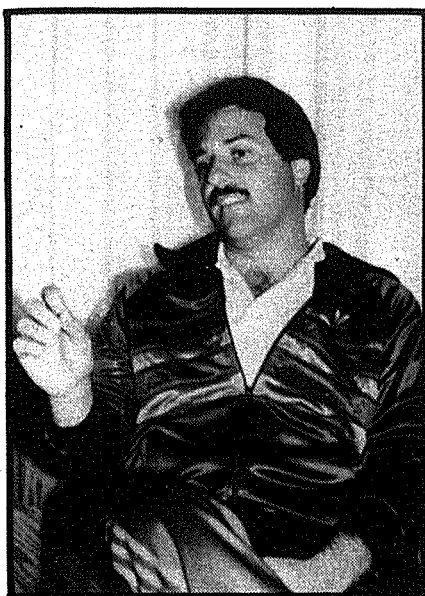
When I moved to Dallas, I weighed about 180 lbs. My weight was at 206 when I moved back to California to look for a new job. This was more stressful and my weight climbed to 215. The happy ending starts at Weimar.

My parents were a big influence in my coming here. My father had been here. He saw how stressed and discontented I was and suggested I come here.

My success has been incredible here. The last time I had a blood test before coming to Weimar was in 1982. At that time my triglycerides were 433, my blood sugar 110, and my cholesterol about 250. My readings were similar for my first blood test here. My final blood test revealed that my triglycerides had dropped to 58, my cholesterol to 127, my blood sugar to 82, and my weight to under 200 lbs. And my HDL rose from 30 to 36.

I am especially pleased about my weight. This is the first time I've been under 200 lbs. in 2 years. My ultimate goal is to weigh 180.

What I like about Weimar is the atmo-



Gary Porfido

sphere, the support people give. It is invaluable. The dedication and willingness of the workers really add to the success most people have here.

The concept of the wholeness of man — spiritual, physical, mental, and emotional — gave me a goal to shoot for. It opened up my eyes to take in the information, and gave me strength to stay on the program.

I see that the most essential ingredient to be successful on the program is taking the knowledge you've learned here to

make your new choices. It's a whole new lifestyle. You can sit and tell someone to do this or that, but they usually become defensive. Here you are given new facts and new knowledge to make a new decision.

I look with confidence to the future. Emotionally, I will have more enthusiasm, more energy, more strength to endure the situations that come about every day in the workplace or in family life. I also hope to have a more open and stronger spiritual involvement. The concept of the wholeness of man will never leave me.

I'm really here to learn the knowledge I need to prepare me for the future so I won't have any degenerative diseases such as heart problems or cancer. I think that it is of great benefit for someone my age (31) to learn these things I have been learning. In fact, I would encourage you parents who have been here to relay the benefits to your children who are from 25 to 35. They could learn how to prevent these diseases by a proper lifestyle before they set in.

### Physician's Observations

Gary's great asset is his father Pete, who came to Weimar for his own coronary artery disease. Feeling the tremendous importance of a healthy lifestyle as early in life as possible, Pete urged his son Gary to come now before arteries occlude.

Gary ate 800 to 1335 calories of whole plant food, walked two to 11 miles per day as well as gym and garden therapy, drank

10 to 11 cups of water per day, and sunbathed one-half to two hours, with sleep usually from 9:00 to 5:30.

Cholesterol dropped from 218 to 127, triglycerides from 260 to 58, and HDL rose from 30 to 36. Weight decreased from 215 to 195 pounds. Treadmill endurance increased from 15 to 18½ minutes.

God be with you, Gary, as you choose His human healthstyle!

Sidney Nixon, M.D.  
NEWSTART Physician

### 1984 NEWSTART Schedule

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

JUNE 10-JUNE 15  
NEWSTART Alumni  
JUNE 24-JULY 19  
JULY 22-AUGUST 15

AUGUST 26-SEPTEMBER 20

For further information contact: The Medical Director, Weimar Institute, P.O. Box A, Weimar, CA 95736. (916) 637-4111 ext. 401.

## Some NEWSTART Tips

The NEWSTART that God wants to give each one is not exclusive to those who come to take the program here at Weimar. God's laws of health and happiness are universal for everyone.

The BULLETIN has published many testimonies of persons who have been benefited by the observance of a few simple principles. Realizing that our readers may desire a more detailed acquaintance with the principles of a NEWSTART, we have made available to you a....

## Summary of Suggested Natural Remedies

### NUTRITION:

The aim of the diet will be to help you (1) avoid all refined foods; (2) select proper foods for adequate intake of balanced amino acids, vitamins, minerals, and trace elements; (3) choose types of nutrients which will help you lose weight as needed and clear the body of excess cholesterol and other unwanted materials that cause degeneration of the tissues. Therefore, we use the following rules.

1. No refined foods: No oil, margarine, shortening  
No sugar, syrup, or free starch  
No white bread, white rice, or degerminated corn meal  
No meat substitutes — gluten or soy types
2. No animal products:  
No flesh foods  
No egg yolk  
No milk products
3. The allowed foods are:  
All fruit, unsweetened, preferably fresh, frozen (unsweetened), or canned in fruit juice or water packed.  
All greens, especially turnip greens, mustard greens, radish greens. Use spinach, chard, or beet greens sparingly.  
All herbs that are mild.

