

Gleaner

Northwest Adventists in Action

OCTOBER 2008, Vol. 103, No. 10

EXTRAORDINARY MEDICINE

AT ADVENTIST HEALTH,
THE DOCTOR IS ALWAYS IN



Wes Rippey, M.D.,
surgeon and chief
medical officer
at Adventist
Medical Center
in Portland,
Oregon.

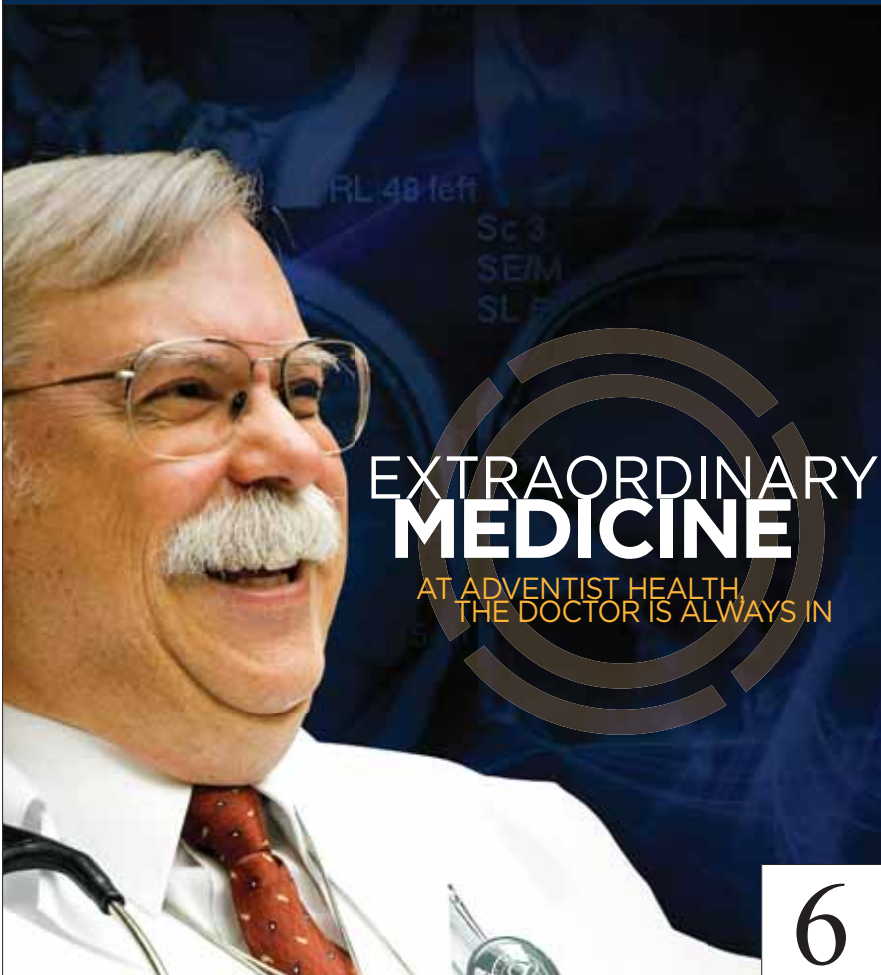




Do not be terrified by them, for the Lord your God, who is among you, is a great and awesome God.
DEUTERONOMY 7:21 (NIV)

"Grizzly Bear Portrait" photographed by Gary Lackie of Anchorage, Alaska.

Feature



EXTRAORDINARY MEDICINE

AT ADVENTIST HEALTH,
THE DOCTOR IS ALWAYS IN

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Health

HealthyChoices

37 with *Dr. Don Hall*

*Fruits and Vegetables Decrease Diabetes Risk
Soft Drinks Increase Diabetes Risk
How to Build and Maintain Strong Muscles*



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Wes Rippey, M.D., and CMO at Adventist Medical Center in Portland, Oregon, embodies the spirit of extraordinary service at Adventist Health. This month's feature portrays individuals and programs throughout AH that personify the term "extraordinary."



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LITHO U.S.A.

Being Extraordinary for God

Use your gifts to honor God and in everything, be—extraordinary.

God calls us to be the best we can be—faithful, honest, charitable and kind. But what does “the best” mean today?

Often we measure our success by our work. Yet, being the best to God doesn’t mean we have to be rich and famous or wildly successful by the standards of this world. Nor does it mean we have to be rocket scientists, doctors or lawyers (or even ministers). But as the faithful, we are expected to recognize and use the talents He gave us to do our very best.

Consider the challenge in Ecclesiastes 9:10: “Whatever your hand finds to do, do it with your might; for there is no work, nor device, nor knowledge, nor wisdom, in the grave, where you go.”

God calls us ordinary individuals to be extraordinary—exceptional parents, remarkable sons and daughters, devoted husbands and wives, and faithful servants to one another. The Bible gives many examples of these types of everyday people called to do extraordinary things for God.

Consider Noah and his ark. Noah was a mere carpenter—but one with faith—and through Noah’s work, God spared the world. Or consider Joseph. The favorite son and envied brother, this ordinary young man with a coat of many colors went on to be chief consultant to a king. And don’t forget Mary and Martha. These sisters served Jesus intimately with Martha’s wonderful meals and Mary’s alabaster box of perfume. Through their faith,

and Jesus’ miracle, they saw their brother Lazarus raised from the dead.

These famous names mean something to us as Christians. They represent some of our fondest Bible heroes, people who accomplished great things in the name of the Lord. But the names Mike, Linda, Bruce and Maryam mean something too. Like our Bible heroes, these ordinary individuals stand out because of their extraordinary work. Through their jobs at Adventist Health, these people extend the healing mission of Jesus Christ. Every day, they use their unique talents and gifts to help heal the world—body, mind and spirit.

As chairman of the Adventist Health board of directors, it is my privilege to introduce this special health care edition of the GLEANER. Some jobs are not glamorous but as you read these pages, you’ll realize there is no task too small to be extraordinary. Whether it’s reading about telecomm phenom Mike Bickford, plant services manager Bruce Price, hospitalist Maryam Jamshidi, or Linda Heyne and her team of amazing volunteers, I know you will enjoy learning about the extraordinary work happening in our health system.

Today I challenge you to be exceptional and in the words of an old hymnal favorite, to “brighten the corner where you are.” No matter if it’s pounding a nail on an ark, wiring a building, interpreting dreams or tending the sick, God has a plan for you. Use your gifts to honor God and in everything—be extraordinary. •



Jere Patzer

NORTH PACIFIC UNION CONFERENCE PRESIDENT
AND ADVENTIST HEALTH BOARD CHAIRMAN



Did You Know?

Where you live might affect how often you call in sick for work. A study of the European Union showed that only 6.7 percent of Greeks took a sick day in 2000, compared to nearly one in four workers from Finland. Rather than saying one nation is “healthier” than another, the study suggests a nation’s health care system and worker’s compensation determine how likely workers are to call in sick. Overall, men were about 2 percent more likely to call in sick than women.

SOURCE: www.howstuffworks.com

OCTOBER

THOUGHTS ON HEALTH & MEDICINE

“He who has health, has hope. And he who has hope, has everything.”

—Arabian proverb

“The greatest mistake in the treatment of diseases is that there are physicians for the body and physicians for the soul, although the two cannot be separated.”

—Plato

“The doctor of the future will give no medicine but will interest his patients in the care of the human frame, in diet and in the cause and prevention of disease.”

—Thomas Edison

“The Lord hath created medicines out of the earth; and he that is wise will not abhor them.”

—Ecclesiastes 38:4

“The only equipment lack in the modern hospital? Somebody to meet you at the entrance with a handshake!”

—Martin H. Fischer



THE MOST FOR YOUR MILE

As gas prices continue to strain our finances, many drivers are looking for ways to get extra efficiency out of their cars. Here are a few basic tips to help you hypermile:

- › Leave extra space between you and the car in front of you. This will allow you to use the engine to slow down, instead of the brakes.
- › Avoid idling. Turning the engine off when you stop for more than a minute can improve fuel efficiency by 19 percent.
- › Maintain a steady speed. Use your cruise control and choose routes with fewer intersections to avoid stop-and-go driving.

Source: www.wikihow.com/hypermile



EXT SER

ADVENTIST HEALTH EVERYDAY EXTRAORDINARY: MAKING THE MISSION OF ADVENTIST HEALTH

As I look back over this year—my first—as president of Adventist Health, I am struck by the vast talent in our company. From our rural facilities like Tillamook County General Hospital to our largest urban hospitals such as Adventist Medical Center in Portland, Oregon, we have excellent people on staff. And they're not all doctors, nurses and vice presidents. Many of our best and brightest come from areas you'd never think twice about.

Take Plant Services, for example. The men and women of this department have a thankless, yet vital job. With skill and dedication, they keep our hospitals clean, beautiful and safely running 24 hours a day.

It's the same story with our volunteers. These devoted helpers give time, talent and expertise—for free. With their dedication, we are able to extend our mission throughout the halls of our hospitals and into the homes of our community.

Alongside them are our hospitalists. A relatively new physician specialty, these inpatient experts work hard to streamline the patient care experience.

Supporting all of these departments is our innovative Information Technology team. With boundless technological savvy, these professionals are pioneering systems to improve patient care—and everything else—within Adventist Health.

You'll read all about these extraordinary people and departments in this Adventist Health special edition of the GLEANER.

But why does it matter if we have the best technologists, the most dedicated volunteers or the most talented plant services personnel? It matters because everything they do enables Adventist Health to carry out its mission—to share God's love.

As 19th century English clergyman Dean Stanley said, "The true call of a Christian is not to do extraordinary things, but to do ordinary things in an extraordinary way." So I invite you to read about our system and our employees, and how they take the most ordinary tasks and make them extraordinary.

I hope you enjoy this spotlight on Adventist Health. If you wish to know more about us, please visit www.adventisthealth.org.

Bob Carmen, Adventist Health president

Facts about Adventist Health:



Headquartered in Roseville, California

18 hospitals in California, Hawaii, Oregon and Washington

23 rural health clinics

15 home care agencies offering home health, hospice, personal care, medical equipment and infusion therapy services

Three joint-venture retirement centers, with a fourth on the way

Approximately 18,000 employees

More than 2,800 beds

110,188 admissions in 2007

392,495 emergency room visits in 2007

1,969,779 outpatient visits in 2007

216,492 home care visits in 2007

92,202 hospice days in 2007

491,991 rural health visits in 2007

Adventist Health provided more than \$2.5 million in free and low-cost services to our communities in 2007.



TRAORDINARY SERVICE:

SOMETHING SPECIAL IN WWGH'S PLANT SERVICES



In small hospitals, it's common for employees to wear many hats. At Walla Walla General Hospital, you might call Bruce Price the Mad Hatter. With five distinct disciplines in his purview as Plant Services director, the jovial man has his hands full. And it's a good thing because without his team, the hospital would have a hard time running.

As the overseer of Plant Services, Housekeeping, Safety, Security and the Environment of Care, Bruce and his 15-person team shoulder much responsibility to keep the hospital functioning well.

Luckily, the group runs like a well-oiled machine. Someone is on call 24-7, and workers generally arrive between 6 and 8 a.m. each day. Bruce says, "My crew—I wouldn't want to run the hospital without them. They work together, help each other and are always there for one another. That makes all the difference. I give them all the credit."

Daily tasks involve maintenance,

electrical work, groundskeeping and the care of boilers, floors, ceilings and everything in between. Additionally, his team is heavily involved with construction projects at the hospital including the recent Medical Pavilion, which opened in the spring.

"It's the best job a person could have," he adds. "It's never boring and changes constantly. If you don't like what you're doing, in five minutes you'll be doing something different. I highly recommend this as a career choice."

And something very different about the hospital is the unique relationship it maintains with community organizations. Through Bruce's department, for example, WWGH partners with Columbia Industries—an organization that provides training and employment services to the mentally and physically disabled. With the partnership, three to five specially trained individuals come to the hospital weekly to

do various jobs such as yard work, cleaning debris, mowing lawns and cleaning up after bushes and trees.

The program is a win-win. The hospital is able to keep up with the never-ending yard work, and workers are able to earn a living in a safe, monitored environment. "The program helps keep them active and out and about," says Bruce.

Talking about his work overall, Bruce says, "I love my job and I love the people. Our leadership is very supportive."

Whether it's mowing, wiring lights, planning new buildings or partnering with the community, the men and women in Plant Services are an integral part of the hospital team. Unsung heroes, they allow doctors, nurses and clinicians to do what they do best—provide patient care in a safe, clean and beautiful environment. •

*Shawna Malvini, Adventist Health
GLENER correspondent*

Bruce Price and his team take care of the Walla Walla General Hospital from top to bottom.



Bruce Price, Plant Services director, stands by the new Walla Walla General Hospital Medical Pavilion, which opened in the spring.



Walla Walla General Hospital, a 72-bed acute care hospital, was founded in 1899.

ADVENTIST HEALTH

EXTRAORDINARY MEDICINE

THE DOCTOR IS ALWAYS IN



Walla Walla General Hospital has three hospitalists: Gerald Craig, M.D., David Woolever, M.D., and Maryam Jamshidi, M.D.

It's the playoffs. Dignity is on the line—there's only one touchdown between you and victory. As you dive for the ball, hefty hustlers from the other team pounce and clobber. You capture the pigskin to rapturous applause, but, in horror, you realize your leg is fractured in three places.

Sirens wail, carrying you to the emergency room. From the time you arrive at the hospital to when you leave (four days later because of surgery), you meet a flurry of faces. Besides the admitter, the nurse, the emergency doctor, the orthopedic surgeon, the anesthesiologist, the physician assistant and the orderly, you see what seems like a dozen different doctors.

It's busy. It's hectic. It's traditional medicine.

Hospitalists Usher in a New Era of Care at Adventist Health

A relatively new breed of doctor, hospitalists—as their name suggests—specialize in hospital-based medicine. They don't have a separate practice. Instead they devote their entire career to inpatients alone. And the result: In most instances, the care is more streamlined and efficient.

From admissions to discharge, hospitalists supervise the care of inpatients—simplifying the process, improving communication and reducing the chance of medical error.

“We take care of patients in the hospital. It's a division of labor that's proven more effective and of better quality,” says hospitalist Maryam Jamshidi, M.D., of Walla Walla General Hospital. “There is a continuity of care that I really like. Patients have two doctors instead of 14.”

NARY



Jamshidi, who came to Walla Walla, Washington, from Vancouver, Washington, started as a primary care physician and likes the busy feel of a small-town hospital. “I love it at WWGH. I like the intensity and acuity of care. I also like how the hospital provides support.”

Improving Service In and Out of Hospitals

Hospitalists play a pivotal role in improving processes both in the hospital and in their colleagues’ clinics.

“One of the strengths a hospitalist program offers is the ability to have a doctor in the hospital who can instantly deal with problems that may arise,” says Wes Rippey, M.D., surgeon and chief medical officer at Adventist Medical Center in Portland, Oregon.

