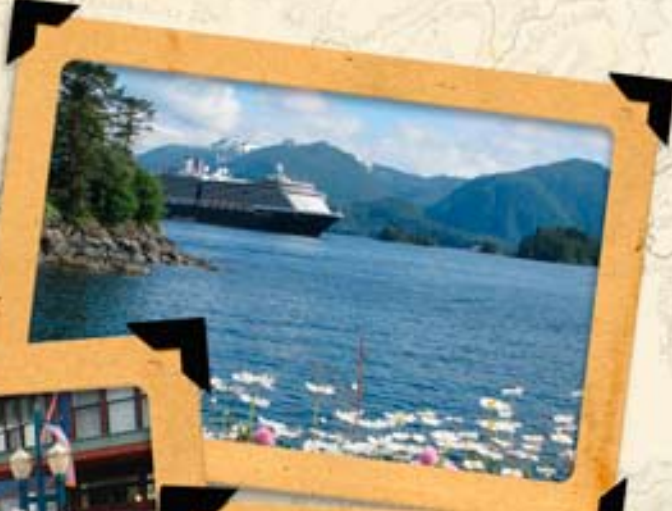


Gleaner

Northwest Adventists in Action

NOVEMBER 2008, Vol. 103, No. 11



Making Waves

Adventist Women Making a Difference

10 World News Briefs | 29 FYI | 35 Healthy Choices

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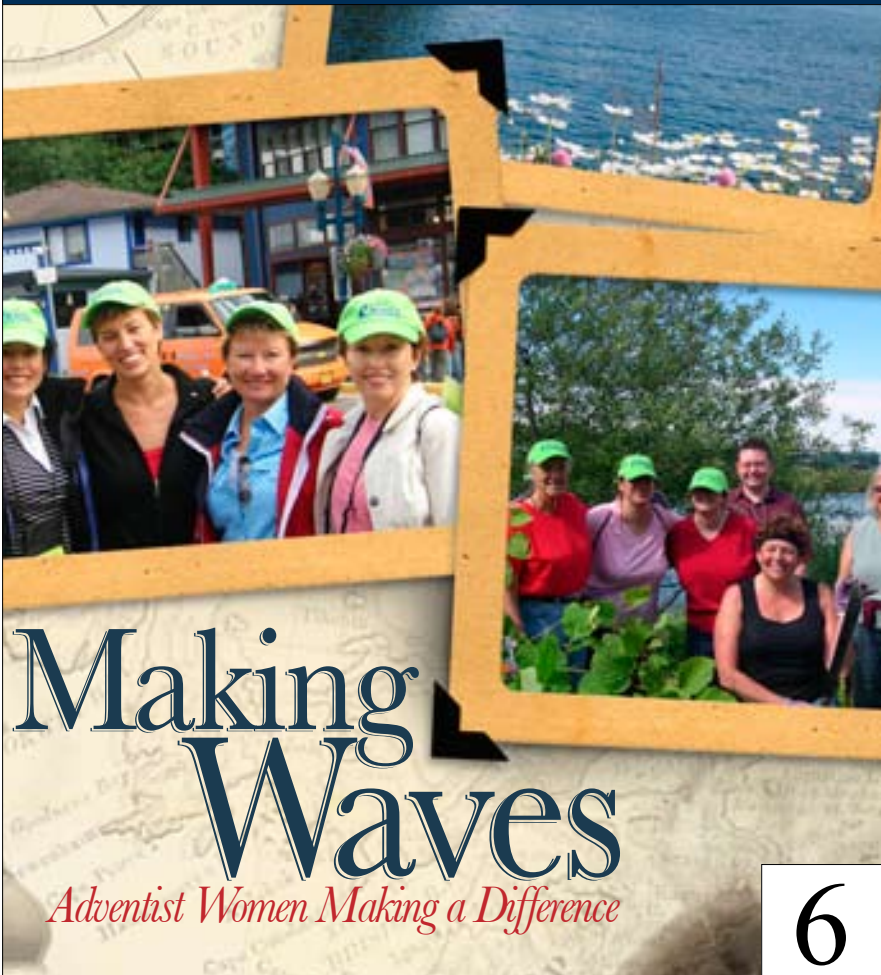


But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.

ISAIAH 40:31 (NIV)

“Chickadee, Chestnut-backed” photographed by Roger Windemuth of Brush Prairie, Washington.

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with *Dr. Don Hall*

*Vitamin B12 Important for Brain Health
What's Your Waist Girth?
Simple Ways to Lower Cholesterol*



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Adventist women from around the Northwest combined the joy of sailing with the joy of service to Alaskan ports of call as they cruised with a mission this past August.



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LITHO U.S.A.

Reclaiming the Lord's Day

*He didn't want
His people just to
keep the Sabbath.
He wanted
the Sabbath to
keep them—in
a sacred
relationship with
their Creator.*



A few days ago someone shared an article with me from the Catholic newsletter, *Our Sunday Visitor*. The title captured my attention—"Reclaiming the Lord's Day." In it our Catholic brother stated: "There was a time when Sunday was a special day. It was a special day, a day of celebration, a day of rest."

The writer went on to say, "In the story of creation, God rested on the seventh day... because he wanted to give us an example of how to live. When God gave Moses the Ten Commandments, he reminded us 'to keep holy the Sabbath day.'"

"Jesus observed the Sabbath, but after his death the early Christians moved their observance from Saturday to Sunday for two reasons: Sunday was the day Jesus rose from the dead, and it was also the day that the Holy Spirit descended upon the apostles gathered in the upper room."

As Seventh-day Adventists we know in reality that the apostles kept the seventh day Sabbath long after His resurrection and the Day of Pentecost. But...