All legumes (beans, peas, lentils, and garbanzos)

All whole grains. You need three kinds daily plus a legume to get optimal balance of amino acids.

Nuts in moderation. The better ones are the non-tropical nuts such as almonds, filberts, pecans, and walnuts.

4. All nutritional needs can be secured from a daily serving of:

- A green vegetable, greens or herbs
- A legume
- Three types of whole grains
- Tubers and nuts may be added as desired by the appetite.

5. Those on a strict THERAPEUTIC type of diet should restrict the high-fat foods as follows:

- Olives and avocados
- Nuts and high-fat seeds
- Soybeans and tofu

6. General rules for good digestion are as follows:

- Eat slowly, chew your food thoroughly, to allow the saliva to mix with the food.
- Avoid liquids with meals. These decrease the flow of saliva with its digestive enzymes.

Two meals a day are better than three. Make the evening meal, if eaten at all, of fruit and/or double-baked bread.

Eat a variety of fruit, vegetables, whole

grains, tubers, and legumes during the week, but a limited variety of three or four at any one meal.

Sufficient sodium (salt) is usually available in the foods in their natural state. Instead of salt, flavor your food with safe, mild herbs, mild spices, or onions.

Do not lose the essential minerals, vitamins, and trace elements by faulty washing or cooking. Cook or steam the vegetables or fruit with a bare minimum of water. Do not overcook. Eat the cooking juice with the food.

### EXERCISE:

"Conditioning" exercise is what you are after. This is the type of exercise that will increase your endurance gradually. You may use two things to help you guide yourself in the intensity that you exercise:

(1) Learn how to measure your ten-second pulse rate with exercise.

(2) Exercise to the intensity that you are barely able to carry on a conversation with someone as you exercise.

Exercise is a minimum of 20-30 minutes at the peak of endurance daily, preferably, at least every other day. The body forces seem to "escape" from good condition rather easily.

Walking is good exercise. Act your age. Use a walking stick.

### WATER:

The body needs water for optimal function. Drink eight to ten glasses of water a day, more if you sweat much. This will help keep up your endurance. Drink water on arising, between meals, but early enough before bedtime so that you do not have to get up from sleep to relieve your bladder.

### SUNSHINE:

Sunshine has several benefits to the body. It furnishes the natural Vitamin D as

## 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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Lester McSherry.....Director of Work Education  
Preston Wallace.....Director of Community Services

### NEWSTART HEALTH CENTER

Milton Crane, MD.....Medical Director

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(Continued on Page 6)

# Meet Our 1984



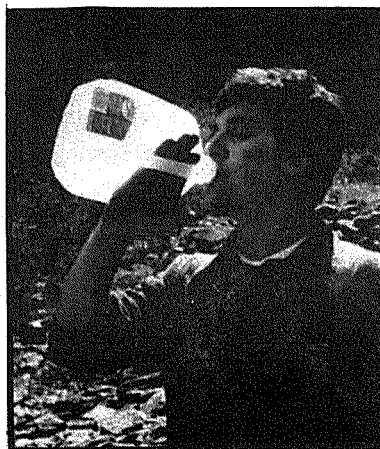
**Jeannie Carr**

**Major:** Health Assessment  
**From:** Cleveland, TN  
**Skills:** Cooking, baking, health assessment, hydrotherapy, massage, leadership abilities, and interpersonal relationships. During these last two years I have seen a clearer picture of God, which has given me much inner freedom. In our campus worship services, the spirit while singing among students and staff has been my favorite aspect of Weimar College. My scholastic requirements will be completed in December, 1984. Then I will serve wherever God leads.



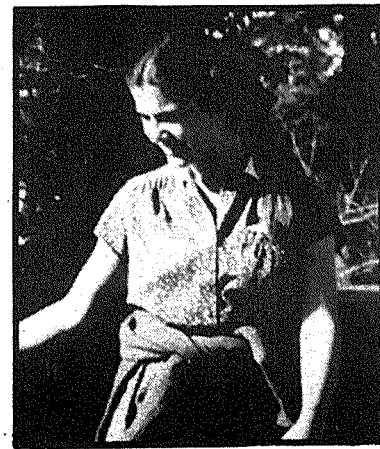
**Suzanne Tabacchini**

**Major:** Health Science  
**From:** Mt. Vernon, NY  
**Skills:** Teaching aerobics, health education, secretarial.  
 I grew up outside of New York City and came west looking for an education in nutrition. After becoming an Adventist in Arizona, Weimar looked like the place to study health.  
 People are what make most of life worth living and I want to share with them my interests that have grown since being at Weimar — exercise, outdoor activities, massage, joy for life and true relationships.



**Shaun Lemnah**

Having been at Weimar College four entire years, I leave being much the more fully aware of the profound reasonableness and deep significance of the truth that is the genius of Seventh-day Adventism. Graduating with a B.S. in Metropolitan Ministry, I look forward to sharing this truth with the congregation and community in Quincy, CA, as an associate pastor under the leadership of the Nevada-Utah Conference. Weimar has provided a God-centered environment conducive to growth in a balanced lifestyle. Soon to be married, my wife and I intend to live, teach and minister in such a way as to effectively share Truth — the GOOD NEWS about God. Faithfulness to this mission constitutes life's highest pleasure.