As an Adventist Health board member, Rippey lauds hospitalists for the concentrated time they spend with patients. “The hospital is their only focus. They can spend a significant amount of time with patients and speed up hospital stays.”

“They [hospitalists] can enjoy quality time with their patients, assess transitions and not rush to get back to the clinic,” states Lary Davy, president and CEO of Tillamook County General Hospital, which started a hospitalist program in July.

And, Davy says, it’s nice for nurses to have ready access to doctors for admissions and discharges. “Being on site reduces response times for hospital admissions and it doesn’t back up a physician’s office either, which in turn reduces wait times in their clinics,” he says.

“Speaking as a CMO, their ability to assist specialties that have few doctors is invaluable,” adds Rippey. “Since they’re

based in the hospital, hospitalists can be the initial admitter and call specialists as consultants. This takes the pressure off specialties such as orthopedics and gastroenterology.”

Improving Care and Quality

And evidence suggests care improves with hospitalists. According to Larry Wellikson, M.D., and CEO of the Society of Hospital Medicine, more than 100 studies have been published on the impact of hospitalists. He says, “Most studies show that hospitalists help reduce the risk of medical errors, reduce the length of patient stays and reduce hospital costs.”

“I’ve always believed this was the wave of the future,” says hospitalist David Kim, M.D., medical director of the inpatient programs at St. Helena Hospital and Redbud Community Hospital.

After training in the Air Force, Kim heard a seminar by Robert Watcher, the physician who originally coined the term “hospitalist.” He says, “After listening [to Watcher], I knew that was the kind of physician I wanted to be. Typically doctors have to wait months or years for progress with their patients. With hospital-based acute care, the transformation happens over a much shorter period of time.”

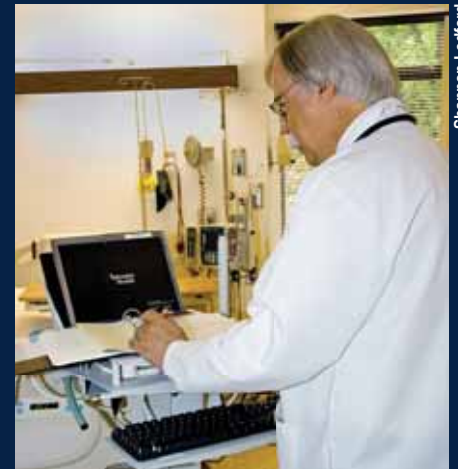
Along with professional satisfaction, hospitalist programs allow physicians to have a better quality of life. “It greatly reduces the amount of on-call time physicians have to take,” says Davy. “They’re actually off when they’re off. They actually get to have a life.”

More than anything though, hospitalist programs enable Adventist Health to stay focused on its No. 1 priority: mission. “If you look at our mission [to Share God’s Love], hospitalists allow more time with patients to carry out that promise, through quality care and conversations,” states Davy.

Most Adventist Health hospitals maintain hospitalist programs to extend the healing ministry of Christ.

To learn more about this healing mission, visit: www.adventisthealth.org.

Shawna Malvini, Adventist Health GLEANER correspondent



Wes Rippey, a physician, reviews patient information at Adventist Medical Center. As a surgeon, he relies on hospitalists to take care of his patients during their recovery.



After hearing what a hospitalist does, David Kim, now at St. Helena Hospital, knew that’s what he wanted to be.

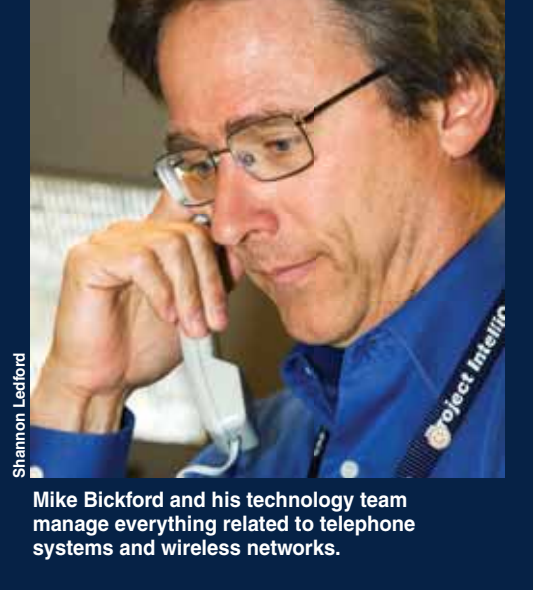


Dr. Rippey, an Adventist Health board member, is a strong proponent of hospitalist programs.

Shannon Ledford

Shannon Ledford

Shannon Ledford



Mike Bickford and his technology team manage everything related to telephone systems and wireless networks.

ADVENTIST HEALTH

EXTRAORDINARY TECHNOLOGY:

I.T. INNOVATION AT ADVENTIST HEALTH

With tech support jokes and goofy Mac versus PC commercials, it is no wonder the stereotypical Information Technology worker is a blue-shirted, pocket-protected nerd. But the Adventist Health Information Technology department is anything but stereotypical. By taking this department out of the cube and into the hospital, it's changing the face—and the capabilities of health care.

Information Technology directly supports the most vital piece of the organization: the mission of healing. During the last five years, the team has worked tirelessly to implement an award-winning clinical information system—Project IntelliCare—revolutionizing the way doctors and nurses do their jobs.

"It's an exciting time for Information Technology," says Alan Soderblom, Adventist Health vice president and chief information officer.

Though not directly related to IntelliCare, Mike Bickford is changing what it means to be in Information Technology.

Mike Bickford, regional telecommunications manager, came to the Information Technology department through Plant Services. With nearly 25 years in the company, he has spent the last 11 at

Adventist Medical Center in Portland, Oregon. A journeyman electrician, his expertise extends to telephone switch management, wired networks, wireless networks and cabling infrastructure. Basically, if the phones or networks break in the Northwest region, Mike and his team get the call.

"Even though they can't see the patient walk through the door, they are dedicated to the mission as much as a nurse at the bedside."

He is a man of action. "Mike's very focused on getting things done," says Wendell Bobst, Adventist Health Information Technology Security director, Mike's former co-worker at Adventist Medical Center. "He is committed to customer service and to making projects succeed."

Some of Mike's biggest projects include new buildings on campus. Most

recently, he worked on the hospital's new medical pavilion and parking garage. Before the project even broke ground, Mike and his team logged hundreds of hours on logistics. (Trivia: The telecommunications and data network infrastructure alone boasted more than 300,000 feet of cable.) In January the team will install the network and telephone electronics for the pavilion that is opening in May.

Mike says one of the best parts of his job is the great people he works with. "Even outside contractors say what nice people Adventist Health has.

"That's the nice thing about faith-based health care—it's a business but we're here for more than profit. We're here to heal and serve people," he says.

"Our Information Technology team members are devoted people," says Alan. "Even though they can't see the patient walk through the door, they are dedicated to the mission as much as a nurse at the bedside."

And "dedicated" is a good word to describe the outstanding range of people who make Information Technology an extraordinary place to deliver Adventist Health's healing mission. •

*Shawna Malvini, Adventist Health
GLENER correspondent*

ADVENTIST HEALTH

EXTRAORDINARY COMMITMENT:



VOLUNTEERS BRIGHTEN HOSPITAL IN TILLAMOOK

Don't let Ethel Isberg fool you. Though illness has left her bent over and frail-looking, this 89-year-old Tillamook, Oregon, native is full of life, lighting up a room with her bright blue eyes and shy smile. She also has brightened the lives of more than 500 families in the coastal Oregon town.

With colorful yarn and nimble fingers, Ethel crafts custom pink or blue caps for the newborns at Tillamook County General Hospital. But it's not only the expert knitting that makes her hats unique—woven into each one is a special blessing. Ethel, who recently knitted her 500th cap, prays over each one.

"Throughout our lives, God places saints in our paths to encourage and inspire us. Such was the case when I met Ethel," says Linda Heyne, TCGH director of volunteers.

Ethel has had her share of challenges, with her past health issues including pancreatic cancer, gallbladder surgery, a broken hip and lymphoma. Still, not even cancer could slow her down as each month she would deliver a bag filled with hats. Even when doctors were not optimistic about her condition, Ethel persevered.

"Strengthened by her faith in God and the prayers of her church, she entered

remission in July 2007 and is now cancer-free," says Linda. "Throughout her tribulations, the production of baby hats continued.

"She celebrates life in a world where every day is a challenge. She is so positive," adds Linda, "She's not afraid of anything, she fully enjoys life."

Linda, who started work at TCGH as a hospice volunteer coordinator, transitioned to work with Faith in Action, a community-based volunteer program, and then Hospital Volunteers.

"I love it," she says. "Working with volunteers is a joy because they simply want to be there—they don't have to be. They show up every week, some having volunteered for more than 25 years."

TCGH enjoys 38 hospital-based volunteers who do many jobs such as operating the gift shop, delivering mail and flowers, running errands, collating admission packets and keeping the flow of the hospital smooth.

Additionally, more than 60 volunteers work with the Faith in Action program to provide services to people in their homes. This program links the hospital with area churches and health/human service agencies to recruit and deploy volunteers around Tillamook County. Volunteers visit, run errands, make meals and do light housekeeping and yard work.

"These volunteers help people remain independent in their homes," says Linda. "Volunteers have taught me so much through the years," she says, "about commitment to serving others."

To learn more about volunteering at TCGH or any other Adventist Health hospital, visit: www.adventisthealth.org.

Shawna Malvini



Vivian Stangle is 94 years old and volunteers in the Tillamook County General Hospital gift shop every Wednesday morning. In the photo, she is modeling a new line of purses.



Carmen Ryzner has been a volunteer at Tillamook County General Hospital since 1986 and is now legally blind. She prepares patient belonging bags and patient stretch briefs by folding them to specific instructions.



Baby Clayton Westmark, born at Tillamook County General Hospital, models a blue cap handmade by 89-year-old volunteer Ethel Isberg.



Tillamook County General Hospital nurses from left: Marcy Manning, Janie Taylor and Megan Dooher love sharing Ethel Isberg's hand-knit hats with the newborns. Ethel is in the center.

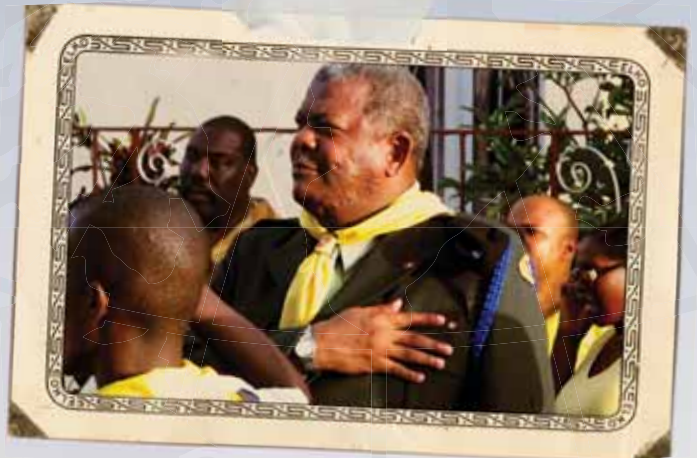
WORLD NEWS

ANTIGUA

Prime Minister Affirms Pathfinders

For the second consecutive year Antigua's prime minister has been named an honorary Pathfinder by the Seventh-day Adventist youth service organization. Baldwin Spencer received the ranking during a camporee gathering of more than 3,000 Pathfinders from around the Caribbean. The prime minister praised outreach efforts by Adventists and says being named a Pathfinder is, "one of the highest privileges ever accorded me."

SOURCE: *Adventist News Network*



MICHIGAN

Adventist Woman Commissioned to Serve as Navy Chaplain

Adrienne Townsend has been sworn in as the first Seventh-day Adventist woman to serve as an active duty chaplain in the U.S. Navy. Once stationed, her duties will include: leading worship services, providing counseling and visitation and performing weddings and funerals. Townsend served four years as associate dean of women at Andrews University, and has spent two years training with Gary R. Councell, Adventist Chaplaincy Ministries director for the world church.

SOURCE: *Adventist News Network*

NETHERLANDS

World Council of Churches Celebrates 60th Anniversary

On August 22, in the same church where it held its opening service, the World Council of Churches celebrated its 60th anniversary. Representing 349 churches, denominations and fellowships, it is the largest ecumenical body in the world. Since 1948 the World Council of Churches has focused on efforts to unify the purpose of member churches.

SOURCE: www.oikoumene.org

W S BRIEFS

UKRAINE

ADRA Aids Flood Victims

Thousands of Ukrainians have been left without homes after some of the worst flooding the country has seen in over a century. In response, the Adventist Development and Relief Agency has distributed food and personal items to the survivors. The Ukrainian Ministry of Emergency reports more than 40,000 homes were covered by the flood.

SOURCE: Adventist News Network

GEORGIA

Churches Damaged by Conflict

At least three evangelical churches in the Georgian region of South Ossetia have been damaged by the conflict between Russia and Georgia. Refugees from the region told reporters that churches in the battleground areas were assisting locals before they were damaged. Churches in neighboring regions are offering aid to those affected by the violence.

SOURCE: www.christianpost.com

CHINA

Bibles Returned to U.S. Christians

A group of American Christians had more than 300 Bibles confiscated by Chinese customs officials when they arrived in the country. When the group, Vision Beyond Borders, appealed to the U.S. Embassy they were told that the Chinese were following a law that forbids bringing religious products into the communist nation for more than personal use. The Bibles were returned to the group when they left China.

SOURCE: www.christianpost.com

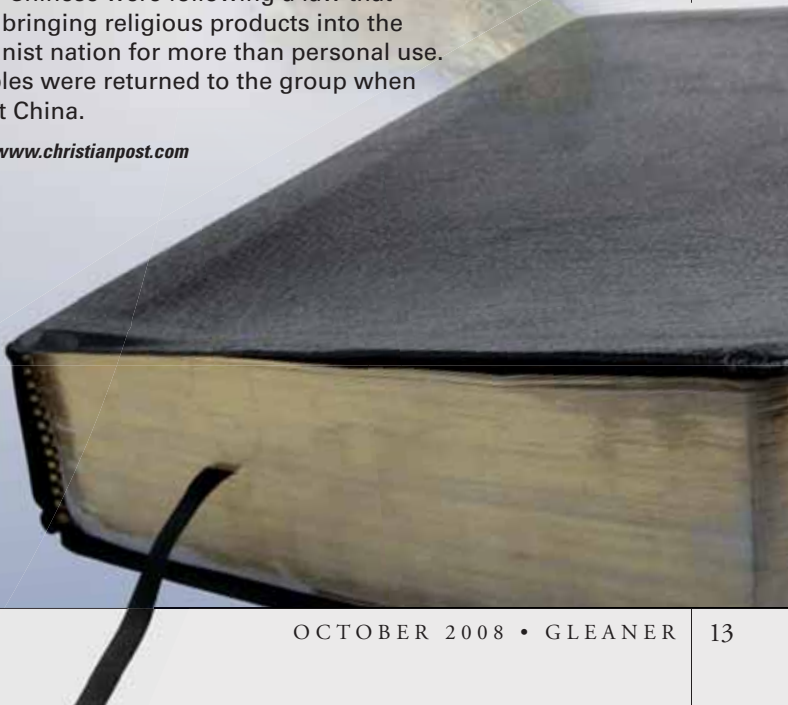
INDIA

Missionaries Protest Land-grab

Adventist missionaries in India have been told that the government intends to take all but 24 acres of a 375-acre campus that houses a school for poor children. In order to keep their land, the organization has to obtain special cabinet approval. Other religious groups who are also having their land taken are protesting the ruling in court.