Reminiscing

This article got me to thinking. Do we need to reclaim the Sabbath? Some of my earliest and fondest memories were of Sabbath. Friday was indeed a preparation day. We cleaned the house and prepared food. Friday evening we came fresh from our showers ready for sundown worship. The aroma of the meal preparation and songs of Del Delker or the King's Heralds wafted through the house. And we guarded the edges of the Sabbath so as to receive the full 24-hour blessing.

Sue and I introduced our own family to what we called a Super Sabbath—a traditional Friday evening of haystacks, Sabbath breakfast with sweet rolls, and for lunch a special meal using our best china. (Even the dog got a special bone.) The afternoon was spent in some appropriate fun activity. It was a great day of celebration and renewal. It was indeed a delight.

Legalistic Command

So is the Sabbath an arbitrary command of God? When some of the Israelites came out of their tents on Sabbath morning to get some manna and found none it did create a day of unscheduled fasting. Perhaps they thought God was rather legalistic. But in reality He wanted them, along with succeeding generations, to see that He was particular about this sacred day. He cared about not only *when* but *how* it was kept.

The Sabbath Keeps Us

And He didn't want His people just to keep the Sabbath. He wanted the Sabbath to keep them—in a sacred relationship with their Creator. So He was understandably particular as will be those who love Him.

Furthermore, He wanted us to know that there are many good things including wholesome family activities, community service projects, even fascinating conversations that may be very appropriate for other days of the week... but not necessarily on Sabbath.

Good Counsel From the Pope

In the same article referenced above, Pope Benedict XVI was quoted: "The men and women in our technical age risk becoming victims of their own intellectual and technical achievements, ending up in spiritual barrenness and emptiness of heart." Pretty good counsel, we would have to agree.

Isaiah said it this way. "...If you call the Sabbath a delight... and if you honor it by not going your own way and not doing as you please or speaking idle words, then you will find your joy in the Lord..." Isaiah 58:13,14.

Maybe it is time for all of us to reclaim the true Lord's Day so that we don't end up in "spiritual barrenness and emptiness of heart" but rather finding *joy in the Lord*. •

Jere Patzer

NORTH PACIFIC UNION CONFERENCE PRESIDENT



Did You Know?

Ever notice how middle-aged adults seem to tower over their older relatives? This is partly due to the physiological effects of aging, such as shrinking bones, but some studies suggest short people may actually live longer. One study isolated a rare genetic mutation called the Methuselah gene. As you can guess, people who possess this condition tend to live longer than those who don't. But how does that relate to height? The Methuselah gene decreases the ability of cells to use a particular growth hormone, resulting in people with the gene typically being smaller.

SOURCE: health.howstuffworks.com

NOVEMBER



MEASURING UP

Need a quick measurement but don't have a ruler or tape measure handy? Here are some basic measuring units with you at all times:

Cubit: The Biblical measurement is the distance from your elbow to the tip of your middle finger. For most men this is about 18 inches.

Span: Stretch your hand so that your thumb is as far away from the tip of your pinky as possible. This distance is almost exactly one-half of a cubit.

Inch: The width of a thumb was used as the basis for the inch.

Fathom: Stretch out your arms from either side of your body as far as they can go. The distance between the tips of your fingers will be very close to your height, or about six times the length of your foot.

SOURCE: *Interesting Thing of the Day* (itodd.com)

GUESS WHO?

1. Who was the first man in the Bible to have a God-inspired dream?
2. Who was responsible for bringing the gospel to Cornelius the centurion?
3. Who asked God to make a sundial's shadow go back 10 degrees?
4. Who had a vision of a woman in a basket?

A Gift

"Let not one man feel that his gift alone is sufficient for the work of God... In order for the work to be built up strong and symmetrical, there is need of varied gifts and different agencies, all under the Lord's direction; He will instruct the workers according to their several ability."

—Ellen G. White, *Special Testimonies, Series A, No. 7*

1. Abimelech (Genesis 20:3)
2. Peter (Acts 10)
3. Isaiah (II Kings 20:8-11)
4. Zechariah (Zechariah 5:7)



Making WAVES

Adventist Women

Over the past few years there has been an increasing number of ladies itching to do something out of the ordinary. Something that combines their love of travel and their desire to serve with the need to relax and refresh while recharging mental, physical and spiritual batteries with other women of faith. Not all women are comfortable going on a mission trip to a faraway destination, a primitive area or a Third World country.



Tracy Smith of Spokane, Washington, catalogs books at the Sitka Public Library.

Making WAVES

With this in mind, the idea was born by Northwest Adventist women's ministries to sponsor "a women's retreat at sea"...a cruise with a *purpose*, along Alaska's scenic Inland Passage.

Making WAVES...Adventist Women Making a Difference included a relaxing



Mable Dunbar, Upper Columbia Conference women's director (second from right) and friends visit women's shelters in all three ports of call.

seven-day Alaskan cruise, August 3–10, through some of the world's most incredible scenery on a deluxe cruise ship. On-board seminars presented by Deborah Harris, motivational speaker; Rhonda Whitney, Oregon Conference community outreach director; and music by Margie Salcedo-Rice, Christian recording artist, ignited and inspired women while preparing them for our many off-ship outreach experiences.

Ports of Call

At three ports of call, Juneau, Sitka, and Ketchikan (towns only reachable by boat or plane), community outreach projects were arranged by Rhonda Whitney in cooperation with local Alaska pastors Gary Waterhouse and Charles Geary and their congregations, as well as community contacts.

Three Reasons for Outreach

First, it allowed cruise participants experiences for practicing to make outreach more than an act—a lifestyle.

Second, it gave the local Adventist congregation encouragement for reaching into its community through varied activities.

Finally, it presented many opportunities for the name *Seventh-day Adventist* to be positively represented in each community.