**Helene Monier**

**Major:** Elementary Education  
**From:** Dijon, France  
**Skills:** Teaching, music, homemaking.



**Sharon Claridge**

**Major:** Religion/Health-Religion  
**From:** Milton Freewater, OR  
**Skills:** Secretarial, health assessment  
**Immediate Plans:** Continuing education to receive RN degree  
**Goals:** Grow in Christ  
 As a senior Health Science major, I'm excited to be graduating. I have appreciated the years I've spent at Weimar, as they have given me my focus in life. It has been a real privilege to obtain an education in this type of environment as it has inspired me and helped me to grow in Christ.



**Sarah Bennett**

**Major:** Health Science  
**From:** Battle Creek, MI  
**Skills:** Health Counseling, hydrotherapy, cooking, computers  
**Hobbies:** Singing  
**Immediate Plans:** Employment in health-related fields  
**Goals:** Become personally involved with people, meeting their needs.



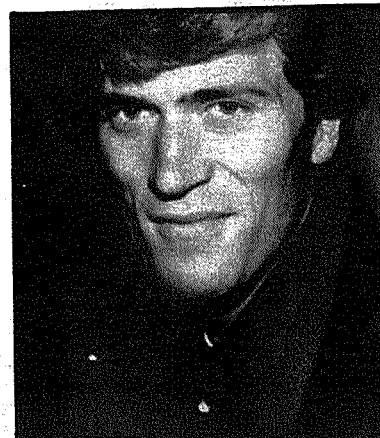
**Alexandra Wiebe**

**Major:** Elementary Education  
**From:** Weimar, CA  
**Skills:** Piano, Recorder, teaching children  
**Immediate Plans:** Teach in Nepal, India



**Sherri Dortch**

**Major:** Health Science  
**From:** Florida  
**Skills:** Health Assessment, hydrotherapy  
**Immediate Plans:** Work in California to earn money for future schooling in the Health Science area.



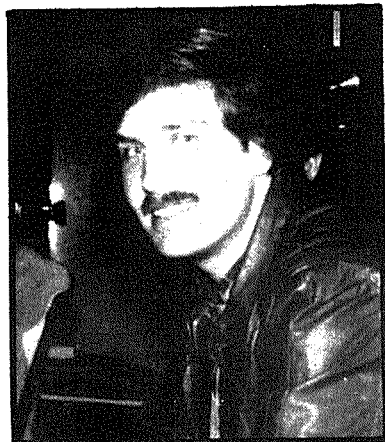
**Kelvin Clark**

**Major:** Religion/Health-Religion  
**From:** Loma Linda, CA  
**Skills:** Cabinet-making, construction, photography, nurses' aid, teaching, drafting, writing, music.  
**Immediate Plans:** Work at Weimar Institute in hydrotherapy this summer. Next year to focus my background in a master's program in education.  
**Hobbies:** Backpacking, fiddling/playing violin, relaxing, observing, receiving letters, eating Ramen, studying, thinking about post-Weimar survival skills.  
 What I like about Weimar is springtime. We all come out and become real people again, enjoy the message of rebirth from the earth, and wish we had more time to be together. The chance to have deep, open friendships is the one thing I will cherish. And it was made to be OK when I discovered that God was the supreme Communicator.



**Susan Claridge**

**Major:** Health Science  
**From:** Milton Freewater, OR  
**Skills:** Secretarial, health assessment  
**Immediate Plans:** Begin career as Health Educator



**Herb Kruppa**

**Major:** Health Science  
**From:** Modesto, CA  
**Skills:** Health Assessment, speaking  
**Immediate Plans:** Begin career as Health Educator.



**Marti Breakie**

**Major:** Religion/Secondary Education  
**From:** Spangle, WA  
**Skills:** Music, secretarial skills  
**Immediate Plans:** Teaching  
**Goals:** Education

# 84 Graduates!



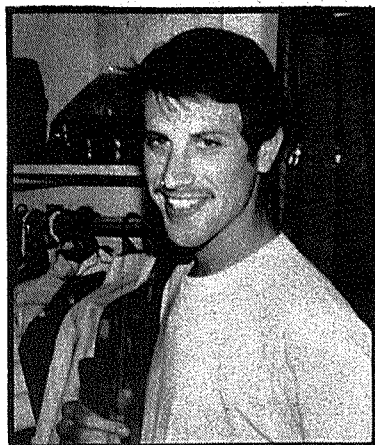
**Sonja Phillips**

**Major:** Religion  
**From:** Walla Walla, WA  
**Skills:** Secretarial, health education, leadership  
**Hobbies:** Cooking, art, writing, growth in understanding people.  
**Goals:** To allow God to use me in bringing to a broken, hurting world a correct picture of the God we serve and how He can change lives and heal wounds and make us balanced, loving, giving, serving people in a world that doesn't have any concept of what this kind of lifestyle means.



**Rocio Mojica**

**Major:** Health Science  
**From:** Roseville, CA  
**Skills:** Health assessment, hydrotherapy, secretarial, aerobics, bi-lingual (Spanish)  
**Immediate Plans:** Work in a bi-lingual ministry.  
**Goals:** Sharing what the Lord has given to me, always in the best way possible — for Him.