SOURCE: www.telegraphindia.com

WINTER LANE



ACCION

LEVÁNTATE Y VE A LA IGLESIA

Marleny Barahona tuvo el privilegio de nacer en México en un hogar donde se adoraba a Dios en Espíritu y en verdad. Como Marleny se crió con el temor de Dios, siempre tenía hambre por las cosas espirituales. Por eso tan pronto llegó a los Estados Unidos a la edad de 20 años se unió a una iglesia Cristiana donde permaneció por 15 años siempre intentando seguir los caminos de Dios. Marlene sentía hambre de conocer más a Dios. Fue así como en el mes de Mayo recibió una invitación para asistir a una campaña evangelística en Auburn, Washington. Marleny cuenta que después de asistir la primera vez, no faltó ni una noche. Sin embargo, aunque disfrutó de las predicaciones del pastor Alejandro Bullón su vida rutinaria continuó. Marleny sentía un gran vacío en su corazón. Anhelaba algo que no poseía. Ella nos cuenta: “pasaron 3 semanas y comencé a sentir una necesidad en mi vida de ir a la iglesia en día Sábado en vez del Domingo. El cuarto Sábado, como a eso de las 5:00 a.m. escuché una voz que me dijo: “LEVANTATE Y VE A LA IGLESIA”. En seguida me levanté y me arrodillé a la orilla de mi cama y como de costumbre me puse a orar dando gracias a Dios por

un nuevo día. Pero luego me di cuenta que era Sábado, entonces le dije en mi oración a Dios: “¿Cómo voy a ir a la iglesia, si hoy es Sábado? ¿Acaso no voy a mi iglesia todos los Domingos? ¡Señor, creo que te has equivocado!” Pero el Señor no se había equivocado. El Espíritu Santo estaba trabajando en el corazón de Marleny y no la dejaba tranquila. Ella nos sigue diciendo:

entonces fue cuando sentí en paz en mi corazón.

“Esa misma mañana llamé a varias personas que había conocido en la campaña evangelística del Pastor Bullón, pero nadie me contestaba. Al fin, la hermana Elida respondió y me proporcionó dos direcciones de iglesias Adventistas. Fui a ellas, pero estaban cerradas.” Marleny intentó otra iglesia más pero también estaba cerrada. Y ella se preguntaba, pero como puede ser que una iglesia donde se guarda el Sábado esté cerrada? “Al ver esto, empecé a tambalear y tuve dudas. Pero el



Marleny Barahona en la iglesia de Federal Way feliz y contenta de haber recibido una invitation especial de Dios para ir a la iglesia.

Espíritu Santo no me dejaba quieta y siempre me recordaba esa voz del sueño, “Levántate y ve a la iglesia.” Dios usó a la hermana Elida quien la invitó a la iglesia Iglesia Adventista de Federal Way. Marleny recuerda, “la verdad es que me sentí como Jonás, porque no quería ir hasta Federal Way. Estaba lejos de mi casa y yo buscaba algo más cerca. De todos modos fui y allí entendí el hermoso mensaje del amor de Dios en el himno que se estaba cantando, entonces fue cuando

sentí paz en mi corazón.” Así como Marlene Barahona, hay mucha gente a las que el Espíritu Santo les está diciendo: Levántate y ve a la iglesia.” •

Ramon Canals vice/presidente Ministerios Hispanos

Alaska Camp Meetings Share the Light

The never-setting sun offers Alaskan residents the opportunity to enjoy nearly nonstop camp meetings. Starting June 20–22, church members from the interior towns of Alaska converge annually on Harding Lake about 50 miles southeast of Fairbanks for the first camp meeting. Hal Thompson, North American Division vice president, was the featured speaker for the weekend event.

Just three weeks later, the camp grounds at Palmer were the site for the annual south-central Alaska camp meeting with more than 1,000 attendees on Sabbath. Featured speakers included Jose Rojas, Marvin Moore and Melvin Adams. “I



The new bath house at Camp Lorraine was completed just in time for Southeast Alaska's camp meeting Aug. 1–3.

wanted to thank you and all your staff for such a wonderful camp meeting,” one member wrote. “The whole camp meeting was such a blessing to us.”

A special plea to raise money for the next stage in completing the Togiak parsonage resulted in donations and pledges of \$15,000 during Sabbath School.

The third camp meeting was Aug. 1–3 at Camp Lorraine on Vank Island near Wrangell, Alaska. All attendees must take the nine-mile boat ride from either Wrangell or the end of the island on which Petersburg is located. The recently donated boat, *Horizon Light*, provided much of the transportation. Thanks to a volunteer group of nearly 30 from North Carolina and donated money and materials, a new bath house was constructed in just 10 days. Attendees scrambled to set up toilets and sinks in time for the Friday night meeting. •

John Kriegelstein, Alaska Conference communications director

Uninvited Cyclist Enriches Classroom Lesson

Nickie Linder, Juneau Adventist Christian School teacher, found a surprise at school recently: Gary Findlay, world cyclist, was camped in a tent next to the door in the breezeway of the school, trying to stay dry from the rain while waiting for his ferry that evening.

“Recognizing an incredible teachable moment, we hastily rearranged our class schedule,” comments Linder. “Right after worship we launched social studies, with our map study covering the globe, as Findlay

described his adventures over the last 14 years.”

Findlay, a successful engineer from England, sold everything 14 years ago and began his travels. His trips have taken him from British Columbia to Baja Mexico, down Central America to the southernmost tip at Cape Horn, through Europe, Nepal and India.

His scariest trip with animals was from South Africa up through the eastern countries of Africa, where he was chased by an angry bull elephant. He was so close he could have swatted

the elephant’s trunk! On another occasion, Findlay literally rubbed noses with a lion through a fence.

“Mr. Findlay promised to send us an e-mail and some pictures from time to time when he reaches a place where he can do so,” reports Linder. “He left us with a sense of possibilities and appreciation for hard work, perseverance, other cultures and countries, as well as God’s creatures.” •

Nickie Linder, Juneau Adventist Christian School teacher



Students of Juneau Adventist Christian School crowd around Gary Findlay, a world cyclist, who recently surprised the teacher and the students by spending the night on the covered breezeway of the school. Findlay’s stories about his world travels entertained and educated the students.

Reunion Rekindles Friendships

For Enterprise Students

What began as phone calls from Neil Springer to a few of his former classmates a year ago culminated July 11 and 12 in the first-ever reunion of the Enterprise (Ore.) Seventh-day Adventist School. Most of the planning took place by e-mail and telephone calls, coordinated by Springer and a team of volunteers, including Gini (Miller) Sallee, Nadine (Hayes) Messer, Patrice (Shepley) Jacobson, Jani (Ham) Hardcastle, and Marcia Ham. Barbara Hilde, church member, coordinated local arrangements for the gathering.

Founded in September of 1952 by the Enterprise Church, the school began with 26 students in grades 1-8. Still in the original building, the school currently has two teachers.

In anticipation of the reunion, the current school committee invited former students and friends of the

school to participate in an Adopt-a-Window project with the goal of replacing 30 of the old single-pane windows with energy-efficient double-paned windows at the school. With hard work and contributions, the project was completed in time for the reunion.

As the reunion began, former students, teachers, parents and friends gathered from the Northwest as well as California, Wyoming, South Dakota, Colorado and Virginia.

The weekend kicked off with an open house and a buffet meal in the church fellowship room, attended by nearly 60 people. Dan Webster, current school principal, and Bonnie Bowman, lower-grades teacher, conducted tours of the school, and guests viewed a slide show of photos from the school's history.

The church service featured three former students, Stanley Beerman, Patrice (Shepley)

Jacobson, and Steve Beerman who shared memories and life lessons learned through the years. Philip Ruud, who was a student during the school's first year of operation, and his wife Linda sang. Dennis Ruud offered the scripture and prayer, and Marcia Ham played the piano prelude for the service.

A group of more than 100 enjoyed a potluck lunch at Wallowa Lake State Park. In the evening, a bonfire, hosted by Gary and Glenda Underhill, gave further opportunity for friendships to be renewed. The Maas family, Frank and Barbi Maas, Sharon Maas Goltry, and Mariam Maas Morehead, shared musical talents.

Several former students expressed their desire to meet again in two to five years and to stay in touch in the meantime. One person remarked, "Neil, I can't thank you enough for

getting curious about the rest of us a year ago." To receive notice on future reunions, contact Neil Springer at iamabuyer@gmail.com. •

Nadine Messer, former Enterprise School student



Enterprise School alumni and friends raised money to replace 30 windows in the classrooms and lunchroom, which had been installed in time for school tours at its first reunion.



Neil Springer, former student and organizer of the first Enterprise School reunion, arrives at the Enterprise Church, where the weekend began with an open house.

Former teacher Wilma Dickerson, age 97, reminisces with her former students at the first Enterprise School reunion at Wallowa Lake State Park.



Patrice Jacobson

Idaho Members Reach Out With VBS

Children throughout the Treasure Valley and beyond enjoyed learning more about Jesus during a variety of Vacation Bible School experiences this summer.

Eagle

Between 50 and 60 children in the community of Eagle learned about God's Big Backyard during the week of July 7-11. They loved singing songs, making crafts and playing water games. In the Community Corner, they met a local TV personality, as well as representatives from the fire department and the Eagle food bank. They learned that each one of them could serve their family, friends, neighbors, community and Jesus just like people in the Bible. During crafts, the children wrote personal messages on a 25-foot parachute that will be given to the Women and Children's Alliance in Boise for use in their day care.



Eagle VBS staff members pray before the start of each meeting. From left: Dale Anderson, Edie Taylor, Tim Roosenberg (pastor), Joan and Don Hutchison (Joan is obscured) and Mary Mace (who has her back toward the camera).

Caldwell/Nampa Spanish

The Caldwell Church joined the Nampa Spanish Church Aug. 4-8 in also featuring God's Big Backyard theme, welcoming a total of 114 children by the week's end. The children enjoyed the antics of Nick the squirrel and Cooper the dog, and the adventures of "Becky" and "Wayne the Brain" as they found ways to

serve others. They pledged their lives to serve Jesus in all that they do by hand-writing their individual promises to God on a 6-foot banner. Becky Bindernagel, VBS director, asks reflectively, "What's our mission now? To just take a step outside, look over our own fence, and help kids discover how rewarding service can be!"

Gem State Academy

John LaFond accepted the challenge to lead out in Gem State Academy Church's VBS. Using the Castles and Crowns theme, they taught an important spiritual lesson from a different biblical king or queen each evening. By the end of the week, every boy and girl knew Jesus as the King of Kings and that each of them were adopted into His royal family.

Becky Bindernagel, Caldwell/Nampa Spanish VBS director, discovers fun things to do in her own backyard.

Vale

In the farming community of Vale, Ore., nearly 60 children attended all or part of the church's VBS program, July 21-25, coordinated by Lillian Thompson. Only 15 of the children were from church families. At the end of the week, VBS volunteers compiled a DVD slide show from the week. They plan to visit each family and present them with a personal copy of the DVD as a constant reminder of the good experience and lessons learned. •

Compiled from reports by Becky Bindernagel, Sylvia Ellis, Marta Stone and Edie Taylor



Vale, Ore., VBS stories have the children listening with rapt attention.

Michigan Meets Montana For Mission Trip VBS

This summer, a group of 75 people came from the Berrien Springs, Mich., Village Church to conduct a Vacation Bible School at the Fort Peck Indian Reservation in Poplar, Mont. The VBS was organized by Rich and Margaret Marsh, who lived on the reservation before moving to Michigan. They are friends with Lakota Sioux natives Kris and Ed Simons who currently live at the reservation and hold a branch Sabbath School there, using the *Native New Life* DVDs by Monte Church.

When the VBS began, volunteers camped out on the high school football field in authentic Indian tepees provided by the tribe.

The theme was: “Kin Sni Otokahe Wakan Tanka—In the Beginning God.” Bible stories, activity books and crafts all fit the creation theme.

The VBS volunteers incorporated the tribal summer feeding program with their health and nutrition classes for the local children. Children also heard a presentation by “Moses” telling the day’s creation story.

Crafts reinforced the lessons. Half of the group painted scenes from the story on walking sticks. For instance, for the first two days of creation they painted a dark stripe with some light or colors scattered around. Pictures of sky and water came next. By the end of the week, the stick had become a picturesque



Children attending the VBS at the Fort Peck Indian Reservation learn teamwork during the outdoor activities.

reminder of God’s creation of the world.

The other half made shields with hoops and yarn and pictures of created things. Daily attendance ranged from 75 to 150 children.

After VBS, the group participated in community activities like visiting homes and a detention center, passing out *Steps to Christ* books and praying with the people. Many helped paint a community church a few miles from town.

In the evenings, other programs were presented, ranging from a history and culture talk by the vice chairman of the Tribal Executive Board to a class on arrow making. Also, a prominent health director invited a Michigan physician to present an evening nutrition class to tribal health employees. It was so well-received that the group would like the CHIP program and the training to teach it, especially after learning there is a program being designed for

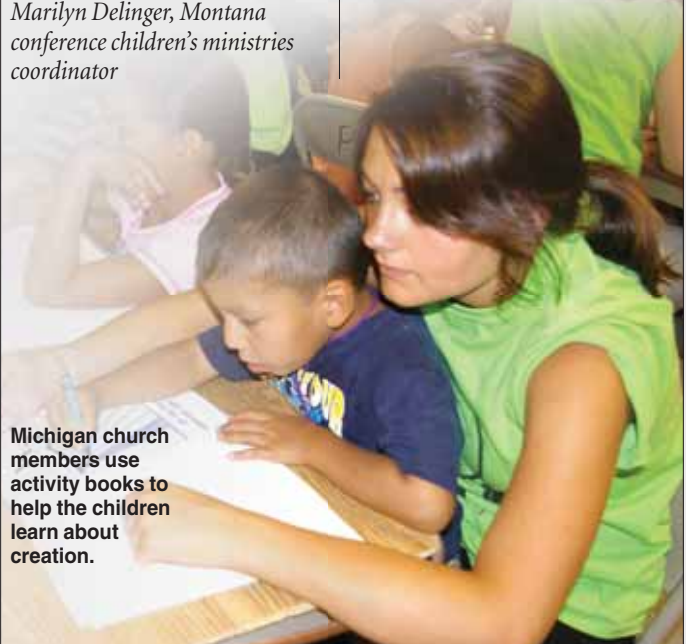
Native Americans.