Not all outreach took place at ports of call. As on any mission trip, there were those catch-the-moment, faith-sharing experiences the Holy Spirit planned throughout the week that were not listed on the itinerary. And some of the outreach became "in-reach." One participant com-



Janice Forgey of Cowiche, Washington, and Piroska Orban of Ann Arbor, Michigan, check blood pressure equipment in preparation for offering health screenings in three ports of call.

◀◀ Rhonda Whitney, coordinator of the retreat outreach, joins volunteers (note cover) who removed noxious weeds for Juneau Alaska's Parks and Recreation department.

◀ Participants deliver trauma teddies to Sitka, Alaska's, emergency services. Each donated item came with a card listing the location of the local Adventist church.

aves

Making a Difference

Sitka Outreach

- Donated, packaged and delivered 50 newborn layettes to Native American hospital
- Donated and delivered nonperishable food, cleaned kitchen at women's shelter
- Participated in literature distribution
- Assisted at the Raptor Center, a sanctuary for injured birds
- Donated and delivered stuffed animals to Emergency Services for traumatized kids
- Provided free health checks
- Assisted at the public library



After packing 50 infant layettes on-board, volunteers deliver them to Sitka's Native American hospital nursery.

mented: "I no longer want to look at outreach as an event, but as my lifestyle—I've discovered a new 'me.'" Another summed up her feelings this way: "I dream of the day our church is just like this ship—where every guest feels like a Cadillac and every member's joy is to carry out only the Captain's wishes." •

Sue Patzer, North Pacific Union Conference women's ministry director



Singer Shares Right Song

One night as I began singing, the lounge doors were opened so others on-board could hear. Karen, a passenger, was drawn in and impressed to stay. I began sharing about my husband's heart attack last year. Through six hours, three hospitals and an angiogram we were sustained by praying friends. I shared how one lady placed hands on me and prayed. Another, a pastor, did the same for my husband. God's peace descended, keeping me calm. This reminds me we are God's instruments. Later I was inspired to write the song "The Touch of God's Love."

After this song, Karen knew why God impressed her to stay. You see, she wasn't supposed to be on the cruise—except her sisters convinced her to travel with her son to Alaska. She had just buried her husband that Friday and boarded the ship. Still in shock, Karen was sustained as the music was healing to her wounded spirit. I put my hands around her shoulders; we hugged and cried together. God weaves the loving symphony of compassion between his children. •

Margie Salcedo-Rice, Christian recording artist



Margie Rice

Juneau Outreach

- Painted a school
- Assisted the parks and recreation at Twin Lakes by removing weeds
- Cleaned, organized and weeded at a women's shelter
- Offered free health checks
- Participated in literature distribution



Retreat participants join local church members in painting the Juneau Adventist Christian School.

Wilma Bing, pastor and Washington Conference women's ministry director, paints with Sue Patzer.

Good Night, This is Your Captain

Last night I returned from dining to my cabin. A warm night-light shined down on fluffy linens, and covers folded back. There was a chocolate mint glowing on the pillow with a note saying, "Your captain and crew wish you a restful sleep. As you sleep I will steer you..." I slipped into warm pajamas and laid down. What a comfort knowing I could rest, and the captain would navigate us through the vast Pacific Ocean.

In the night I awoke to the ship in turbulence; the large Westerdam was shaking. I held the note and mint. It would be OK, my captain said he was awake and steering us through the turbulence. I laid back down and trusted. Yes, I slept...

In the morning I picked up another note from the captain, "Good morning, traveler, while you rested I steered you... Today I will lead you..."

This was a new dawning for this take-control workaholic. While I slept, my captain steered us through miles of storm. I laughed. How foolish it would have been to run to his quarters in slippers and tell him how to navigate. How even more foolish to have stayed shivering through the night in worry. Yes, foolish indeed to even want to be my own navigator on this massive ocean. I clutched the mint. The boat jolted again. But this time I smiled, because I trusted who was in charge, and I couldn't wait to see the day's horizons... •

Cindy Chamberlin, *Gleaner* managing editor

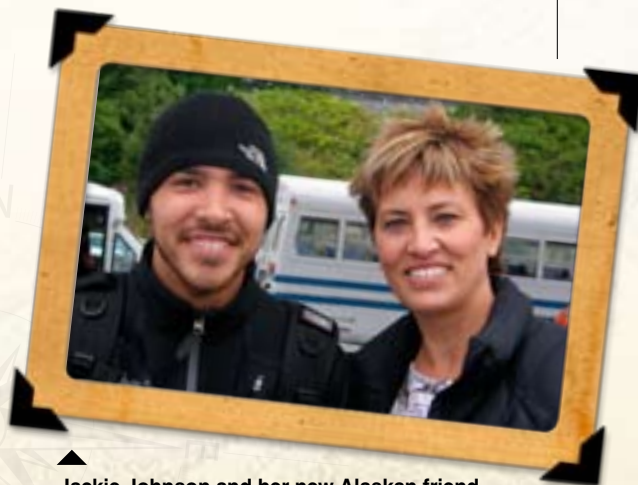


Quarantines and Corsages

Quarantined! What a way to spend the first cruise day, in bed with the flu! The Health Police on-board couldn't have me cavorting around making others sick. But God is good; He planned ahead. Originally, my roommate and I had a low-level room, boring, but in our budget. But because of last-minute changes, they moved us to a window and balcony room. I had a view of Glacier Bay from bed and could praise God in spite of sickness.

After I returned to normal activities, our group went ashore to Sitka. As I exited the boat, God prepared another blessing. I met Thomas who was handing out free Mink corsages to those visiting his store. I shared with Thomas what our group was doing in Alaska. We talked about God and Bible study. I encouraged him to spend more time in his Bible. He thanked me, and we had a great time trying coats on in his store. The free corsage was the size of a quarter, but I pray for Thomas every time I look at it. •

Jackie Johnson, *Lafayette, Oregon*



Jackie Johnson and her new Alaskan friend.