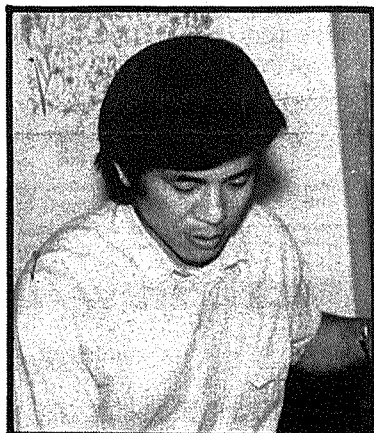
**Dan Eveland**

**Major:** Religion  
**From:** Hermiston, OR  
**Skills:** Welding, harvesting trees, teaching  
**Immediate Plans:** Outreach Director of Rio Lindo Academy  
**Goals:** Become involved in progressive secondary education.



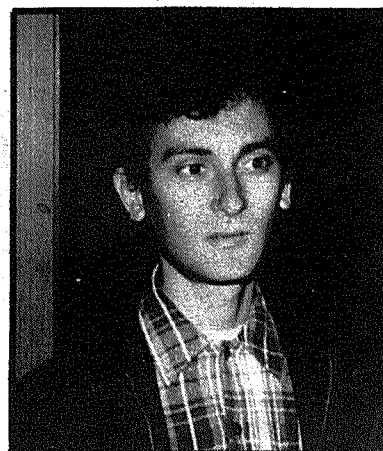
**Judy Sullivan**

**Major:** Elementary Education  
**From:** Oshawa, Ontario, Canada  
 The highlights of my years here at Weimar have been the beautiful and growing experience of total surrender to my Lord and Saviour and the beginning of a closer walk with Him.  
**My immediate plans** are to finish my student teaching experience this fall in Ontario, Canada, and thus finish my senior year in December, 1984.  
**My future plans** include teaching in Canada. Through the love and power of the indwelling Christ, my prayer is that I may be an effective teacher and close friend to those children whom the Lord places in my care.



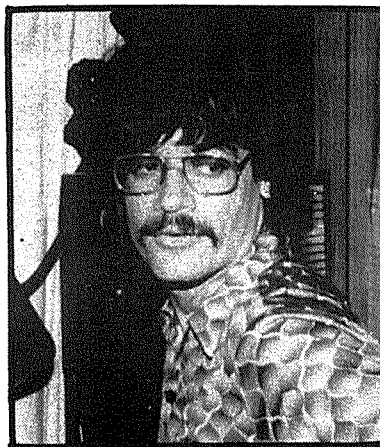
**Koji Nishikawa**

**Major:** Religion  
**From:** Japan  
**Skills:** Teaching, Bible study, writing  
**Immediate Plans:** Returning to Japan



**Wilton Remigio**

**Major:** Health Science  
**From:** Brazil  
**Skills:** Art, calligraphy, Bible study, violin, teaching  
**Immediate plans:** Spend summer in Arizona doing health education ministry.  
**Goals:** Go back to Brazil to share the super good news of our good Lord — to give them a true picture of Him.



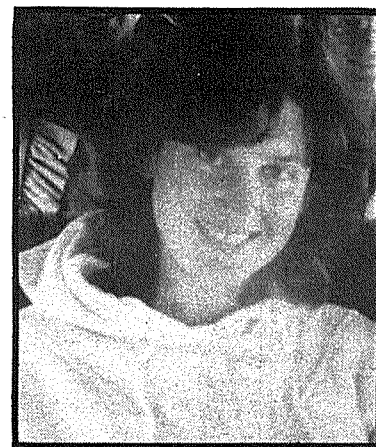
**Bruce Gleason**

**Major:** Health Science  
**From:** Sorrento, FL  
**Skills:** Health evaluation, treadmill testing, blood-drawing, health seminars, and cabinet installation  
**Immediate Plans:** Either a job in the health field or continuing my education toward an R.N.  
**Goals:** Long-term goal is to be a Health Science teacher at a college.



**Dawn Nelson**

**Major:** Agriculture  
**From:** Taylor, WI  
**Skills:** Landscape design, floral design  
 While at Weimar I've grown to love working with the soil, in the fresh air, and under the blue, sunny skies. It is my dream to share this love with others as I continue to learn how to better take care of the land God has given us. My background in health, teaching, art work, science, entomology, athletics, music, and writing all fit into the development of this career or way of life. It's great to be alive.



**Laura Heron Riley**

**Major:** Health Science  
**From:** Sonora, CA  
**Skills:** Health assessment, public speaking, writing, relationships.  
 After attending Weimar College for four years (except for 1-quarter honeymoon interlude), I am graduating with a degree in Health Science. My immediate plans include a move to Andrews University, where my husband will attend the seminary. I will be seeking employment and growing into my goal of having a ministering home, in which people can feel free to come and relax, knowing that they are special, lovable individuals.



**Doneta Fenning**

**Major:** Health Science  
**From:** Porterville, CA  
**Skills:** Van Ministry  
**Immediate Plans:** Find employment in health-related areas.