One of the moms who brought her family to participate says, “We have wanted to take our kids on an overseas mission trip but it was something we could certainly never afford to do. This experience has given us that opportunity.” •

Marilyn Delinger, Montana conference children’s ministries coordinator



Up to 150 children hear a daily story from “Moses” about creation at the Fort Peck VBS.



Michigan church members use activity books to help the children learn about creation.

Vacation Bible Schools *Captivate Kids*

Many children look forward all year to a favorite summer activity—Vacation Bible School. Several churches in the Oregon Conference hosted VBS programs this summer, each with a theme designed to teach children about Jesus while having fun.

Gladstone Park Church offered the program Castles and Crowns, held the last week of June. Belinda Reynolds, VBS leader, says “The children learned about the character of God through kings and queens of the Bible. There were nearly 25 volunteers from our church who helped out, with an average attendance of 25–30 children.

“There was an opening and closing program called the Kings Court. Here at the [closing], a skit where volunteers dressed as a king, queen, and court jester really made the children laugh.”

Connie Durbin, assistant leader, says, “Of the four activity stations two were crafts. One was called Scripture

Chronicles, where along with a craft, children were told Bible stories, and the other, Old Art Shoppe, where children made Bible covers.

“At Banquet Hall, children were given samples of food cooked by a volunteer and at Tournament [games] children were pitted against their leaders in a tug-of-war game.”

On Sabbath, June 28, the children conducted the worship service where they got to perform songs, recite memory verses, and tell the congregation what they learned about the kings and queens of the Bible.

In **Lebanon, Ore.**, Brenda Maynard, VBS leader and staff, engaged the kids with the theme Power Lab beginning June 16.

Approximately 117 children registered, of which only about 20 were Adventist children; the rest were from the surrounding community.

Each day highlighted a different Bible power verse. Friday, the 20th, featured VBS graduation with dinner. Parents were invited.

Nearly 160 participants representing 20 community families came for the dinner and graduation program. VBS graduation



About 30 Redmond Church members help set up and put on a Vacation Bible School program this summer. Six of the helpers were ages 8–13.

ended with a testimony from Brenda Maynard, who attended VBS as a child, learned about God and later became an Adventist Christian. Maynard challenged children and parents to commit their lives to God.

The **Redmond Church** created their own theme this year called Summer with Jesus. The weeklong program attracted 46 children from around the area, including 27 from the neighborhood. Thirty-one church members helped put on the program, six of them ages 8–13.

Dave Shasky, pastor, told Bible stories on the life of Christ and the New Testament. There were outdoor games with a memory verse each day to coincide with the stories.



During the daily Tournament at Gladstone Park, the children are in a relay to build the walls of Jerusalem.

Summer crafts, snacks and water slides were all part of the fun. •

Compiled by Krissy Barber, Oregon Conference communication intern



Burnell Paulson and Rocilia Holmes are the king and queen during Gladstone Park's Castles and Crowns VBS.

New Member Finds Freedom in Christ

Duane McGuire, who found freedom in Christ when he was incarcerated for 18 months, was baptized by Bob Uhrig, pastor, at the conclusion of the Gladstone Park Church worship service July 5.

Mel McGuire, Duane's brother and local church elder, says, "His decision to be baptized was exciting to me as I witnessed the ceremony. It revealed a person who is determined to serve the Lord."

Uhrig says "I was there when Duane was arrested in Estacada back in 2006. I received letters from him that inspired me as I learned of the way the Holy Spirit was working in his life." At this



Duane McGuire is living his newfound faith by helping others at Portland Adventist Community Services. He stocks the food pantry that assists people with food.

time he studied and completed Doug Bachelor's 12-step *Amazing Facts* Bible studies.

Then he was transferred to Powder River Correctional Facility in Baker City, Ore.,

a treatment center for inmates incarcerated for hard drugs and alcohol. While there, he met Marvin Sundean, a local Adventist elder involved in prison ministry. He says, "McQuire attended Sabbath School and church services for the inmates and made his decision to follow Christ all the way and prepare for baptism."

After being released from prison this year, McQuire has been training for employment, and volunteering at Portland Adventist Community Services. He received his GED in April. •

Richard Cook, Gladstone Park communication leader

Kelso-Longview Members Join Community-wide Project

It was cloudy and cool as Kelso-Longview Church members joined together to tackle brush, weeds and grass around the community. This was part of a joint effort by area-wide organizations.

Everything from painting and applying storm drain decals, to playground installation and helping with arts and crafts in the nursing homes, was taken on by churches of all denominations.

One senior citizen, whose yard was transformed, provided lunch for our crew.

She commented that "if we had hired professionals to do this, they would not have done as good of a job as you folks have done!"

The next day, many church and community members showed up

"If we had hired professionals to do this, they would not have done as good of a job as you folks have done," commented one senior citizen who was helped by the church.

at the Kelso-Longview Church for an American Red Cross blood drive. Along with blood donations, the church supplied all of the volunteers to assist with the drive. The fellowship hall was a buzz of activity, excitement

and nervous laughter as white-coated technicians applied iodine and carefully gave that first little "stick."

As you leave the Kelso-Longview Church parking lot, you will see a sign that says, "You are now entering the mission field." Church members take that challenge seriously—it's not about us, it's about reaching and serving our community. •

Linda Wilson, communications leader



Columbia Adventist Academy *Imports New Leadership*

*“Students should take ownership of their school, making it what they dream it can be.”
—Matthew Butte*

Matthew Butte has started his first year as Columbia Adventist Academy principal. But his face is not new to staff, students, parents or community.

Butte served CAA for the last 11 years as chaplain and Campus Ministries director. The last two years, he also added vice principal to his title. Under his leadership, CAA has become known as a student-led school with a positive spiritual atmosphere, and a place emphasizing community service. Butte believes students should take ownership of their school, making it what they dream it can be. These beliefs and talents are handy in his new position...students continue to be utilized in every aspect of campus life.

Butte has a theology degree from Newbold College, a degree in religious education from King’s College, London, and a master’s in education from Boston College. This is his 13th year away from his home country of Great Britain. He and his wife Michelle have three children: 5-year-old twins and a baby boy.

Taking Butte’s previous positions of chaplain and campus ministries director is **J. B. McMillen**. McMillen comes from Andrews University where he served as the chaplain of outreach while

earning his master’s degree in Youth Ministry. Before that, McMillen served for five years as assistant boys’ dean at Blue Mountain Academy in Pennsylvania. He is glad to be working in an academy again.

Greg Hurlbert joins the teaching staff in the math and science departments. Hurlbert graduated from CAA in 1995, but comes most recently from Auburn Adventist Academy where he has been for the last eight years. Hurlbert graduated from Walla Walla University in 2000, and also earned his master’s in math from Central Washington University. His research project for that degree included smart boards and technology in the classroom. His knowledge is proving useful as new classroom technology plans our underway for the new administration

building. CAA students are already enjoying Hurlbert’s humor as he teaches physical science, physics, algebra II and pre-calculus.

Penny (Enneberg) Smith joins the CAA staff part-time, teaching English. Smith is a Portland native and an alumnus of PAA. She has her master’s in education from Pacific Union College, and has used her experience to teach in a variety of situations, including conversational English in Kathmandu, Nepal, professor of education at Spicer Memorial College in Pune, India, and teacher of a summer language program for Chinese students. She and her husband, Michael, have two children who attend CAA. •

Lara J. Dowie, GLEANER correspondent



Columbia Adventist Academy’s new staff for 2008–2009 from left are: Greg Hurlbert, J.B. McMillen and Matthew Butte. Not pictured: Penny Smith.

New Staff Join the Milo Family



The names from top left to right and down are: Pierre Mays, Mike Shinn, Ian Wilkinson, Jeff “PJ” Deming, Erica Buckner, Anthony Cooksley, Matt Melashenko, Cindy Melashenko, Larry Griffith, Janrry Telah, Hilde Barrera and Ellen Morgan.

Several new staff members have joined Milo Adventist Academy.

Matt Melashenko is the new computer network administrator. Melashenko, an accomplished singer and pianist, wants to be a daily positive influence to students. He and his wife Cindy have two children, Kayla and Kirk.

Hilde Barrera is the new vice president for finance. Barrera moved from Rhode Island where he worked for a mortgage company for 11 years. Barrera and his wife Deborah strongly believe God led them to Milo. They have three sons, Brandon, Bryan and Benjamin.

Cindy Melashenko and **Ellen Morgan** are sharing the

accountant duties formerly covered by Teresa Wilkens, who is assisting her husband in his new ministry.

Mike Shinn, the new maintenance and grounds director, comes from Sunnydale Academy in Missouri. He says Milo is one of the most beautiful campuses he has ever seen. Shinn and his wife Karen have one son.

Three new taskforce workers have joined the staff. **Ian Wilkinson**, assistant boys’ dean, recently graduated from Walla Walla University with a degree in history. Wilkinson did his student teaching at Milo last year and felt the school had an awesome spiritual program. **Erica Buckner**, assistant girls’

dean, is a sophomore secondary education major from Andrews University. Buckner desires to help her dorm girls develop into the people God wants them to be. **Anthony Cooksley**, a 2005 Milo alumnus, is assisting Jeff Miller in the technology department. Cooksley recently graduated with an associate degree in applied service management.

Executive chef **Janrry Telah** (Chef Ray) has endeared himself to the students with his cheerful friendliness. A native of southern California, Telah loves working at the school. He is joined by his wife Marie and daughter Haylee. Sous chef **Pierre Mays** brings 20 years of culinary experience

from major cities such as New York and Atlanta. Mays hopes to be a positive role model like the ones he had while attending Adventist schools. **Larry Griffith**, dining commons cook, comes from Pine Springs Ranch in southeastern California. Griffith says he is enjoying the country setting.

Jeff “PJ” Deming has accepted the pastoral position at the Milo Church in addition to counseling and teaching junior Bible classes. He replaces Carl Wilkens, who is doing full-time humanitarian work.

What a blessing to have these new staff join the Milo family! •

Ellen Morgan, music department assistant and accountant

Emerald Women Serve Community Needs

The Emerald Adventist Community Service Center in Eugene, Ore., resumed its service to the community in August after taking the summer months off. From early fall until spring, seven ladies faithfully keep the center functioning every Tuesday from 10 a.m. to noon and 1 to 3 p.m.

Each year, they help others with clothing and household items, as well as Bibles and other Christian literature. In addition to these things, one of the unique things they do is make quilts. Last year, the ladies made over 50 quilts. Some of the quilts are given



Volunteer Karen Waterson works on one of the many quilts the Emerald Community Services supplies to the greater Eugene area each year.

away, and others are sold. When the quilts are sold, the money is used to buy sleeping bags for people who are homeless.

Church and community members keep the shelves, drawers and racks well-stocked, and regular financial



Volunteers Ava Dunks and Gail Comiske help at the Emerald Community Service Center.

donations allow the volunteers to purchase items at low cost to pass on to clients. •

Francine Delmore, volunteer

Waldport Makes It Official

More than 150 guests from the community and from the Florence and Newport churches attended the Waldport Church open house May 3. Invitations were sent as far away as Belgium. Several members from the Maranatha group who helped build the church also came for the event.

Several people expressed astonishment that such a small congregation could accomplish so much in just one year's time. The fact that it is completely finished, right down to the

landscaping, and paid for, was declared a "miracle."

Steve Waterman, area Lutheran Church pastor, welcomed members to the neighborhood, and praised the church for the work it does for the community.

In July, members of the Waldport Church gathered again for a special occasion—this time for the dedication service. •

Cathy Raymer, Waldport Church communication leader



The fact that the Waldport Church is completely finished, right down to the landscaping, and paid for, was declared a "miracle."

PAA Welcomes Community to Block Party

Portland Adventist Academy connected with its community by inviting neighbors to come on campus for the second annual neighborhood block party.

The free three-hour event brought nearly 100 neighbors to the campus in an effort to spur conversation and concern for neighborhood safety, mostly due to some upcoming changes in the city's mass transit system.

Visitors enjoyed popcorn, snow cones and live music. Children played games and had their faces painted with flowers and animals. The Portland City Fire and Rescue department let parents and children explore one of their largest fire engines and passed out fire safety material.

Rosanne Lee, Portland crime prevention coordinator, was also an important part of the event. She says PAA neighbors show optimism about the community. "These people are very aware of the coming changes," she says. The city of Portland's mass transit system

is scheduled to open a light rail station near PAA's current front entrance in September 2009. "I've met with your principal about security," Lee shares. "Tri-Met is making good decisions about safety and so is the school."

Many of PAA's neighbors are used to seeing big changes. Dick and Nancy Woods have lived down the street from PAA for more than 50 years. "We were here before all of this," says Nancy Woods, referring to the Adventist Medical Center, Interstate 205, Mall 205 and PAA. "In fact, our son used to hunt pheasants on this property when it was just a field. A lot has changed since then," Nancy says with a smile.

The changes continue. To accommodate added light rail traffic concerns, PAA recently moved its student entrance from 96th Avenue to the Market Street entrance. For construction purposes, the city of Portland temporarily removed a large piece of sound wall which buffered noise from I-205.

While all these changes can be intimidating, PAA's efforts to make a safe and secure place for our neighbors to live and our young people to develop will continue through positive community building efforts like the neighborhood block party. •

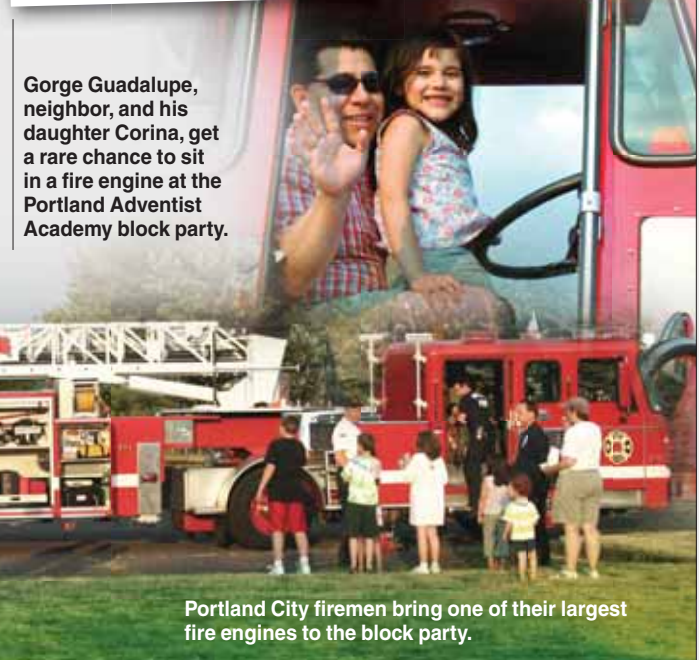
Liesl Vistaunet, public relations director



Neighbors for over 50 years, Dick and Nancy Woods tell Principal Crosby about how their son used to hunt in the field that is now school property.



Portland Adventist Academy students Lena Dahl and Sara White (in the foreground) blow bubbles for neighborhood kids.