Making Waves

Adventist Women Making a Difference

Feature

Passenger Shares About Sabbath

God was caring for every aspect of this tour, even what I was packing.

When loading my suitcase, there weren't many places left for extras, due to airline regulations. However, I felt impressed to take one book about Sabbath with me.

On-board ship, we were headed to our Sabbath meeting when a gentleman asked where we were going. My friend, Sharon, shared that we were Sabbath keepers and were going to church. The gentleman was very interested. Presently he was doing research about the importance of resting on the Lord's day, and was not satisfied with how his church "kept" the Lord's day.

I told him about my book, and offered that he would possibly enjoy it. Then I retrieved the book for him. He opened it right up to the chapter "Vacationing with God," smiled widely, and said, "That's the book I need." •

Piroska Orban, Ann Arbor, Michigan



Corleen Johnson, worship coordinator and Oregon Conference women's ministries director, leads out in praise time assisted by Cheri Gatton (left) of Nampa, Idaho, and Mable Dunbar (right) of Spokane, Washington.

"Throw a pebble into the lake and a wave is formed and another and another; and as they increase, the circle widens until they reach the very shore. Thus our influence, though apparently insignificant, may continue to extend far beyond our knowledge or control."

—Counsels on Health, page 413



Carla Baker, North American women's ministries director, cleans a shelter in Juneau, Alaska.

Ketchikan Outreach

- Held community meeting on alcohol abuse and depression at Adventist Church
- Cleaned apartments of low-income residents
- Delivered gift bags to women's shelter
- Provided free health checks

Deborah Harris, the retreat's featured speaker, from Atlanta, Georgia, cleans a bird cage at the Raptor Center, Sitka, Alaska's, bird refuge.



Sue Hess, Alaska Conference women's ministry director, cleans an apartment.



WORLD NEWS



PUERTO RICO

Adventists Campaign Against Domestic Violence

Hundreds of Seventh-day Adventists in Puerto Rico are expressing concern over the steady rise in violence against women, children and the elderly. Demonstrators recently carried a 600-foot-long banner through the streets of San Juan, with handprints of 7,500 Puerto Ricans who support the campaign. In addition, church members are promoting awareness in public schools and have distributed thousands of magazines promoting family and respect.

SOURCE: *Adventist News Network*

TEXAS

Adventists Respond to Hurricane Ike

Adventist Community Services Disaster Response has been actively working to assist residents of Texas and Louisiana who were affected by Hurricane Ike. Churches in the area have opened their doors as supply distribution centers and temporary lodging for volunteers. In addition, churches throughout the U.S. have been gathering cleaning kits, personal care packages and school kits to send to damaged areas. If you would like to help, contact ACS DR at www.communityservices.org, or by calling (800) 381-7171.

SOURCE: *North American Division*



RWANDA

ADRA Supplies Science Textbooks

Students in Rwanda are receiving the gift of enhanced science and technology learning from the Adventist Development and Relief Agency. The agency recently donated 18,000 science textbooks to Rwanda's Ministry of Education. The gift was made in response to Rwanda's Vision 2020 program, which aims to promote national development in technology through education.

SOURCE: *allafrica.com*



W S BRIEFS

CROATIA

Parliament Limits Sunday Shopping

The Croatian Parliament passed a ruling to close the nation's stores on Sundays. This decision comes after heavy lobbying from the Roman Catholic Church, whose members make up 90 percent of Croatia's religious population. Certain exceptions to the law will be made for gas, bus and train stations. The law will go into effect in 2009.

SOURCE: Adventist News Network



IRAN

Proposed Law Makes Apostasy a Capital Crime

The Iranian Parliament approved a new penal code calling for a mandatory death sentence for apostates, or those who leave Islam. The bill will next be considered by Iran's Guardian Council, made up of six conservative theologians, who will determine if it is consistent with the constitution and Islamic law. If passed, the proposed law would most likely affect members of Iran's Christian and Baha'i communities.

Source: www.crosswalk.com

INDIA

Adventists Killed in Anti-Christian Attacks

At least 15 Adventists have been killed in India during the recent wave of violence by Hindu extremists. Among the dead is the pastor of the Phulwani Adventist Church and his mother. Several Adventist schools have been threatened by the violence, forcing them to close. The recent anti-Christian outbreak is said to be the worst in India's 60 years of independence. Police have made nearly 300 arrests in an effort to stem the violence.

SOURCE: Adventist News Network and christianpost.com



ACCION

NUESTRA HISTORIA A LA MISIÓN DE OAXACA 2008

El 31 de Agosto del 2004 se reunió el club para planificar la primera campaña evangelística en Juxtlahuaca, México. El evangelista de la campaña fue el pastor Samuel Núñez. Esta campaña fue muy exitosa puesto que abrió el campo y preparó el terreno para la semilla del evangelio. Poco tiempo después un joven llamado Basilio Castellano el cual era el encargado de un grupo de tres familias en Juxtlahuaca habló con el hermano Camerino acerca del plan para comprar un terreno de 1200 metros para construir una Iglesia.

Nuestros Viajes

Los líderes de la iglesia hispana de Hillsboro (Camerino, Francisco, Ramiro y Eleuterio) viajaron a diferentes lugares para pedir ayuda monetaria. Desde el mismo inicio de este proyecto vimos la mano de Dios. El Señor demostró que El estaba en control. El hermano Camerino presentó el plan y estos hermanos tocados

por el Espíritu Santo respondieron al llamado de Dios. Se recogieron más de siete mil dólares en promesas. En el estado Washington también encontramos hermanos dispuestos a responder al llamado de Dios con donaciones. El 22 de octubre del 2005 se hizo el primer pago el cual consistió de doscientos mil pesos. El 27 de Marzo se realizó el último pago por la cantidad de cuatrocientos mil pesos. De esta forma se compró el terreno y seguimos buscando ofrendas y dependiendo de Dios para la construcción de la iglesia.