## Senior Class Graduation Announcement Weekend Schedule

**FRIDAY** June 8  
 7:00 p.m. Dedication: Dick Winn & Shaun Lemnah  
 Introduction of Senior Class of '84

**SABBATH** June 9  
 9:15 a.m. Mission Update: Henry Wiebe  
 Lesson Study with Juniors and Seniors  
 11:00 a.m. Morning Message: Herbert Douglass  
 2:00 p.m. Guided Nature Walks  
 6:30 p.m. Musical, including the Male Chorus  
 7:30 p.m. Commencement: Robert Fillman  
 Howard Hardcastle

God, in His goodness, has made Himself available and accessible to each Senior graduating this year. In appreciation, the Seniors want to make a public confession to the loyalty they have to God and the value they place in HIS friendship. The Weimar College graduation exercises of June 8 and 9, 1984, afford such an expressive opportunity. The weekend will also give time for families to trace together those events, steeped in human emotion and expectation, which brought them to this celebration. Relatives and friends of the graduates, and those who are curious as to what a Weimar College graduation is really like, are cordially invited to participate in the ceremonies.

# College Alumni Homecoming Update



Alumni capture some moments to share stories with each other.

Weimar College Alumni Homecoming Weekend afforded the element of time and activity for those who desired to renew friendships and to see what everyone else was doing. The Friday evening service included the sharing by the Weimar Male Quartet and Male Chorus.

Sabbath morning dawned bright and beautiful. In a panel discussion, Rick Mautz led out in probing the scope of practical applications for team ministries.

During the 11 o'clock service, Greg Harper challenged those present with a look at unity and growth in the church. The movie, "Bolero", eloquently compared the role of an orchestra that creates music to that of the church speaking well of God, our Composer.

The afternoon meeting enlightened the audience on the other ministries that the alumni were involved with. Hal Mayer gave an overview of the progress at Hartland, Tim Riley showed some slides of his "Adventure Courses" he was involved in last summer, and Dorothea and Rocky Sarli briefly introduced how Newstart Homestyle was increasing Weimar's contact with the community.

Saturday evening was chaired by Bob Fillman. Special reports were given for the Health Science Department, the Religion-Metro-Ministry Department, and the Educational Department.

At 7 a.m. Sunday morning, those who could, met at Dick Winn's home for a Prayer Breakfast and Alumni Business Meeting. It was a comfortable relaxed time together.

As the Alumni finally had to leave they knew that the weekend had indeed been a renewing one.

## TIPS continued

it lowers cholesterol a little. Get all that you can decently, yet avoid burning. You need ten minutes exposure daily to half your face for Vitamin D.

### TEMPERANCE:

We want to help you get away from all harmful drugs. You should eliminate all tea, coffee, soft-drink beverages, and alcoholic beverages from your diet. Use plain, pure water instead.

### AIR:

Pure, fresh air is very important. This means no tobacco smoke or smog. It means good air with negatively ionized particles from forests and oceans. Breathe deeply as part of your exercises.

### REST:

Get adequate, restful sleep. A light supper will help. Try to avoid stressful circumstances. Establish good habits and this will help. Anyone familiar with "jet lag" knows how well the body works with habits. A relaxing soak in warm water may help you unwind enough after a stressful day so that you can avoid that harmful sleeping pill.

### TRUST IN GOD:

An abiding faith in a loving God will help you rest as well. Rest your life in His hands. He has made every provision to for-

give every sinner of the past mistakes. Ask Him. Someday, He promises to blot out all those mental records of sins.

He has also put Himself on record in the Bible to keep us from sinning and help us obey His laws from love, if we will only "be willing to be made willing." He wants to work in our minds to enable us to want to do right, as well as supply us with power so that we will, indeed, obey Him. His laws are really promises. Every promise that He has made by way of a law, is part of our inheritance. (Deuteronomy 33:4; Galatians 3:17-19).

In order to start obtaining our inheritance from the heavenly Father, we must be "born again," adopted into His family. We then have the right to go to His throne in the courts of heaven, and present our request to the Mediator-Executor of the estate. If we come by faith after the right preparation, the answers will be returned in our favor if we ask according to the will of God.

Jesus said in His prayer for the disciples: "Thy kingdom come; Thy will be done as it is in heaven..." Matt. 6:10.

\*\*\*\*\*

Applying these remedies will give you a NEWSTART in a return toward good health.

Prepared by: Milton G. Crane, M.D., F.A.C.P., Medical Director, Weimar Institute, Box A, Weimar, CA 95736 (916) 637-4111.

## BAKERY ORDER FORM

<input type="checkbox"/>	90°	Corn Bread
<input type="checkbox"/>	90°	Five Grain
<input type="checkbox"/>	90°	Lumberjack
<input type="checkbox"/>	90°	Oat
<input type="checkbox"/>	90°	Raisin
<input type="checkbox"/>	90°	Rye
<input type="checkbox"/>	90°	Sprouted Wheat
<input type="checkbox"/>	90°	Sunny Soya
<input type="checkbox"/>	90°	Wheat Free
<input type="checkbox"/>	90°	Whole Wheat
<input type="checkbox"/>	90°	Sprouted Wheat-Salt Free
<input type="checkbox"/>	90°	Whole Wheat-Salt Free
<input type="checkbox"/>	1.25lb.	Granola
<input type="checkbox"/>	1.25lb.	Granola-Salt Free
<input type="checkbox"/>	1.25	Whole Wheat Dinner Rolls-18 per pkg.
<input type="checkbox"/>	1.00	Coconut Macaroons-One Dozen
<input type="checkbox"/>	90°	Bread Stix

Bread must be ordered in boxes of 20 loaves. You can mix the box with an assortment of bread. We ship via U.P.S., so a home or business address is necessary. Invoice must be enclosed. Please don't pay in advance.