Gorge Guadalupe, neighbor, and his daughter Corina, get a rare chance to sit in a fire engine at the Portland Adventist Academy block party.

Portland City firemen bring one of their largest fire engines to the block party.

Students IGNITE UCA

At Upper Columbia Academy, seven students have stepped forward to ignite the campus for Christ. It began with Saul Dominguez, UCA senior. While on a mission trip to Guatemala this spring, Dominguez, then a junior, was convicted to dedicate his senior year to God and leading others to Him. He shared his conviction with his friend, Logan Villarreal, also a junior. The two of them organized a student-led youth ministries team called IGNITE (In God Nothing Is Too Extreme). From two, the team grew to seven students dedicated to inspiring

and upholding a vibrant spiritual atmosphere at UCA.

As the 2007–2008 school year ended and the IGNITE members scattered to their respective homes across Washington, they continued to keep in close contact, meeting several times over the summer.

The summer wrapped up, and three IGNITE members returned to UCA early to meet with staff to outline their mission and ask for the staff’s support and advice. As one of the IGNITE members says, “When young people and their energy unite with adults and their experience, it creates

a spiritual atom bomb that sends Satan running.” The staff eagerly agreed to support IGNITE’s vision, offering their time and resources.

IGNITE’s mission is to first reach in, to ignite and unite the UCA campus in Christ, so that they may then reach out to the surrounding community. Their plan is to organize and lead several outreach projects. These projects will culminate with a spring youth rally in Spokane, Wash. •

Danielle Schull, UCA junior



Seven Upper Columbia Academy students are motivating fellow students to service. From top left: Saul Dominguez, senior; Daniel Jenks, junior; Jemi Morgan, senior; Kristin Stratte, senior; Kayla Schroetlin, senior; Danielle Schull, senior; and Logan Villarreal, senior (not pictured).

Athol and Rathdrum Members Sponsor VBS Programs

Children in Athol, Idaho, enjoyed this summer’s Castles and Crowns Vacation Bible School hosted by industrious church members. They listened to stories about Queen Esther, the Queen of Sheba, King Joash, and, of course, King Jesus.

The children decorated prayer journals, constructed a treasure box filled with jeweled memory verse cards and made their own crowns. Following game time each day, the children were treated to a special lunch. At the end of the week, the staff took individual photos of each child wearing a

shining, silver crown. Shelley Morse, VBS leader, and all the others who helped out, hope that this will not be the last time these children wear a crown for Jesus.

In Rathdrum, members wondered how their small church plant could sponsor a VBS program for their community. But, undaunted, Todd Parker, Bible worker, and his wife Gina, led out, even though it was their first time. They rented buildings in the city park for the week beginning July 28, and named their program Creation Day Camp. A fair booth gave the church the opportunity to hand

out fliers about the upcoming camp. Providentially, the right number of people gathered to help out and were amazed as approximately 40–70 enthusiastic children flocked in each day. Rathdrum members rejoiced to see their faith rewarded with such tangible blessings. •

Compiled from reports by Jeanne Johnson and Nancy Smith

Athol children Morgan Morse, and Cynthia and Kacey Greene put their whole hearts into craft time at this summer’s VBS program.



Children in Rathdrum listen eagerly as volunteers lead out in the Creation Day Camp, held at the end of July.



Yakima Food Bank Expands the Menu

Not only is the Yakima Adventist Food Bank known for providing the best quality food, but they are also becoming known for the spiritual food they offer. Jim Wenzel, bank director, and his volunteers feed and clothe an average of 550 persons throughout the year.

In addition to these services, clients can pick up Christian books or other material free. This effort was spearheaded a few years ago by Paul Dressel, 88, one of Yakima Church's longtime members. His desire to do more than meet the

physical needs of the Food Bank clients led him to ask church members to bring in their extra Bibles, Christian books, and literature, including old quarterlies and children's papers. As per Dressel's request, the church subscribes to *Signs* and *El Centinela*, which he offers as well.

Dressel's ministry, Not By Bread Alone, has expanded to offer weekly Bible studies with more than 40 people attending classes taught in Spanish by Blanca Zaniudlio from Three Angels Hispanic Church, and an average of 10

people attending one in English taught by Pastors Sharley, Kris Loewen, Campbell (who is retired), and Bill Hinman (a retired educator).

Each family is given a number so they won't lose their place in line, and while they wait, they have the option of attending a Bible study. As a result of the studies, there have been several Hispanic baptisms. •

Nita Hinman, Yakima Church communication leader

Yakima Church member Paul Dressel offers free books and other materials at the food bank.



UPPER COLUMBIA

Parents Find UCA Worth The Trip



Sarah Shank, Upper Columbia Academy freshman, is attending UCA while her parents serve as doctors and missionaries in Africa.

At Upper Columbia Academy, the new school year has begun, bringing with it a new principal, new carpet and nearly 100 new students. Some students arrived from Spokane, Wash., and surrounding areas, while others traveled from far away.

One student Sarah Shank, a 15-year-old freshman, has come from Africa, proving that UCA is worth the trip. When Shank was 11, her parents Greg and Audrey moved to Africa as missionaries, becoming the only doctors at an Adventist

hospital in Cameroon. Shank was educated in public schools from first- through third-grade, and home schooled from fourth-grade through eighth-grade.

As Shank's freshman year of high school approached, Greg and Audrey decided to enroll her in an Adventist academy. They visited 12 academies scattered across the United States, including Upper Columbia Academy. After prayerful consideration, the Shanks made their decision: She would attend UCA.

The three of them arrived at UCA on registration day among the nearly 300 new and returning students. Shanks moved into the dorm and began life at UCA. Greg and

Audrey remained at UCA for three days before returning to their work in Africa. Shank plans to visit them in Africa at Christmas, and they hope to spend summers with her.

Shank's story is only one example of students who travel long distances to attend UCA. This year, UCA students represent four countries and 11 states. UCA is worth it. Adventist education is worth the time, money and effort that students, parents and faculty dedicate every day to make UCA a place where students grow and mature. •

Danielle Shull, Upper Columbia Conference staff reporter

Auburn Adventist Academy Fills to Capacity

Auburn Adventist Academy began a new year school with an increase in enrollment from 297 students to a brimming 320 students. With every chair filled, AAA is praising the Lord for a growing school family.

“I am excited beyond belief to have an increase of enrollment in the economic times of today,” says Keith Hallam, AAA principal. “I am also overwhelmed by the determination of parents to place their children in a safe, Christ-centered environment.” It is through the generosity and financial support of church



Auburn Adventist Academy celebrates God's blessings with the acceptance of its 100th new student.

members, friends and family that so many are able to come to the academy.

With so many new students at AAA, many new friendships are blossoming. “I have

enjoyed meeting a bunch of new people this school year,” says senior student Amy Alderman of Enumclaw, Wash. “It’s been fun to meet people from all over the world.”

As students stream across the green lawns of campus, an ever-present desire to fulfill AAA’s statement of mission fills the hearts of the faculty and staff. “It is our desire that students would see Jesus Christ in our hearts,” says Hallam, “so that by our example, their lives would be forever different.”

As the school year continues, Auburn Academy solicits your prayers as it strives to help each young person to be of Christ convicted, to Christ committed, and for Christ compelled. •

Jondelle D. McGhee, AAA
GLENER correspondent

Educators ‘Make a Difference’ in the Community

Nearly 150 educators representing 23 schools in the Seventh-day Adventist school system in Western Washington met recently for teachers’ meetings.

Beyond meetings focused on “making a difference through service,” the educators served the community on Tuesday afternoon through 16 service projects in the Washington cities of Auburn, Federal Way, Tacoma, Milton and Puyallup.

The Aug. 12 project list included gardening, weeding, general yard work and brush clearing; organizing food pantries and preparing food

for shelters; and helping local nonprofit agencies prepare resources for the school year.

“The people we worked with were amazed that we as teachers would come out and help them,” says Greg Reseck, a teacher who volunteered in helping remove English ivy from trees at Dumas Bay in Federal Way.

Adds David May, teacher: “We made a difference to an office of employees who were impressed that we would work with them today. Yet the networking in the community benefited me as well. My eyes were opened [to community needs].”

While these educators often



In cooperation with city officials and family members, Adventist volunteers help a woman in the community clean her yard to avoid a city fine.

organize community service projects for their students, this is the first time educators have focused specifically on serving the community.

“The face of our church that we want our community to see is what we did today to say,

“We care,” says Byron Dulan, one of the service organizers. “We sent out Adventist ambassadors today.” •

Heidi Martella, Washington
Conference associate
communication director

Washington State Reformatory Hosts Four Baptisms

“There were lots of smiling faces—and really cold water!” says Kim Willis, tireless volunteer program sponsor.

But nobody—not even the four inmates in the photo—really minded the chill as they were baptized on Thursday evening, July 24, at the Washington State Reformatory in Monroe, Wash.

“I realize that life’s not going to get easier,” says one of the inmates who was baptized, “but I’m finally taking a stand for something.”

These baptisms happened thanks to the Holy Spirit working through a close and cooperative partnership between prison ministry volunteer sponsors from the Monroe and Bellevue churches.



From left: Gayle Woodruff, Camilo Avila, inmates Robert and Doug, Mike Maldonado (pastor), Charlie Williamson, and inmates Linares and Robert. Not pictured: Maylan Schurch (pastor) and Kim Willis.

Months of fellowship, Bible study—and much prayer—brought these four men to the point where on July 24, Mike Maldonado, Monroe pastor, stood beside the waist-high prison baptistery and immersed

these four happy men. Earlier this year Maldonado baptized two inmates from the nearby Twin Rivers unit.

Monroe Correctional Complex is the largest prison in the state with nearly 2,500

inmates. Strong volunteer support from the Monroe Church makes it possible to currently present programs in four of the five Monroe Correctional Complex units. During July, volunteers spent over 170 hours—and had contact with more than 630 inmates—facilitating Bible studies, church services, Friday evening 12-step programs, and a weekly Thursday evening Bible video seminar. Attending these groups are not only Christians but Native Americans, Buddhists, Muslims and even Wiccans.

“When I go to the prison,” says Camilo Avila, volunteer, “I always get more than I give.” •

Gayle Woodruff, prison ministry volunteer from Bellevue Church

Enumclaw Members Travel to Chile

Church members in Enumclaw, Wash. experienced the thrill of mission work when they traveled to Domeyko, Chile, in July to work with Maranatha to build a church.

For the newly constructed church, the Enumclaw group purchased 70 folding chairs in addition to a satellite dish for the new church facility that’s called “the nicest building in town.”

In addition to construction, the team also participated in evangelistic meetings and health talks. Eight people were baptized as a result.

The meetings even changed the hearts of the team members. A highlight of the trip was when one of the team members came forward during the last night of evangelistic meetings and gave his heart to

Christ. “I thought I was just going to help build a church and ski the Andes,” he says. He couldn’t explain why he went to the meetings.

Four youth, ages 14–17, particularly enjoyed building

Enumclaw Church sends a group of 22 missionaries to Chile to build a Maranatha church.



the church and playing with 54 children during Vacation Bible School.

Enumclaw members are supporting a Bible worker in Chile as preparations continue in Domeyko for more meetings. Since the Enumclaw missionaries left, four more people joined six other people who are studying the Bible in preparation for baptism. •

Darla Riotto, communications leader

New Staff Join Buena Vista Elementary

The face of Buena Vista Elementary School's teaching staff changed drastically this year.

Veteran educators Marjorie Lyman (second grade), Roger Hinshaw (sixth grade) and Sue Duncan (office manager) retired from teaching at Buena Vista after 26, 29, and 20-plus years of service, respectively.

In addition, two teachers, Scott Spies (eighth grade) and Stephanie Cooper (sixth-seventh grade) transitioned out and an increase of students were anticipated in grades three and four.

"We've had a very consistent

staff," says Ron Trautwein, principal, "so the school hasn't faced this type of transition before. I chose to look at this as an exciting time to bring in fresh ideas and maintain the values Buena Vista stands for."

The school board set to work to fill six teaching and staff positions—an unprecedented number of positions representing approximately half of the school's educators.

New to Buena Vista's team are Sherri Thomas (second grade), Melissa Clifford (third-fourth grade), Jennifer McGhee (sixth grade), Jeff Martella (seventh-

eighth grade), Connie Mitzelfelt (eighth grade) and Clairra Hockenson (office manager).

For a school characterized by longevity and consistency of teaching staff, the faces of educators may be new, but the high quality of education continues for the Auburn, Wash., student body of 224 students in grades K-8. •

Heidi Martella, Washington Conference associate communication director



While the face of Buena Vista's teaching staff has changed, the values of providing a quality Adventist Christian education have not.

Inner-city Kids *Find a Place to Belong*



Heidi Martella

Throughout the summer, camp staff pray each camper finds "a place to belong" at Sunset Lake Camp, and more importantly, in Jesus Christ.

On a Thursday morning in August, 53 nervous kids ages 8 to 13 arrived at Sunset Lake Camp. They didn't know what

to expect as they left their city life behind in exchange for four days in nature.

They soon found themselves

in awe of the abounding evergreen trees, fresh-smelling wild plants, and unfamiliar creatures. Their doubts soon disappeared too as they experienced all Sunset Lake has to offer—the Nature Center, waterfront activities, hiking, archery and much more.

"The weekend was a whole new experience for these kids," says David Yeagley, Sunset Lake Camp director. Inner City Camp at Sunset Lake in mid-August enables inner-city children to experience both God and nature. Emerald City and Mt. Tahoma Adventist churches gathered these 53 kids from the Tacoma and Seattle areas. About half of them were

dipping their toes into the Adventist world for the very first time.

As a Friday night tradition at Sunset Lake after the evening program, the kids filled out Decision-for-God cards and floated candles on the lake after discussing what they've learned. Later that night 14 children made the decision to study in preparation for baptism.

Starting out unsure of this new environment, these 53 kids now know that Sunset Lake Camp truly "is a place where you belong." •

Raschelle Casebier, Washington Conference communication apprentice

WWU Appoints Wagner as Marketing Vice President

A Walla Walla University graduate has been named vice president for marketing and enrollment services.

In July, Jodeene (Jodi) Wagner began her role of leading the university's strategic marketing initiatives in recruiting, enrollment, public relations and other programs.

Prior to being hired at WWU, Wagner was the director of client planning and strategy services at Coffey Communications in Walla Walla, Wash., a position she held for 10 years. In her role, Wagner provided marketing



Jodi Wagner returns to serve her alma mater as vice president of marketing.

consultation services to the company's many health care clients. She also developed

educational resources for clients, including editing a professional magazine and organizing national conferences and on-site workshops.

"For 16 years I've been blessed to do what I love every day at an industry-leading health care communications company," says Wagner. "There's no question that my experience at Walla Walla University led to these opportunities. Now I'm honored to serve my alma mater as we prepare students for exciting and meaningful lives."

Graduating from WWU in

1992, Wagner majored in mass communications and completed concentrated studies in business and English. In addition to her academic studies, Wagner participated in a wide range of student activities, including serving as yearbook editor and student senator.