El Club Misionero de Hillsboro fue establecido en el año 2004 con el propósito de planificar campañas evangelísticas y recoger fondos para ayudar otros campos en Mexico. Desde el año 2004 un buen grupo de hermanos de la iglesia de Hillsboro ha hecho varias actividades para ayudar a nuestros hermanos en Mexico. Gracias a Dios por el esfuerzo de todos los que participaron. Hay un evento



Grupo misionero de la Iglesia de Hillsboro se reúnen para comenzar el día dedicando sus vidas a Dios en oración.

que todavía está en el futuro y es la gran campaña evangelística que realizará el pastor Roger Hernández en el mes de Marzo del 2009 en Oaxaca México. Para más información comunicase con nosotros al 503-640-3215 o a través de nuestro correo electrónico proyecto.oaxaca@gmail.com

El Objetivo del grupo

Este Club tiene varios objetivos: Primero, predicar el mensaje de los tres ángeles en los lugares donde el mensaje todavía no ha llegado. Uno de esos lugares es la región de Juxtlahuaca y sus alrededores. Segundo, formar grupos pequeños en cada zona posible para apoyo financiero. Tercero, establecer un fondo para ayu-

dar financieramente a cualquier proyecto que se presente. Cuarto, proveer ayuda médica para la comunidad y pueblos más pobres de la región. Quinto, programar campañas evangelísticas. •

Autor: El Club Misionero de Hillsboro

Pastor Roger Hernández, Coordinador Hispano Conferencia de Oregon



Un grupo de hermanos misionero de Hillsboro trabajan arduamente bajo el caliente sol de Oaxaca preparando cemento y levantando la Pared de bloques para la nueva iglesia.

Tribal Court Judge Ends Search for Bible-keeping Church

A trip to her local Fred Meyer store in Fairbanks, Alaska, two years ago, began a journey for Blanche Vest, a Tanana Chiefs Conference tribal court judge, that resulted in her baptism in Harding Lake during Alaska's Interior Camp Meeting in June. On that day, Vest met Rayna Hamm, her professional acquaintance and good friend, as she came into the store. Hamm, a Fairbanks Church member, invited Vest to a Bible study she was starting.

Vest was born in bush Alaska near Kotzebue and at an early age went to Wrangell

Institute, a boarding school in Wrangell, Alaska. Her high school years were at Mt. Edgecumbe, another boarding school in Sitka, Alaska. Her grandpa was a Shaman. She was raised a Catholic but became disillusioned during her high school years when she attended a Sunday church with her cousins. She came to the conclusion that she needed to study each religion.

"I'm now on my second time reading through the Bible," reports Vest. "I cannot judge the church by its members. I have to make sure they follow the Bible."

Vest understands the devastating effects of depression. After her son was murdered, she slipped into a seven-year black hole of substance abuse. "I owe it all to God," states Vest, referring to how one day she awoke to her condition. Her determination drove her through the extended process of getting degrees in para-professional counseling and social work. •

John Kriegelstein, Alaska Conference communications director



Odea Sigh, pastor of the Fairbanks North Pole district, baptizes Blanche Vest, a Tanana Chiefs Conference tribal court judge, during Interior Camp Meeting in June.

Rescue Helicopter Joins Alaska Outdoor School

As a rescue helicopter approached Camp Tukuskoya near Wasilla, Alaska, students, who were learning first aid techniques, ran to observe the unexpected landing. Chad Bigelow, first aid instructor of Anchorage, Alaska, had secretly arranged for a crew from Life Guard Alaska to fly into the camp just 25 air-miles from Providence Hospital in Anchorage. Earlier, students were taught to prepare for helicopter rescue by preparing and marking the landing area.

Students from Alaskan towns like Fairbanks joined students in grades 4–10 from Anchorage and Palmer at Camp Tukuskoya for Outdoor



Students from Fairbanks, Palmer and Anchorage inspect the rescue helicopter from Life Guard Alaska as part of their outdoor school experience held at Camp Tukuskoya northeast of Anchorage.

School Sept. 17–19. More than 40 students, teachers and parents enjoyed a curriculum

which included first aid, wilderness/cold-weather survival skills like building a

shelter and starting a fire, and other activities. Worshipers used a variety of object lessons to point students to Jesus as the answer to life's dilemmas. Ruth Farnsworth, Anchorage Junior Academy principal and event organizer, says the event was well worth the effort.

Camp Tukuskoya is located 25 miles northeast of Anchorage. However, it takes 70 road-miles to reach the closest drivable point. In the summer it is only accessible by boat or helicopter. During the winter, it is accessible by plowing a five-mile road across three lakes. •

John Kriegelstein

Garden Valley Elder *Prepares for Alaskan Mission*

Along with family and friends, 54 Garden Valley Church members gathered at the Garden Valley airport on Sabbath, Sept. 13, to dedicate a 1959 Cessna-182 aircraft slated for a Togiak, Alaska, mission project. Russ Johnson, retired Alaska Conference president and member of the Cloverdale Adventist Church, officiated with help from Gary Lynde and Mike Van Dyk from Project Patch, and Blaine Kenney, from the Baker City (Ore.) Church.

The plane will be piloted by Dan Rotthoff, an 80-year-old church elder, who plans to pursue a mission call to the Alaska Conference as an aviation missionary pilot.

Rotthoff spent most of the past 40 years as a cattle rancher offering out-fitting services to the public. His rigorous

outdoor lifestyle on horseback, guiding big game hunters, and hosting pack-in fishing trips and family vacations has physically and spiritually conditioned Rotthoff for this assignment. Rotthoff is a deeply spiritual man with an undying burden for mission.