PHONE .....

NAME .....

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City .....STATE.....ZIP.....

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

## Weimar's new revised cook book

featuring recipes

with no sugar · no oil · no cholesterol

ORDER NOW!  
1984 EDITION

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.

WEIMAR KITCHENS, WEIMAR INSTITUTE, WEIMAR, CA 95736

# HOME COOKING SCHOOLS — Innovative Outreach Approach

Susan looked up, startled. Who would tap on her car window while she waited for a red light? When she saw who it was, she excitedly cranked the window down. "Hi Nancy! Just a minute while I park my car!"

Several months had passed since Susan had seen Nancy and the two women greeted each other with a hug.

Nancy is the wife of a city mayor. Susan is a student at Weimar College. Their friendship began with Susan's conducting a home cooking school in these people's living room. The relaxed, informal atmosphere of the cooking school allowed spontaneous questions to be asked, individualized instruction to be given, but most importantly, it allowed personalities to be bonded together into lasting friendships.

Building friendships is an integral part of any outreach endeavor. Ellen White tells us, "If one half of the sermonizing were done, and double the amount of personal labor given to souls in their homes and in the congregations, a result would be seen that would be surprising." (Ev 430)

Those results are certainly being seen. Jennie Carr, a Weimar College instructor from Tennessee says, "A home cooking school is a very effective outreach tool. I found I could insert spiritual material or not, depending on the openness of the people in the class, but we always had spiritual discussions." Susan Claridge, an-

other Weimar college student, conducted a fourteen-week class in nearby Rocklin. Her class members, like Jeannie's, regularly involved themselves in discussing religious themes. When an invitation was given at the close of the cooking school to begin a group Bible study, the enthusiastic response was overwhelming.

The home cooking school idea began two years ago with two college girls, Janice Brousson and Dorothea (Wade) Sarli, who were intrigued by Ellen White's suggestion, "Some should labor from house to house giving instruction in the art of cooking wholesome foods." (Ev 527) They took it as a personal challenge and determined to someday try it.

An opportunity arose sooner than they expected. Within several weeks they found themselves in the home of Mary Hughes, a lady in their community who had an allergy to wheat. The plan was to teach her to make wheat-free bread by doing it with her. To the girls' great consternation, the bread refused to rise properly, but to their surprise and delight, she remained their friend! Subsequent visits encouraged the relationship, and now Mary regularly receives These Times magazine in the mail.

Janice and Dorothea's goal was to not only give home cooking schools but to eventually see the church at large use the idea as an outreach tool. Through the efforts of Earl and Dottie Allen, this dream

was realized, and an industry was begun at Weimar Institute to package home cooking school kits. Now Seventh-day Adventists across the nation are using the home cooking school concept to reach their

neighbors and friends for Christ.

For more information about this program, send a self-addressed stamped envelope to Newstart Homestyle, Box A40, Weimar, CA 95736.

## Business Office Gets New Computer

With an eye toward the future, the business office recently acquired a multi-user computer system designed to handle more data processing tasks for more users. The IMS 5000SX computer is a S-100 bus based system incorporating at present a central Winchester-type hard-disk drive of 24-megabytes, an 800-kilobyte floppy drive, and two multi-user workstations, each with its own dedicated microprocessor. The system can expand to support up to eight separate work stations, up to 2 miles distant, with print spooling to central shared printers, or optionally printing directly off each workstation.

Accompanying the hardware is a comprehensive and flexible educational-institution software package incorporating general ledger, accounts payable and receivable, payroll, and student account activities. All functions are inter-related. The program is capable of automatic document generation, information retrieval by chronological date, ledger account, or by vendor name. Also included is a user-programmable custom report generator which enables the user to maximize the potential of the flexible approach to information retrieval.

The system is designed to be a valuable aid to the business office in establishing and controlling the budgetary processes for the various programs and departments of Weimar Institute.

Subject to the receipt of additional funds and donations, it is hoped that the system may be supplemented with a high speed printer, and additional software in the areas of word-processing and data-base management. Donations may be simply marked "computer."

We look forward to the increased efficiency and flexible information-access the new equipment will provide!

— Dwayne Bullock,  
Chief Accountant

## Exciting Plans for NEWSTART Alumni Homecoming

June 10-15, 1984

Plans have been made to make the annual homecoming of the Newstart Alumni the best ever. Reservations are coming in very rapidly and the lodge is full to overflowing. Extra rooms have been made available in several of the dormitories for their Alumni guests. (see special announcement below) Among the speakers will be Dr. Paul Shakespear, who was instrumental in starting the Pritikin program and who is an outstanding lecturer. He will be with us on Monday, June 11 for two lectures. Dr. Charles Tam, cardiologist will lecture on Tuesday the 12th. Other speakers are Dr. Vernon Foster, Dr. Milton Crane and Dr. Sang Lee. It is also hoped that Drs. Henri Wiebe and Beverly Cox will be with us. There will be a special musical program plus various other things to interest you. Alumni Director, Hollis Morel states that a relaxed program is planned but there will be plenty to do for those who really want to be on the go and keep busy all of the time. The homecoming presents an opportunity for the folk to have a mini-health check with a physician's visit. Hydrotherapy will be available at a reduced price and the staff will be on hand early Monday morning to take care of having a chemistry panel drawn for those who wish.