Wagner lives in Walla Walla with her husband, Jeffrey, and their three children, Katie, Jenna and Nickolas. •

Becky St. Clair, WWU GLEANER correspondent

International Assignment Gives Student Hands-on Experience

Walla Walla University junior mass communications major Eric Ashley went to Chile for *Insight* magazine in July for about a month. Hired as a photographer/reporter, Ashley attended Maranatha's 2008 Ultimate Workout 18, a mission trip designed to give young people 14 to 18 a spiritual "workout."

Though the group Ashley worked with in Chile did not ultimately build a church, they were excited to do outreach in the local community of Iquique. Ashley captured the 10-day project on his camera, and interviewed the attendees. "My favorite part of the mission trip was getting to



Eric Ashley, Walla Walla University student, celebrates with young people in Chile after an evening of sports outreach during Maranatha's Ultimate Workout.

know all the great people in my group who were giving time and money to serve others," says Ashley.

Ashley spent a week and a half traveling by bus from

Santiago to the project site, stopping in different cities to take pictures. He did the same on the return trip.

Accompanying Ashley during the first and last part

of his time in Chile was Brent Bergherm, a professor in WWU's technology department. Bergherm has taken international photo assignments before, and he sincerely enjoys them. He was there for the same reason Ashley was, but was assigned to a different project.

"Traveling with Eric on his first international journey was fun," says Bergherm. "It was good to once again serve the Lord in this capacity. It's wonderful to see Him work in the lives of the young people involved, as well as in the lives of the locals." •

Becky St. Clair

FYI



WWU Ranks Among Nation's Best Universities

Walla Walla University again ranks among the nation's best colleges and universities, according to U.S. News & World Report's edition of *America's Best Colleges*. The magazine places WWU 36th in the Best Universities—Master's section in the Western region of the United States. There were 572 universities in the category, and WWU was compared with 112 other universities in the western region. The magazine evaluated each institution based on broad categories, including freshman retention, graduation rates, class sizes, student-faculty ratio, acceptance rate and alumni giving.

Former Dateline NBC Producer Joins Andrews University Faculty

Debbie Michel has accepted an associate professor of communication position at Andrews University. Michel brings 11 years of experience working for NBC television on such programs as *NBC Nightly News* with Brian Williams and *Dateline NBC*. She co-produced *Dateline's* edition *Saddam Hussein's Capture*, which was nominated for an Emmy. In addition, Michel received several awards for her work on NBC's coverage of the *D.C. Sniper* story. Michel began teaching journalism classes at Andrews fall semester.

OOPS!

The August GLEANER scrambled some facts in the Oregon Conference story about the Woodburn church dedication. We incorrectly identified original charter members Dennis Colgan, Jim Green and Lula Eugene as former pastors, and left out some of the former pastors who participated: Willard Loewen, Richard Morris and Dale Ringering. Our sincere apologies to them and heartfelt gratitude for their dedicated service through the years.

THE ADVENT MOVEMENT

Harold Altamirano became assistant pastor of the Hillsboro (Ore.) Spanish/The Rock district in July. **Keith Bowman** began an internship at the Tabernacle Church (Portland, Ore.) in August. **David Crockett**, former pastor of the Palmer (Alaska) Church, became pastor at the Sandy (Ore.) Church in September. **Mika Devoux** began pastoring for the Samoa-Tokelau Church and the South Side Tacoma (Wash.) Samoan Company in August. **Dacia Haning** became the Oregon Conference executive assistant to

Caldwell Accepts GC Communication Position

Garrett Caldwell, Upper Columbia Conference assistant to the president for communication since August of 2006, has accepted the invitation from the General Conference to serve as associate director of communication and public relations director for the world church. Caldwell holds a D.Min. degree in spirituality and story from Wesley Theological Seminary.



Garrett Caldwell accepts a communication position at the General Conference.

GLEANER Launches E-newsletter

To help keep Northwest Adventists up-to-date with the latest news and better connected with church resources, the GLEANER is launching an e-newsletter, GleanerNow. This free service will provide breaking news and connect with Web-based ministries and resources from the Northwest and beyond. To sign up, visit www.gleaneronline.org.

HAVE YOU SEEN THIS?

Recognized for Blood Drive

Cascade Regional Blood Services has honored the Washington Conference for a blood drive in June. The bloodmobile is stationed three times during the week at Washington Conference Camp Meeting, and camp meeting attendees regularly line up to donate blood. "We're glad to partner with the blood drives," says Doug Bing, vice president for administration. "We hope to continue this partnership for a long time."

JUST A NOTE

In the September GLEANER, for the Portland Adventist Academy story "Northwest Students Complete Leadership Expedition," we wanted to say that the trip was funded by a Don Keele Award.

vice president of administration in July. **Se Bong Im** became pastor of the Seattle (Wash.) Korean Church in August. **Nathan Hellman** began an internship with the Roseburg/Glide (Ore.) district in July. **Roland Lehnoff** became pastor of the Tacoma (Wash.) Southside Church in August. **Steven Lundquist** became an assistant pastor at Sunnyside (Ore.) Church in August. **Jim McMurry** left his position as pastor at Sonora (Calif.) Church to become the senior pastor at the Hood View (Ore.) Church.

Albertsen 50th

Verner and Seidi Albertsen celebrated their 50th wedding anniversary in July with an Alaskan cruise. It was a Holland America Line cruise ship, which has special meaning for them because it was a Holland America ship that originally brought them to the United States while on their honeymoon in 1958.

Verner Albertsen and Seidi N. Madsen were married July 20, 1958, in Denmark. Verner was a physical therapist. After immigrating to the U.S., Verner attended medical school and Seidi obtained a degree in accounting.

They were missionaries for two years in Japan, working at the Tokyo Adventist Hospital. Verner was a radiologist in Bozeman, Mont., for many years until retirement in 1997. Seidi was the first woman to serve on the Montana Conference Committee and helped start women's retreats for the conference. She also worked with the Adventist Community Services in Bozeman for many years.

They now reside in Yakima, Wash., and Green Valley, Ariz.

The Albertsen family includes Diane Albertsen of Yakima; Kenneth and Amy Albertsen of Palmer, Alaska; and 6 grandchildren.

Apt 60th

Russ and Elsie Apt celebrated their 60th wedding anniversary with a family dinner in Corvallis, Ore.

Russell N. Apt married Elsie S. Rivinius June 8, 1948, in College Place, Wash. Russell worked in carpentry and eventually became a home builder in Lincoln County,



Russ and Elsie Apt

retiring in 1982. Elsie was a stay-at-home mother for 10 years, but when their youngest entered school, Elsie began teaching in public schools, continuing for 25 years, retiring in 1983. Russ and Elsie have both been active in the churches they attended. Russell has been a deacon and elder. Elsie served as head Sabbath School superintendent for eight years and an organist for over 30 years.

In their retirement, Russ and Elsie have traveled a lot. Other than the U.S., Edmonton, Canada, Alaska, and Puerto Vallarta, Mexico, they have been to Europe, Australia, New Zealand and Fiji.

The Apt family includes Gloria and Keith Rasmussen of Philomath, Ore.; William "Bill" Apt of Portland, Ore.; 2 grandchildren and a great-grandchild.

Barnhill 101st

Fleta Barnhill, living at her home in Moses Lake, Wash., recently celebrated her 101st birthday with her family. She was born on June 17, 1907, in Summerville, Ore., and as a girl attended Sabbath School in her grandmother's home at Independence, Ore. She was baptized and became a member

of the Seventh-day Adventist Church in 1928 while attending camp meeting at Forest Grove, Ore. She has taught Sabbath School and played the pump organ in divisions. She also was a member of the local Dorcas Society.

She is a great-great-granddaughter of American legend Johnny "Appleseed" Chapman. Her great-grandfather, Stephen Wicks Chapman, was a Seventh-day Baptist who witnessed a historic meteor shower, known as the "Falling of the Stars," in 1833. He in turn was the son of the missionary-nurseryman who provided thousands of apple seedlings to American pioneers.



Fleta Barnhill

A Moses Lake resident since 1942, a horse woman, and a charter member of the local Seventh-day Adventist congregation, she says that she is waiting for the day when she will see and meet Jesus!

Fleta's family includes daughter Lois Hastings of Soap Lake, Wash.; 3 grandchildren, 3 great-grandchildren and 6 great-great-grandchildren.

Beck 60th

Edwin and Jackie Beck celebrated their 60th wedding anniversary in the company of



Edwin and Jackie Beck

125 family and friends on Aug. 3 in College Place, Wash. The program included a memory DVD, music, toasts and roasts.

Edwin Beck and Jackie Faucher were married June 2, 1948, in Waco, Texas. They have faithfully served the church, spending 18 years as missionaries to Burma, Sri Lanka and the Philippines. Ed served as ministerial secretary in the Washington and Upper Columbia conferences and president of the Ontario, Canada, and Oregon conferences.

The Beck family includes three children, Jeanne and David Jarnes of Caldwell, Idaho; Nancy and Gary Irland of Hillsboro, Ore.; Peter and Gayle Beck of College Place, Wash.; 9 grandchildren and 2 great grandchildren.

Bilbro 60th

John and Shirley Bilbro celebrated their 60th wedding anniversary July 6, 2008, with a party, potluck and program at the Quillisascut Grange in Rice, Wash. The gathering was also a celebration of Reuben and Joyce Depner's (Shirley's sister) 60th wedding anniversary.

John W. Bilbro married Shirley B. Johnson on Dec. 7, 1948, in Choteau, Mont. The Bilbros lived

Family
M I L E S T O N E S



John and Shirley Bilbro

in Montana, Washington and in Wisconsin for 10 years. Shirley was the activities director for three nursing homes, and John was a chaplain. In Washington they farmed and he was a barber. When Shirley was 58 she attended college at Miles City, Mont. She was second in her class.

The Bilbro family includes Linda and Herold Heibert of Salem, Ore.; Allen Bilbro of Aurora, Colo.; Eileen and Greg Peisert of Dayton, Ohio; 7 grandchildren and 9 great-grandchildren.

Bond 75th

On July 18, 2008, Edward and Bernice Bond celebrated their 75th wedding anniversary. They were married in the Tacoma Park Church in Washington D.C., on July 18,

1933. Both had completed their courses of study at Washington Missionary College in 1931. Edward was president of his professional class, and Bernice was secretary-treasurer.

Following graduation, Bernice worked as a secretary in the Missionary Volunteer Department of the General Conference. Edward went to Loma Linda, Calif., for his first two years of medical school.

After they were married, Edward continued his medical studies at the College of Medical Evangelists (Loma Linda University), becoming an M.D. in 1936.

After Edward completed an internship at Portland Adventist Hospital, he practiced family medicine from 1936 to 1946 in Priest River, Idaho, and Newport, Wash. Bernice acted as office manager. Their son, Robert Edward Bond, was born in Newport.

In 1946 the Bond family moved to Spokane, Wash., so Robert could attend Spokane Junior Academy. Edward practiced family medicine in Spokane until 1974, at which time he sold his office and practice. He worked for a year in the emergency room at Deaconess Hospital and then became chief preceptor in the University of Washington family

practice residency program in Spokane until 1979.

Edward and Bernice were active members of the Spokane Central Church for many years where Bernice was pianist and organist. In 1977 they became charter members of the South Hill Church, where they are currently members. The Bond family gathered to celebrate the momentous event of Ed and Bernice's 75th anniversary.

The Bond family includes Robert and Georgene Bond of Salt Lake City, Utah; 3 grandchildren and a great-grandchild.

Depner 60th

Reuben and Joyce Depner celebrated their 60th wedding anniversary with a party held at the Quillisascut Grange in Rice, Wash. The party was also a 60th wedding anniversary celebration for John and Shirley (Joyce's sister) Bilbro. With family and friends, there were about 100 people present. The party included a short program, a potluck and a slide show.

Reuben R. Depner and Joyce B. Johnson were married July 2, 1948, in his mother, Nettie Lindgren's home, in Spokane, Wash. They made their home in Mansfield, Wash., where he farmed with his brother, Delmer Depner, for seven years. They moved to Montana in 1955 and farmed there until 1966. Reuben also did mechanic work.

They returned to Washington where they farmed until 1973. At that time they moved to Inchelium where they farmed until retirement. They now make their home in Rice, Wash.

The Depner family includes Rae Hardin of Chewelah, Wash.; David and Bonnie



Reuben and Joyce Depner

Depner of Walla Walla, Wash.; Wayne Depner of Colville, Wash.; Viola and Ralph Nollan of Rice, Wash.; Mona Lisa Jones of Nine Mile Falls, Wash.; 7 grandchildren, 6 step-grandchildren, 5 great-grandchildren and 5 step-great-grandchildren.

Harroun 60th

Pat and Myrtie Harroun celebrated their 60th wedding anniversary on Jan. 26, 2008, in Florence, Ore., with a family dinner and a family hot air balloon ride.

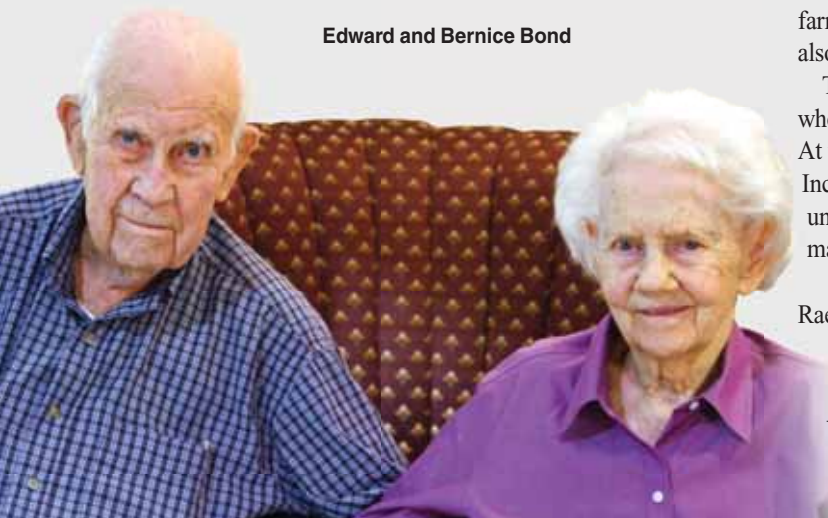


Myrtie and Pat Harroun

Eldon "Pat" L. Harroun married Myrtie E. Reed on Jan. 25, 1948, in Crescent City, Calif. Pat started in the logging industry and retired from Coos Curry Electric. Myrtie was a homemaker and worked in retail.

The Harroun family includes Jerry and Mary Harroun of Rochester, Wash.; David Harroun of Rochester; Don

Edward and Bernice Bond



and Debbie Large of Florence, Ore.; 5 grandchildren, 2 step-grandchildren, 4 great-grandchildren and 4 step-great-grandchildren.