Rotthoff holds a private pilot certificate with class II medical. He is currently acquiring his commercial license and instrument rating to meet AWA's minimum qualifications. Upon meeting these requirements, he proposes to pilot the newly dedicated aircraft as an AWA Level-1 mission project. He longs to spread the great gospel news to the native peoples of Alaska.

"It's been a tremendous motivation to us as we've watched Dan accept this call



Russ Johnson, retired Alaskan Conference president, and Dan Rotthoff, an 80-year-old church elder from Garden Valley, Idaho, attend the dedication of this mission plane.

and put his convictions into action. We have all prayed and received a huge blessing as the Lord prepares Dan for the mission field," says Dan Ross, Garden Valley Church head elder. "At Dan's age, most folks are thinking about taking it easy and waiting for

the Lord's appearing. But Dan Rotthoff's faith and persistence has made us realize that... when God is your pilot—the sky's the limit!" •

Dene Sue Ross, communications leader

Timberline School *Raises a New Flag*

When Nadine Messer, head teacher at Timberline Adventist Elementary School near Vale, Ore., noticed the school's outdoor flag was faded and worn, she presented the need to the Vale Church. The Thelma Clark family of Vale responded by contributing a new flag to replace the old one. Messer then coordinated with Gino Silva, post commander at the American Legion Vale Post No. 96, to plan a dedication ceremony.

On Tuesday, Sept. 9, five veterans marched toward the flagpole. Students and staff lined

up outside for the ceremony. Silva talked about the honor of flying our nation's flag. Zachary Hicks and Cody Davis, students, assisted Silva in lowering the flag, folding it and raising the new flag. John Schaffeld, John Recla, Don Wolfe and Larry Mendiola, veterans, gave a rifle salute using World War II rifles.

Silva then presented the school with a booklet on flag etiquette. Students and staff visited with the veterans and even requested autographs. •

Nadine Messer, head teacher

Veterans from American Legion Vale Post No. 96, pictured here with Timberline Adventist Elementary students, helped raise a new flag at the school.



Bozeman Church Hosts Quiet Hour Rally

The Bozeman Church hosted a Quiet Hour rally with Bill Tucker, president, and his wife Jackie Sept. 13. Mrs. Tucker began the Sabbath church service with an overview of the ministries of The Quiet Hour. Pastor Tucker's sermon focused on Jesus coming again.

The Quiet Hour was founded in 1937 as a radio program, but even before 1950 included TV programs. Today, its TV program, *Windows of Hope*, hosted by Tucker, is seen on many satellite and cable networks.

The Quiet Hour sponsors evangelism and mission projects around the world, so

in the afternoon, the Tuckers shared numerous reports from their experiences. They told about how, while in India, they had to cut short a series

of meetings when Muslim extremists insisted Christians be evicted from the area. Fortunately, authorities were able to get them out safely only

hours before mobs converged.

Tucker, a true Montana native, was born in Butte, Mont., while his father was pastoring the church. In addition, his father was born in Missoula, Mont., while Bill's grandfather led that congregation.

The Quiet Hour Rally was a great opportunity to hear what God is doing through this ministry, fulfilling God's prophecy for His word to go around the world with the help of those who give their lives to Him. •

Susan Loor, Bozeman Church member



Bill Tucker, Quiet Hour president, shares with students at Mt. Ellis Academy during a recent trip to Montana.

Montana Conference Holds Third Boot Camp



David Prest, Jr., Montana Conference ministerial director, speaks at the boot camp.

The Montana Conference sponsored their third evangelism boot camp in September. Two previous camps have been held in Bozeman, and another is planned for the fall in 2009. These camps use the

ShareHim curriculum to help educate and equip people to conduct evangelistic meetings, either in their communities or internationally.

Presenters for the camp this year included Jeremiah Weeks, from *ShareHim*; Montana Conference office personnel; and three pastors from around the conference, who shared experiences in soul winning.

This year the boot camp was offered not only for potential speakers, but also to members of the outreach leadership team, who plan sowing events and do behind-the-scenes work.

Sabbath was spent talking about different seed-sowing

ideas. There was also time for sharing what different churches have tried: what has worked and what has not worked.

On Sunday morning, attendees practiced using the free *ShareHim* software. Those who were interested in conducting evangelistic series were able to use the new Mt. Ellis Elementary computer lab and sign up to help at the *ShareHim* Web site.

So far, nearly 200 people in the Montana Conference have attended evangelism boot camps, including over 40 people this year. •



Montana Conference members attend the third conference-sponsored *ShareHim* boot camp.

Archie Harris, Montana Conference communications director

PAA Welcomes New Staff Members

Portland Adventist Academy introduces six new staff members.

Maria Bibb is PAA's new English as a Second Language director. She works with students from China, Japan, Korea, Switzerland and Vietnam. Bibb and her husband, Lane, have three children. She is an active member of the Pleasant Valley Church and is often spotted on stage leading music.

Rita Barrett is the new Spanish teacher. Barrett has been teaching Spanish for over 20 years as a volunteer. She and her husband, Mike, have one grown son. Barrett spent most of the last 23 years as a full-time caregiver to her oldest son, who died nearly a year ago.

She is actively involved with Faith Comes by Hearing, a mission organization that has recorded the New Testament in over 300 languages.

Laura Wetterlin is PAA's new drama instructor. She plans to focus the class as a ministry, performing at area churches. Wetterlin is a singer/songwriter and has taught voice lessons at PAA. She and her husband, Cory, have a 2-year-old daughter.