All this at a much lower cost than you could find anywhere but Weimar Institute. Another plus that will interest some of you. You may put part or all of this on your Mastercharge or Visa. See you the 10th.

You won't want to miss the 1984 NEWSTART ALUMNI HOMECOMING, JUNE 10-15.

ROOMS STILL AVAILABLE.

BAYTITH HALL AND THE ACADEMY GIRLS DORMITORY. Twin beds only.

### ROOMS WITH LINENS

Double \$15.00

Single \$10.00

### ROOMS WITHOUT LINENS

Double \$13.00

Single \$8.00

### ROOMS IN ECHO HALL

Double \$10.00

Single \$7.00

### MEALS

Breakfast \$2.50 Dinner \$3.00 Supper \$2.00.

Sorry, no rooms can be held past May 20th without a deposit. YOU MAY USE YOUR MASTER CHARGE OR VISA FOR ALL OR PART OF YOUR STAY. USE OUR HOT LINE. TELEPHONE (916) 637-4111, ext. 440 and make your reservations NOW.

## STAFF POSITIONS OPEN

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

Business Manager  
Accountant  
Plant Services Director  
College Teacher of Education  
Baker — with experience in  
whole grain breads

Write to Personnel Director  
Weimar Institute  
P.O. Box A  
Weimar, CA 95736  
or call (916) 637-4111

## In Loving Memory

A MEMORIAL GIFT TO WEIMAR  
INSTITUTE HAS BEEN MADE :

In Memory of: Dr. Elmer Gilbert  
from: Mr. and Mrs. Earl Case  
Dr. and Mrs. Larry Senseman

In Memory of: Larry Ludington  
from: Mr. and Mrs. Earl C. Ward

# From our Chaplain

## Spiritual Bulimia

By Dick Winn

You'll no doubt wonder what useful conclusions I can draw about God and spiritual life by beginning with a discussion of...of (pardon me) vomiting. I admit it's not your usual place to find an illustration. In fact, the word has such unsavory connotations that people go to creative lengths to find alternative phrases. The Official Preppy Handbook lists several dozen picturesque options, from "blowing your doughnuts" to "tossing your tacos."

The word triggers negative emotions because we all remember only too well the physical sensations connected with the experience (which spares me the need to review them.) I'll never forget the time my wife and I both came down with a five-alarm case of food poisoning at the same time. We lay crumpled in bed, bemoaning the fact that the bathroom was a full ten-second crawl from the bedroom. The only thing to be said in favor of vomiting is the brief feeling of relief shortly following the event. During one of those lulls, I remember some counsel I had heard earlier, that "we are to rejoice in all things."

All things! I was cynical — almost angry. What was there to rejoice about? It was only later that I began to gain a little perspective. And I concluded that vomiting wasn't bad, in view of its alternative.

You see, my mouth had sent down to my stomach some food that had gone bad. It had poisonous stuff in it. But my stomach had some built-in sensors in it that picked up on the toxins and said, "No way! This stuff's destructive. We're sending it back where it came from!" Which it did. Promptly.

Yet, it was still better than absorbing the poisons into my whole system. That could well have proven fatal. And so I have willingly agreed that I can praise God that He made me capable of rejecting food.

I have recently come to believe, however, that there is more than one kind of vomiting. There's a kind of mental counterpart; and its no fun to deal with, either. Often it can become very destructive. But its basic purpose is still the survival of the organism.

There's a hint of this in Paul's counsel in

Ephesians 6:4, "You fathers, again, must not goad your children to resentment." (NEB). Paul is assuming here that a child isn't likely to just get up some morning, look in the mirror, and say, "I think today that I shall be resentful." More likely, his "system" is trying to throw off something that is alien, that is hurtful to the way he was made to operate. A father who is bullish, full of scoldings, harangues, and arbitrary commands for blind submission, is feeding emotional toxins into a fragile system that is made to flourish on the wholesome nutrients of tender caring, and sensitive, wise counsel. The kid is going to vomit; and Paul says, "Dad, that's a natural response mechanism; don't you trigger it!"

I've talked with many people through the years who are vomiting their religion. I used to get really disgusted with such people. But I'm listening more carefully now, and what I hear coming out is not a revulsion of the God revealed in Christ Jesus, but all manner of toxic distortions of God brewed in the rancid mind of the enemy himself. And I feel a need to tell such people, "It's all right. Get rid of the stuff. It's destructive — even fatal — to your spiritual life." And I'm convinced there's more bad information going around about God than good information.

There is an eating disorder called bulimia. It's an ugly problem in which one forms the habit of self-induced vomiting of good, wholesome food in a desperate attempt to lose weight. The ability of the system to vomit gets all confused, and it gets targeted at what one really needs in order to survive. Bulimia often gets tied in with anorexia nervosa, and the results are frequently terminal.

Continuing the spiritual analogy, I wonder if that isn't what happened to Judas. What nourishment he got, direct from Jesus' words! Not one milligram of toxic error about the Father. But he rejected it all. And he died. No wonder they call bulimia a sickness.

Oh, how much we need God's Spirit, to distinguish between poisonous distortions of God's character, and sickly spiritual bulimia!

# Tape Ministry

## News and Update

Let us acquaint you with some of our new series, and bring you an update on medical lectures and tape club options.