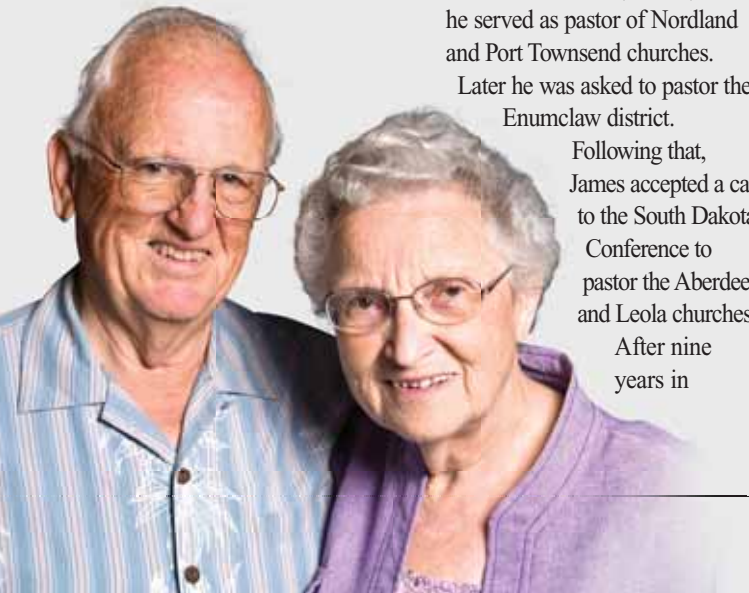
James 60th

Wilbur and Arletia James celebrated their 60th anniversary on July 11, 2008, with a dinner in Dallas, Ore., hosted by their children. They are members of the Dallas Church.

Wilbur H. James married Arletia R. Gibson on July 11, 1948, in the Meadow Glade Church in Battle Ground, Wash. Wilbur and Arletia have gone to Africa three times on short-term missions—twice to Kenya and once to Zimbabwe—and another time to India. Wilbur taught church school for eight years and then worked in different areas for the General Conference.

The James family includes Dennis and Darlene (Powell) James of Forest Grove, Ore.; Willard and Peggy (Ransford) James of Bonita, Calif.; Eudena and Ken Stroman of Panama City, Fla.; Leroy and Linda (Fuss) James of Dallas; 7 grandchildren and 8 great-grandchildren.

Wilbur and Arletia James



Parmele 90th and 65th

Delma Mourine Parmele celebrated her 90th birthday with a family dinner on May 29, 2008, at Lake Junaluska, N.C. Delma also celebrated her 65th wedding anniversary to husband James with a potluck on June 28, 2008, at the Thomasville Church and on June 29 at the Methodist Church in Staley, N.C.

Delma Mourine Carrick was born on a ranch in Washington County, Idaho. She is the daughter of the late Bert and Grace Carrick. James Corbett Parmele met Delma Mourine Carrick in church in Portland, Ore. The two were married on June 29, 1943.

James joined the Army Air Corp, and Mourine followed and got a job driving trucks for the Army Motor Pool. When the war was over, they returned to Walla Walla, Wash., where Mourine worked and James attended Walla Walla University, graduating in 1950. During those years, Mourine worked as a nurse, office manager, and at one time even drove a school bus.

They eventually moved to Seattle, and James took a job as the assistant manager for the Adventist Book Center. Later they moved to Nordland, Wash., where he served as pastor of Nordland and Port Townsend churches.

Later he was asked to pastor the Enumclaw district.

Following that, James accepted a call to the South Dakota Conference to pastor the Aberdeen and Leola churches.

After nine years in



Ivan and Esther Whitehouse

Aberdeen, they moved to Madison, then later to Yankton, S.D., where they were called to the Idaho Conference and asked to pastor the Pocatello, Idaho Falls and Mountain Home districts, from which James later retired. However, James then became the conference church pastor. Mourine was a strong support to her husband's ministry.

The Parmele family includes Donna and Eugene Gottfried of Liberty, N.C.; Beverly and Daryl Smith of Eagle River, Alaska; 6 grandchildren and 6 great-grandchildren.

Whitehouse 65th

Ivan and Esther Whitehouse celebrated their 65th anniversary on Aug. 26, 2007, with family and friends at a reception at Goldendale, Wash., hosted by their children. They are members of the Goldendale (Wash.) Church.

Ivan J. Whitehouse married Esther J. Olson at Anacortes, Wash., Aug. 22, 1947, after the summer session at Walla Walla University's marine biological station. Their Malay language professor Dr. Hendershot officiated, and Ernest Booth, their biology professor, with his wife Dorothy and their

daughter Sandy were attendants. After Ivan's graduation from WWU in 1949, the couple moved to Portland, Ore., where Ivan worked as a medical technologist at the Portland Sanitarium and Hospital until 1966. Members of the Lents Church, Ivan and Esther enjoyed serving as Pathfinder leaders, children's Sabbath School teachers and choir members. Esther is fondly remembered for her great story telling. She also took up oil painting after they moved to Goldendale, blessing many with her paintings. Ivan was one of many parents who volunteered building skills in the first phase of Hoodview Adventist School. His "ham" radio hobby enables him to host various academy and Adventist Bible study nets and relay messages to missionaries around the world.

The Whitehouse family includes Kathleen Hudson of Milton-Freewater, Ore.; Carol and DeWayne Opitz of Gresham, Ore.; Daniel and Carol Whitehouse of Warren, Ore.; Timothy and Wendy Whitehouse of Brownsville, Texas; Jo McMillan of Tigard, Ore.; 6 grandchildren and 2 great-grandchildren.

Family
B I R T H S

BLAIRE-BROWN—Avalon Elizabeth was born June 19, 2008, to Richard E. and Marlee S. (Bowen) Blaire-Brown, Gresham, Ore.

CATLETT—McKenzie Marie was born Oct. 22, 2007, to Kris and Hilary (Bigger) Catlett, Walla Walla, Wash.

DUFFY—Deklan James was born May 15, 2008, to Loury and April (Garcia) Duffy, College Place, Wash.

FOOTE—Hudson M. was born June 10, 2008, to Joseph and Jenifer (Michaelis) Foote, Spokane, Wash.

HARVEY—Ian Christopher was born July 24, 2008, to R. Shaen and Mindy (Hillock) Harvey, Kettering, Ohio.

JOHNSON—Landon Eugene was born May 28, 2007, to Leslie

and Shelly (Gilliland) Johnson, Middleton, Idaho.

KIELE—Jackson Garrett was born June 12, 2008, to Seth and Jill (Cramer) Kiele, Port Orchard, Wash.

LABOCA—Lucas Sean was born May 26, 2008, to Roni and Leahna (Blevins) Laboca, College Place, Wash.

PRICE—Abigail Marie was born July 18, 2008, to Justin L. and Brenda K. (Hubin) Price, Sedro-Woolley, Wash.

SMITH—Annaliese Key was born May 21, 2008, to Todd and Sandi (Hopkins) Smith, Spanaway, Wash.

THOMAS—Alivia was born May 16, 2008, to Phillip B. and Laraine M. (McKey) Thomas, Caldwell, Idaho.

Family
W E D D I N G S

GARNER-WILSON—Erin Garner and Ryan Wilson were married July 13, 2008, in Auburn, Wash. They are making their home in College Place, Wash. Erin is the daughter of Gordon and Kay Garner. Ryan is the son of Nancy Wilson.

GEIGLE-HOPKINS—Alicia Geigle and Michael Hopkins were married Aug. 3, 2008, in Eastsound, Wash. They are making their home in Gresham, Ore. Alicia is the daughter of John and Linda (Schmid) Geigle. Michael is the son of Mike and Melodie (Piehl) Hopkins.

HOLM-WHICHELOW—Joline Holm and Eric Whichelow were married Aug. 31, 2008, in Happy Valley, Ore. They are making

their home in Vancouver, Wash. Joline is the daughter of Brent and Meri (Phillips) Holm.

SCHIPPERS-OLSON—Amanda Schippers and Noah Olson were married Aug. 1, 2008, in Salem, Ore. They are making their home in Eugene, Ore. Amanda is the daughter of Louis Schippers Jr. and Doreen Wadsworth. Noah is the son of Dan and Julie Olson.

SEIBEL-NÖLSCHER—Taralea Seibel and Nick Nölscher were married Aug. 24, 2008, in Underwood, Wash. They are making their home in Portland, Ore. Taralea is the daughter of Doug and Karin (Burke) Seibel. Nick is the son of Carré (Clements) Nölscher.

Family
A T R E S T

BRAY—Margaret Alice “Marge” (Fischer), 88; born April 2, 1920, Palo Alto, Calif.; died July 20, 2008, Grants Pass, Ore. Surviving: son, Dean, Grants Pass; and a grandchild.

COLLETT—Verla K. (Rollins) Escamilla, 58; born Oct. 9, 1949, La Grande, Ore.; died June 11, 2008, Seattle, Wash.

FORD—Henry, 86; born Oct. 3, 1921, Longdale, Okla.; died May 2, 2008, Boise, Idaho. Surviving: wife, Vera (Oaks), Caldwell, Idaho; son, Larry, Meridian, Idaho; daughters, Barbara Locati and Bonnie Ford-LeCompte, both of Caldwell; and 3 grandchildren.

HENDRICKSON—Theodore “Ted” A., 78; born Jan. 21, 1930, Lake Park, Minn.; died July 10, 2008, Echo, Ore. Surviving: wife, June (Davidson); sons, Rick and Calvin, both of Pendleton, Ore.; Delwyn, Echo; Carson, Kelso, Wash.; daughter, Gayla Calvert, Richland,

Wash.; stepdaughters, Rhonda (Schmale) Randall, Hermiston, Ore.; Donna (Schmale) Mkhel, Caldwell, Idaho; Tamara (Schmale) Paetney, Pendleton; Sandra (Schmale) Hendrickson, Echo; brothers, Gerald, Fruitland, Idaho; Erland, Aztec, N.M.; sisters, Anita Edwards, Greenville, Va.; Marcella Schwisow, Kennewick, Wash.; 8 grandchildren, 9 step-grandchildren, 2 great-grandchildren and a step-great-grandchild.

HOLMES—Marjorie Doris (Brath), 79; born June 27, 1926, Chicago; died July 18, 2008, Kettle Falls, Wash. Surviving: husband, Lee Roy; sons, Douglas, Long Beach, Calif.; Dennis, Redding, Calif.; Darrel, Bozeman, Mont.; sister, Ellen Enneberg, Gresham, Ore.; and 9 grandchildren.

JONES—Douglas E., 84; born Oct. 14, 1923, Orofino, Idaho; died June 2, 2008,

Orofino. Surviving: wife, Erma (Morgan); son, Richard, Asotin, Wash.; daughter, Nancy Ailor, Clarkston, Wash.; brother, Jim, Orofino; half brothers, Clayton Cross, Clarkston, Wash.; Jack Cross, Davenport, Wash.; Harmon Cross, of Kentucky; and 2 grandchildren.

RASMUSSEN—Lester, 85; born March 3, 1923, Spangle, Wash.; died July 15, 2008, College Place, Wash. Surviving: wife, Alice (Bresee); sons, John, Discovery Bay, Calif.; Paul, Walla Walla, Wash.; daughters, June Christensen, Pasco, Wash.; Patsy Hixson, Milton-Freewater, Ore.; Linda Kolar, Wrightwood, Calif.; brother, George, Spangle; 13 grandchildren and 10 great-grandchildren.

STANNARD—Donna L., (Gray), 57; born July 17, 1950, Portland, Ore.; died April 23, 2008, Vancouver, Wash. Surviving: husband, Chuck; daughter,

Mindy Stannard, Portland; parents, Don and Marjorie (Mason) Gray, Gladstone, Ore.; and brother, Randy Gray, Chico, Calif.

STRONG—Lois M. (Johnson), 81; born Aug. 18, 1921, Boise, Idaho; died March 29, 2008, Boise. Surviving: sons, Steve Benson, Meridian, Idaho; Robert Strong, Sacramento, Calif.; daughter, Carol Sue Donaldson, Portland, Ore.; and 7 grandchildren.

TRUDEAU—Lawrence “Larry,” 86; born Jan. 15, 1922, Jordan, Mont.; died April 28, 2008, Billings, Mont. Surviving: wife, Olive (Samuelson) Shoulders, Custer, Mont.; son, Steve, Rogers, Ark.; stepsons, Tom Kempf, Cheyenne, Wyo.; Bill Kempf, Arbuckle, Calif.; stepdaughters, Blanche Mooney, Billings, Mont.; Susan Churchhill, Roundup, Mont.; sister, Victorere Sensiba Gibson, Jordan; and 3 grandchildren.



A N N O U N C E M E N T S

NORTH PACIFIC UNION

Offerings

Oct. 4—Local Church Budget; **Oct. 11**—World Budget: Voice of Prophecy; **Oct. 18**—Local Church Budget; **Oct. 25**—Local Conference Advance.

Curriculum Focus for the Month—Adventist Heritage+

Oct. 4—Children’s Sabbath; **Oct. 5–11**—Health Education Week (Vibrant Life)*; **Oct. 18**—Spirit of Prophecy Sabbath*; **Oct. 25**—Pathfinder Sabbath*

+Curriculum resource materials are published in NAD church resource journals—*Sabbath School Leadership*, *Celebración*, *Célébration*, *Kids’ Ministry Ideas*, and *Cornerstone Youth Resource Journal*.

*Special Materials Provided.

North Pacific Union Conference Association Official Notice

Official notice is hereby given that a regular Membership Meeting of the North Pacific Union Conference Association of Seventh-day Adventists is called for 1:30 p.m., on Wednesday, **Nov. 19, 2008**, at Walla Walla University in College Place, WA. The membership is comprised of the members of the North Pacific Union Conference Executive Committee. The purpose of the regular Membership Meeting is to hear reports and to transact such other business as may properly come before the meeting.

Jere D. Patzer, president
Gary W. Dodge, secretary

WALLA WALLA UNIVERSITY

Oct. 9–11—Fall classic tournament, academy volleyball and soccer tournament. For more information, call (800) 541-8900. **Oct. 31–Nov. 2**—OPS (Men’s Club) Weekend. Includes the annual Amateur Hour on **Nov. 1**—at 8 p.m. in the gymnasium. For more information, call (509) 527-2111.

OREGON

Adventist Single Adult Ministries

Oct. 5—Swimming party, noon to 3:30 p.m., at Cherrywood Village, 1417 S.E. 107th, Portland, OR 97126; 503-408-0404. Go to front desk upon arrival. Bring swimsuit, towel and snacks. **Oct. 18**—Potluck lunch at 12:30 p.m. following church. Bring food for yourself and a little extra. We will then carpool from the Beaverton Church for a walk at Oaks Bottom Wildlife Refuge in Portland. Bring binoculars and camera. Option: Bring your bicycle for the Springwater Corridor Trail. Sponsored by the Beaverton Adventist Singles. For more information, call: Tom Terry (503) 684-7971, tom.te@verizon.net, or Charlotte (503) 579-9549. Or go to www.beavertonsda.com then to the ASAM Singles Web page. Maps will be available at the church.