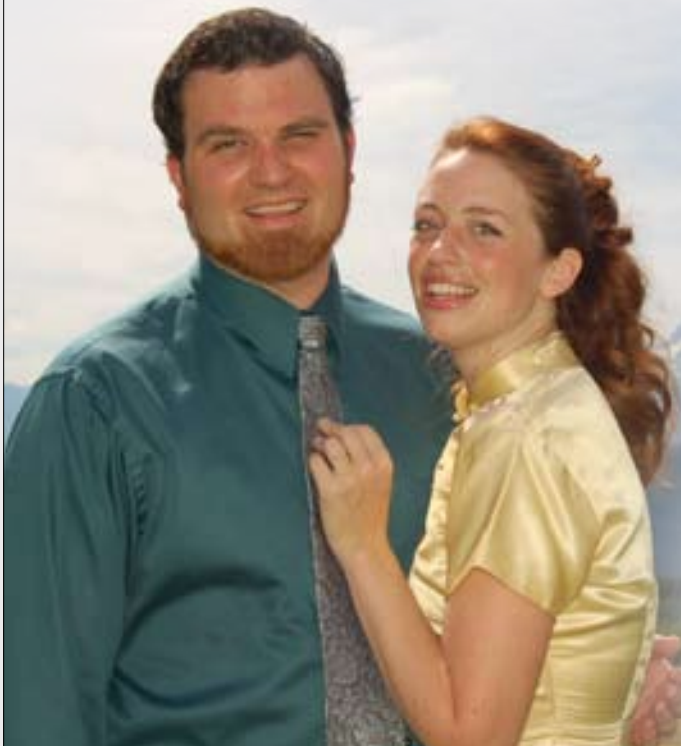
Jonny Moor joins PAA as a taskforce worker from Walla Walla University. He'll be assisting the PAA chaplain department and coaching the cross country team. Moor recently finished his sophomore year at WWU.

His major studies include biblical languages, and he



Maria Bibb, English as a Second Language director, and Jonny Moor, taskforce worker in the chaplain department, join the Portland Adventist Academy staff this year.

just returned from visiting Greece. Moor graduated from PAA in 2007 as student association spiritual vice-president.



Rita Barrett teaches Spanish on the first day of school.

Laura Wetterlin and her husband Cory share a passion for music and ministry.

Tamberly Couch is taking on the job of campus development manager. Her focus is on the future of PAA and its land and campus. Couch spent the past 15 years as a stay-at-home mom. She also spent several years volunteering for Tualatin Valley Junior Academy. She and her husband Leron have three children; two of them attend PAA.

Heidi Woodworth is joining the development department as assistant development director. She'll be taking charge of

alumni, student scholarship fund raising and many other projects. Woodworth has been an active organizer at Emerald Junior Academy for several years. She and her husband Gary have two children; their oldest attends PAA. •

Liesl Vistaunet, public relations director

Heidi Woodworth and Tamberly Couch are both new to the development department at PAA.



Portland Adventist Elementary Celebrates New Bus

Wednesday morning during the first week of school Portland Adventist Elementary School students gathered outside to celebrate the arrival of a newer school bus for student field trips. It was a beautiful morning as students lined the sidewalk outside chanting, "Move that bus! Move that bus!" Sure enough,

the bus slowly crawled around the corner from the storage shed to meet the chanting and excited students.

What an exciting day of satisfaction for everyone. You see, all last school year, under the direction of Nina Kight and Sandra Blank, Home and School leaders, students and staff worked together with the

community to raise the money to purchase a replacement bus for the aging one which had been used for the past 10 years.

Ron Sulzle and Kevin Mingis, custodial and maintenance staff, flew back to Illinois to pick up the bus and bring it home for the students.

The school takes around 100 trips per year with students, and

now they are assured of greater safety and reliability. Thank you to all who made this dream possible for our students. •

Bob McDonald, Portland Adventist Elementary School principal



Tabernacle Family Believes in Miracles



Gary McLain

While the rest of the family gathered for worship to welcome the Sabbath, Erica suddenly felt impressed to leave and check on Tsikirai, her son.

The youngest member of the Tsikirai (pronounced see-key-rye) family may not remember the following incident when he gets older. But his family will never let him forget how God performed a miracle for them.

On Friday, May 30, two of the Tsikirai girls had fevers. When Timothy, their 2-year-old brother, came down with a low-grade fever, Erica, his mother, gave him medicine, bathed him and put him to bed. While the rest of the family gathered for worship to welcome the Sabbath, Erica suddenly felt impressed to leave and check on her son.

As she opened the bedroom door, Erica noticed Timothy was beginning to vomit. She quickly went to help him and

called her husband Jaison. “This was a divine appointment!” she exclaimed. “I have been brought here by an angel.” While she was cleaning him up, Erica discovered Timothy’s temperature had risen slightly, so as a precaution she cooled him down with wet towels and gave him more medicine.

Sometime later, even though the boy was relaxed and cool in his mother’s lap, he suddenly passed out. He stopped breathing and his color changed. Erica shook him and called out his name, but he was unresponsive. She yelled for help.

She made sure his airways were clear, laid him on the floor and began CPR. Their 12-year-old daughter called 911 and gave the phone to her father. Erica began loudly reciting Psalms 23, over and over again, praying in-between “God, You are able! Dear Jesus, You can! Please come quickly and abide!” Then she would begin Psalms 23 over again.

When Jaison came in and saw Timothy, he thought he had lost his son. “I didn’t know what to do. I didn’t know what this

meant. I couldn’t imagine life without my son. I pleaded for God’s mercy. But each minute that passed seemed to confirm the reality that Timothy was not alive.” Jaison stayed on the phone with the emergency services until they arrived about six minutes later.

Meanwhile, Timothy’s sisters gathered to pray God would heal their brother. The youngest sister, Tapo, was already in bed. “We prayed,” the girls say. “We were all talking to God at the same time.” When the emergency crews arrived, the sisters continued to pray. “Suddenly, we all stopped crying. We felt the peace and presence of God and knew our brother was going to be okay.”