### "NU" 84 MEDICAL LECTURES

Two additional lectures update the series issued earlier this year. The Newstart Medical lectures, covering all eight natural remedies, bring part of our lifestyle improvement program into your own home. Eighteen cassettes for \$57, includes two albums.

- NU84 1 WHY PREVENTIVE MEDICINE, Milton Crane, MD.
- NU84 2 Degenerative Diseases, Milton Crane, MD.
- NU84 3 LIPIDS, Milton Crane, MD
- NU84 4 Diseases of the Egyptians, Milton Crane, MD
- NU84 5 Obesity and Nutrition, Sang Lee, MD
- NU84 6 EXERCISE, Sidney Nixon, MD
- NU84 7 HYPERTENSION, Sherman Devine, MD
- NU84 8 CARDIOVASCULAR RISK FACTORS, Sang Lee, MD
- NU84 9 SUNSHINE, Sang Lee, MD
- NU84 10 CARBOHYDRATES AND FIBER, Sidney Nixon, MD
- NU84 11 SUNSHINE, Sang Lee, MD
- NU84 12 MEAT, Sherman Devine, MD
- NU84 13 DIABETES, Milton Crane, MD
- NU84 14 PROTEIN, Sang Lee, MD
- NU84 15 AIR AND WATER, Sidney Nixon, MD
- NU84 16 CANCER, Vernon Foster, MD
- NU84 17 ALLERGIES AND THE IMMUNE SYSTEM, Sang Lee, MD
- NU84 18 MODERATION IN ALL THINGS, Vernon Foster, MD

### THE LAODICEAN MESSAGE, Elder Clayton Child.

Here is an inspirational week of prayer series echoing the call to personal revival and reformation found in Revelation 3. Elder Child is Youth and Family Director of the Upper Columbia Conference and a popular week of prayer speaker. In this series he emphasizes the need for a higher experience, and the way to find it through a personal faith relationship with The True Witness, Jesus Christ. Four cassettes for \$13.

- CC 1 (1) THE SHAKING VISION
- (2) WHERE ARE WE NOW?
- CC 2 THE TOTAL MESSAGE
- CC 3 (1) GOD'S SURE CURE
- (2) I AM KNOCKING
- CC 4 (1) I HAVE GIFTS FOR YOU
- (2) WHY IS THE DOOR STUCK?

### LESSONS FROM THE SANCTUARY, Stan Folkenberg.

This basic and comprehensive exposition of the Old Testament Sanctuary is rich in symbolic meaning. Elder Stan Folkenberg, of the Upper Columbia Conference, used an exquisite scale replica of the Sanctuary to illustrate its Christ-centered messages. Topics covered include the Sanctuary's Central importance to the people of God, the time prophecies displayed by the Sanctuary and Daniel, an examination of the Hebrew festivals, as well as descriptions of the furnishings and ministries of the Sanctuary service. Five cassettes for \$15.

### THE BIBLE...ON TAPE!

Narrator, Alexander Scourby.

These tapes come in attractive binders. Enjoy the convenience and beauty of "listening" to God's Word. Available in either King James Version (KJV) or Revised Standard Version (RSV). Please indicate choice.

- New testament (12 tapes) \$19.00 .....Version
- Old Testament (48 tapes) \$80.00 .....Version
- Entire Bible (60 tapes) \$95.00 .....Version
- Psalms and Proverbs \$15.00 .....Version

### ORDERING INSTRUCTIONS

- California residents need to include 6% sales tax.
- Any individual tape may be ordered \$3.50 per tape + shipping.
- SHIPPING CHARGES: \$1.00 for any order mailed to U.S. address. Add \$2.00 more for UPS shipment. \$2.00 for Canadian address, Overseas addresses — for air-mail service include \$1.25 per tape. (Without cases or albums) for the first 10 tapes. U.S. funds only.

Name ..... Amount for tapes .....

Address ..... 6% Tax (if CA).....

.....Zip..... Shipping .....

Total enclosed.....

WEIMAR TAPE MINISTRY  
Box A  
Weimar, CA 95736

## TAPE CLUB OPTIONS

We're happy to offer you an improved Trade-a-Tape service in place of the lending library. Take special note of this new service in addition to our other options, described below.

### TAPE A MONTH MEMBER \$39

- \* A tape every month for a year. (Usually 90-minute tapes with several choice messages.)
- \* Sound waves, our monthly information brochure.
- \* Selected tapes available at specific prices.

### TRADE-A-TAPE MEMBER \$45.

- \* Select any 12 tapes from our catalogue. They are yours to keep, along with a vinyl album to store them.
- \* You will receive 12 trading coupons. After you have listened to your tapes, you can trade any or all of them for other tapes. Simply send any trade-in tapes back with a coupon and specify your new choice. You keep any 12 tapes but have the opportunity to listen to up to 24 tapes by trading!
- \* A 10% discount coupon toward any regular purchase of tapes.

### COMPREHENSIVE MEMBER \$75

- \*Benefits of both tape-a-month and trade-a-tape at a further savings.
- If you wish to be put on our mailing list we will keep you informed on new series, tapes, and revised catalogues. We would appreciate a donation of \$1.00 to cover postage.
- Notice: Once all present lending-library subscriptions are expired, the lending-library will be discontinued.