

## **Author Background: Jeff Trimark, M.D. and David Kotter, M.Div.**

Dr. Jeff Trimark is the President of the Medical Staff of the United Hospital System in Kenosha, Wisconsin. Ten years of experience as an internal medicine specialist have given him first-hand experience with the staggering personal and medical costs of obesity. Dr. Trimark is a graduate of the University of Chicago Pritzker School of Medicine, and also a decorated veteran, having served as the General Medical Officer of a U.S. Naval Destroyer squadron in the Sea of Japan. He was named Outstanding Resident Teacher of the Year for his personable teaching style and capacity for making highly technical information easily understandable. As a gifted communicator, the Kenosha hospital often asks Dr. Trimark to respond to inquiries from newspaper reporters and to speak at community gatherings.

Pastor David Kotter will be the primary writer of *Eat and Be Content* and has significant experience writing, teaching and preaching. He was requested by Dr. Wayne Grudem to prepare a 12,000 word appendix for *Business for the Glory of God*. (Marvin Padgett's positive assessment of the work and a short excerpt are included in Appendix C.) He has also researched and defended a 128-page Master's thesis on borrowing and lending entitled "To Owe No Man Anything: A Closer Examination of Romans 13:8." David is a *Summa cum Laude* graduate of both the University of Illinois (B.S. in Engineering and M.B.A.) and Trinity Evangelical Divinity School (M.Div. and M.A. New Testament).

David has served as a pastor at CrossWay Community Church since it was planted eight years ago in Kenosha. Working with Dr. Mike Bullmore has developed in him a vision for the functional centrality of the gospel and a passion to help believers apply the truth of God's word to all areas of life. As the Pastor of Discipleship ministries (one of six full-time pastors on the team), David has spent thousands of hours in biblical counseling with individuals and married couples. The writings of David Powlison, Paul David Tripp, Ed Welch and Elyse Fitzpatrick have been a significant influence on his approach to ministry. David has used a biblical theological framework of truth to help believers overcome struggles with eating and grow in sanctification in this area of life. God has recently called David to serve as the Executive Director of the Council on Biblical Manhood and Womanhood.

For five years Jeff has served as an elder on the leadership team of CrossWay Community Church and is deeply committed to the functional centrality of the gospel. Jeff and David have been close friends for years, meeting regularly for accountability and mutual edification. They share a common passion and vision to help believers apply biblical truth to eating and all aspects of life.

Jeff and David have developed and taught the workshop "Eat and Be Content" over the last three years. Jeff brings a command of the best medical evidence available from the latest research studies and a sharp eye to evaluate the often inadequate studies cited in popular diet books. David's pastoral experience and training in original languages have been instrumental in developing the spiritual foundation of the workshop. Through ongoing kitchen research, Ana Kotter and Jenny Trimark have developed invaluable recipes and suggestions to make *Eat and Be Content* accessible and practical for the average cook and shopper. Ana and Jenny are themselves accomplished speakers and have helped teach portions of the workshop.