Missing Members

The Cottage Grove Church would like to locate these missing members: Rebekah Cowan, Rowene Haumschilt, Steven McHugill, Ted Strong, Terry Foon, Daniel Dale, Debbie Dale, Wayne Dale, Jay Barns, April Moberly, Lacey Freeman, Leigh Freeman, Martha Muller, Nathan Lyles, Norvina Land, Randy Williamson, and Colleen De Groat. If you have any information, please call Pastor Len Tatom at (541) 285-4334 or write to the Cottage Grove Church, 820 S. 10th St., Cottage Grove, OR 97424.

UPPER COLUMBIA

Acceptance Seminar

Oct. 25–26—Ron and Nancy Rockey of Life Renewal Institute present: “Acceptance”—a God-centered, exciting and informative seminar, proven to educate and bring understanding, peace, relief and joy to its participants. “Acceptance” focuses solely on rejection and how to be free from the damage it causes. Sign up now for this seminar and begin to change the message of rejection to

one of belief in your own worth and value as God sees you. Coming to Walla Walla University Fine Arts Center. For more information or to register, go to www.yourlri.com or call (888) 800-0LRI (800-0574).

WASHINGTON

Coronary Health Improvement Project

Oct. 13–Nov. 6—CHIP classes will be offered at the Centralia Church. Interested in improving your health? Want to feel better and live longer? Check out one of our FREE information sessions, all at 6:30 p.m.: Monday, **Sept. 29**, at the Centralia Church Fellowship Hall; Tuesday, **Sept. 30**, at Woodland Estates Retirement Center; Monday, **Oct. 6**, at Providence Centralia Hospital classroom; or Tuesday, **Oct. 7**, at Pacific Cataract and Laser Institute. For more information, contact Christine Pfeiffer, Twin Cities CHIP director, at (360) 748-0103.

Laugh Your Way to a Better Marriage Seminar

Oct. 10–11—The Federal Way Church presents “Laugh Your Way to a Better Marriage” seminar by Mark Gungor, pastor. Unlike many traditional marriage seminars that tend to be overly serious, technical and emotionally taxing, the “Laugh Your Way to a Better Marriage” seminar is different because it helps couples deal with tough issues in a way that is fun and non-threatening. Through the two-day seminar, couples will laugh, learn and be able to make real positive changes to their marriage. The seminar will start at 7 p.m. both nights at the Federal Way Church, 810 S. 312th St., Federal Way, WA.

WORLD CHURCH

Health Summit West

Oct. 18–19—La Sierra, CA. The North American Division, Pacific Union and Loma Linda School of Public Health announce the first health certification training program. “Tell the World Christ Brings Health and Wholeness”

will present featured speaker Jose Rojas. Six “Train-the-Trainer” health seminars will be conducted. Go to www.nadhealthsummit.com for more information.

Lynwood Academy Class of 1958 50th Reunion

Nov. 16—Join us for Lynwood Academy’s class of 1958 50th reunion on Sunday from 1–6 p.m. at Bill and Joyce Leal’s home. For more information, contact Ronna Witzel at (916) 645-0237 or go to www.lynwoodacademy.org.

Can’t remember the date for that concert?

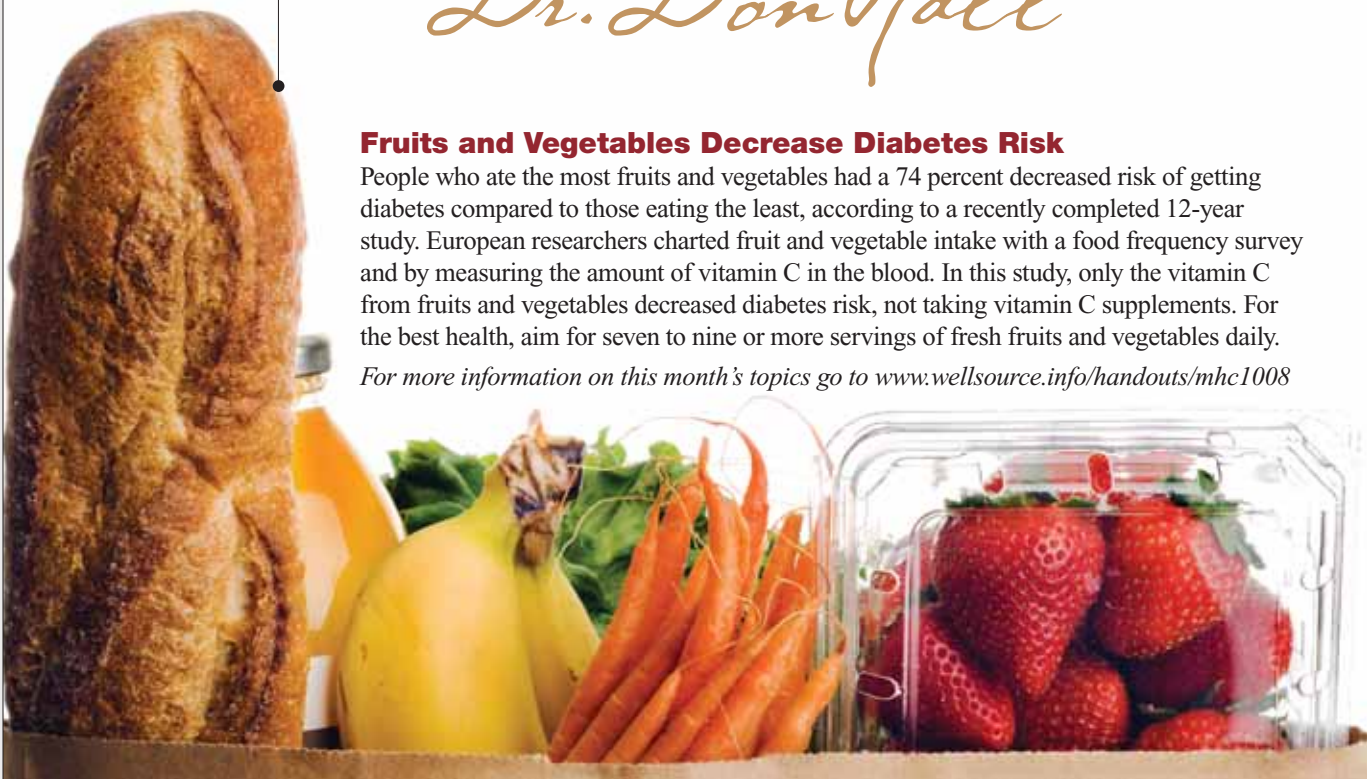
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www.GleanerOnline.org

HealthyChoices

with *Dr. Don Hall*



Fruits and Vegetables Decrease Diabetes Risk

People who ate the most fruits and vegetables had a 74 percent decreased risk of getting diabetes compared to those eating the least, according to a recently completed 12-year study. European researchers charted fruit and vegetable intake with a food frequency survey and by measuring the amount of vitamin C in the blood. In this study, only the vitamin C from fruits and vegetables decreased diabetes risk, not taking vitamin C supplements. For the best health, aim for seven to nine or more servings of fresh fruits and vegetables daily.

For more information on this month's topics go to www.wellsorce.info/handouts/mhc1008

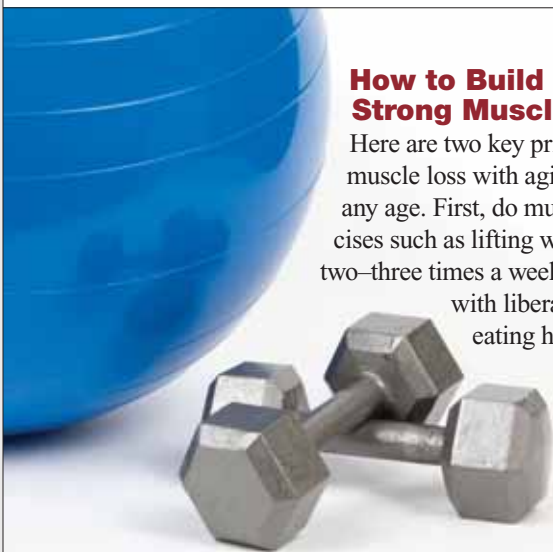
Soft Drinks Increase Diabetes Risk

A recent study of 43,000 women confirms soft drinks and sweetened fruit drinks, such as fruit punch, increase the risk of developing diabetes. Women who drank two or more soft drinks daily were 51 percent more likely to develop type 2 diabetes during the 10-year follow-up than women who seldom drank soft drinks. They also gained more weight. For sweetened fruit drinks, the risk was 37 percent higher.



How to Build and Maintain Strong Muscles

Here are two key principles for preventing muscle loss with aging and increasing strength at any age. First, do muscle strengthening exercises such as lifting weights or push-ups at least two–three times a week. Second, supply muscles with liberal amounts of amino acids by eating healthy protein foods at every meal and after training sessions. A good protein food should provide at least 10–15 grams of protein per serving (such as a soy burger, 1 cup beans or 1/2 cup cottage cheese).



Don Hall, DrPH, CHES, is founder and chairman of Wellsorce, Inc.

Questions? Ask PJ

Does How I Look Reveal Who I Am?

There is always more to a person than the clothes they put on, the makeup they might wear or the attitude they carry.

When Israel was in need of a new king, God sent Samuel on a mission to Jesse's house. You can read about it in 1 Samuel 16. He looked at all of Jesse's sons in the house and saw some he thought would make fine kings. However, God said to him, "...the Lord does not look at the things man looks at. Man looks at the outward appearance, but the Lord looks at the heart" (1 Samuel 16:7).

I do think that our inward desire to follow God will show on the outside in our dress and in the attitudes we portray. Sometimes we begin the day with God but become like the man James talks about: "Anyone who listens to the word but does not do what it says is like the man who looks at his face in the mirror and after looking at himself goes away and immediately forgets what he looks like" (James 1:23, 24).

Don't forget to whom you belong. Live for Jesus on the inside and the outside. God be with you on your journey and as always—Keep looking up! •

P.J. Deming, Milo
Academy pastor/chaplain



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Local Conference Directory

ALASKA

Ken Crawford, president; Ed Dunn, secretary; Sharon Staddon, treasurer; 6100 O'Malley Road, Anchorage, AK 99507-7200; (907) 346-1004; www.alaskaconference.org.

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Don Livesay, president; Al Reimche, v.p. for administration; Jon Corder, v.p. for finance; 19800 Oatfield Road, Gladstone, OR 97027-2546; (503) 850-3500; www.oregonconference.org.

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Max Torkelsen II, president; Doug R. Johnson, v.p. for administration; Myron Iseminger, v.p. for finance; S. 3715 Grove Road, Spokane, WA 99204-5319; P.O. Box 19039, Spokane, WA 99219-9039; (509) 838-2761; www.uccsda.org.

WASHINGTON

John Freedman, president; Doug Bing, v.p. for administration; Jerry S. Russell, v.p. for finance; 32229 Weyerhaeuser Way S., Federal Way, WA 98001; (253) 681-6008; www.washingtonconference.org.

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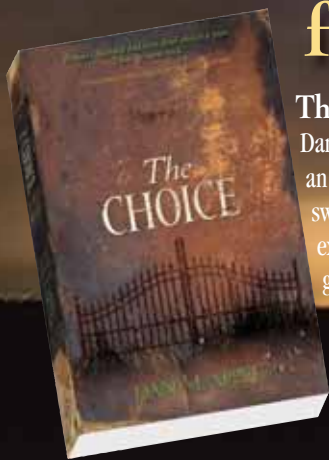
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A Plan of 'Salivation'



I have met Adventists who, in an effort to serve the Lord, have made food into a plan of "salivation."

It was late in the evening. After a long and tiring trip my beloved and I finally arrived at our hotel room, famished and tired. I quickly scanned the "in-room service" menu and spied the perfect item, described by an unfamiliar term: "Crudite—An assortment of fresh, raw vegetables with hummus and flat bread."

Using my manly initiative as provider, I picked up the phone and dialed room service. "Yes, may I help you?" came a cultured voice. "Sure," I jauntily replied, "I'd like to order the crudite, please." I pronounced it as it looks—"CRUD-ite." Just like the other "-ites" I knew of—Hittite, Israelite, Moabite. There was a long pause at the other end, then a patronizingly disdainful tone: "Uh...that would be CREW-de-TAY—it's a French term." "Uh, yeah, that's it!" I stammered, feeling the shame of a commoner at the table of royalty. I mumbled my thanks and hung up, while my supportive wife led out in gales of immoderate laughter in honor of my faux pas (see, I CAN do French).

Food can be fun. I have friends who have radically changed their health for the better—all through careful dietary choices. But be wary of letting a focus on food become fanatical. Some Adventists, in an effort to faithfully serve the Lord, have made food into a plan of "salivation." But will raw vegetables (CRUD-ite in my vernacular), or soy milk, or avoidance of dairy products, or the two meals a day diet, make us clean before God?

Jesus said it plainly in Mark 7:18–23. "Nothing that enters someone from the outside can make that person unclean. It does not go into the mind, but into the stomach." Then He named the real culprits, including evil thoughts, sexual sins, adultery, greed, lying, jealousy, speaking evil of others, and pride. You can eat right and still be a slave to pride. You can avoid the cheese and gorge on gossip. You can stock up on soy milk and cheat on your spouse. Change your focus, Jesus says, because every level of healthy living leaves us still short of the mark. We all need...Him.

While millions in this world would like just one solid meal a day, some of us have made food an idol in the guise of spirituality. Are you following a plan of "salivation?" In his early fanatical years, Paul tried that. But when he wrote to the Philippians in chapter 3, he characterized his efforts at perfection as CRUD—well, he used another word, but maybe you get the point.

As for me, I still like a good assortment of fresh, raw veggies. Every now and then, I'll grin at my wife and say, "Please pass the CRUD-ite." But I now know better. •



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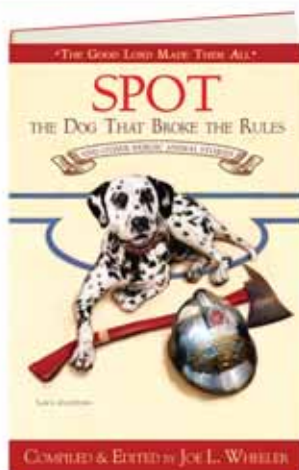
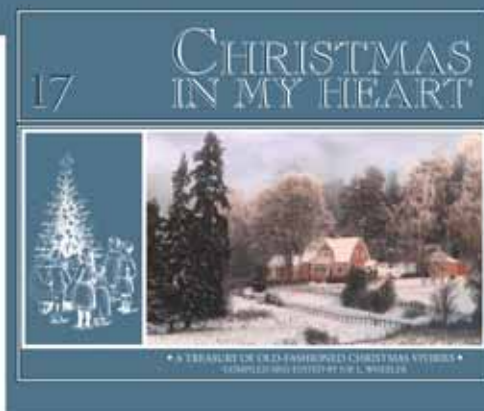
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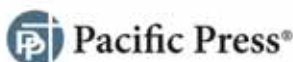
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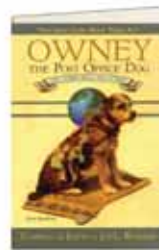


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