About the time they heard sirens whistling toward their home, Timothy produced a sound—yes, a sound of life! For five minutes, he had not been breathing. When emergency crews arrived, he opened his eyes for the first time. He looked drowsy, as if waking up from a deep sleep. But

he was alive! “I cannot describe the joy that filled my soul when I saw my son pass from death unto life. God is good!” Jaison remarks. Emergency teams felt Timothy’s condition was life-threatening and rushed him to Doernbecher Children’s Hospital in Portland, Ore.

Later, the family heard from two friends, one in Omaha, Neb., and one in Niles, Mich., who were awakened in the night and felt impressed to pray.

Though extensive tests were performed, they did not reveal the cause of the emergency. Little Timothy’s sisters and parents are just happy Jesus gave him back to them. •

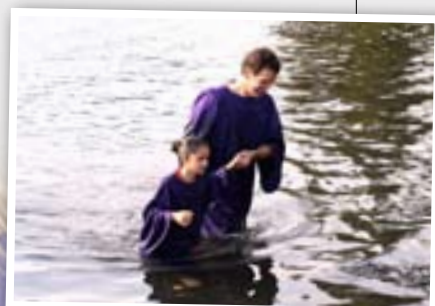
Erica & Jaison Tsikirai, Tabernacle Church members, with Krissy Barber, Oregon Conference Communication Intern

Jaison and Erica Tsikirai have five children: Tino, 12; Tendo, 10; Tata, 6; Tapo, 4; and Timothy, 2.



Gary McLain

Youth Follow Jesus at Big Lake



During Family Camp at Big Lake Youth Camp on Sabbath, Aug. 21, five young people from Hood River, Ore., were baptized by Pat Milligan, pastor.

Pat Milligan, pastor, meets and baptizes each young person.

During Family Camp at Big Lake on Sabbath, Aug. 21, five young people from Hood River, Ore., were baptized by Pat Milligan, pastor. They are Madison and Josie Baird, Amanda and Tommy Marx, and Emma Wolford. Each of them made the decision to be baptized while attending the camp this summer.

Many friends and family members attended. All of the young people have been influenced by the spiritual atmosphere at Mid-Columbia Adventist Christian School. •

Joyce Gallentine, communication leader

Hood View Junior Academy *Puts Students in Family Groups*

Hood View Junior Academy in Boring, Ore., began the school year with new family groups. Junior high students led the rest of the school in this special event. Each pair of leaders had 10 students in grades preschool through sixth in their group. Groups developed a name for their family, a cheer for their family and a special poster. Monica Manzo, eighth-grade student says, "It was fun and way better than doing school work!" Family groups will meet once or twice a month. •



Holley Bryant, HVJA principal

CAA Highlights September Week of Prayer

“I liked how Pastor Stephen really applied his topics to our lives and made it more personal for us. These are things we often deal with.”

-David Jardin, CAA Senior

Week of Prayer is always a highlight for students at Columbia Adventist Academy, and this year was no exception. From Sept. 8–12, CAA students enjoyed a week full of inspiration and prayer, led by Stephen Eastwood, pastor. Eastwood was born in Australia in 1970 to English parents. Throughout his childhood, he traveled to many countries and eventually attended Newbold College in England where he received a religion degree. (It was also at Newbold where he roomed with CAA’s own Matthew Butte.) Eastwood began as a youth pastor, but now

is a senior pastor at San Luis Obispo Church in California.

Week of Prayer was a fun variation to a normal school week. In the morning, after the first class, the school got together and took part in the program. There were praise services, prayers and special musical numbers led by the students and faculty. Each morning, Eastwood told students about lies: the lies the devil tells, the lies the church tells, and especially the lies we tell ourselves.

As David Jardin, senior, puts it, “I liked how Pastor Stephen really applied his topics to our lives and made it more personal for us. These are things we often deal with.”

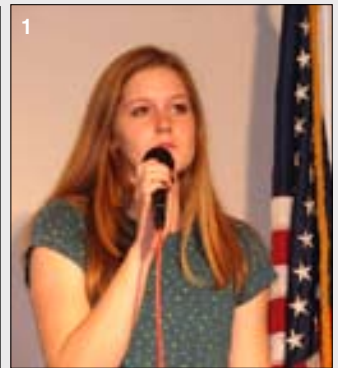
Sara Davis, another senior, explains, “He was more real to me because he wasn’t afraid

to go up there, make mistakes, and then laugh about it with us later.”

In addition to speaking up front, Eastwood also went to classrooms and talked with students. Friday evening, the entire student body and parents took part in a corn roast vespers when, by a campfire, Eastwood shared a few more thoughts.

The following day was Family Weekend Sabbath. Band, choir and handbell groups performed, and Eastwood shared his concluding thoughts for the week. After the service, students, family and friends were invited to stay for a potluck and a chance to tour the new school building. •

Ashlee Rich, Columbia Adventist Academy senior



1 Marina Jorgenson, senior, sings for Columbia Academy Week of Prayer.

2 Stephen Eastwood, pastor, packs the week of Sept. 8–12 full of inspiration and prayer for Columbia Academy students.

3 As is their tradition, CAA staff members lead the Friday morning praise service.

Conference Launches 'WhyIQuitChurch.com'

I used to love horseradish, but hated the heartburn, so I quit. I got a \$200 ticket for speeding, so I quit. You know what I mean by quitting: We have quit diets, schools, teams, pastors, doctors, spouses, and many times have regretted we quit. Some have said to me quietly, "I quit too soon."

But what about quitting church? After pastoring for 20 years, I've seen a lot of people quit. When I arrived in a new district I was told there was another group of people as large as the church membership in that city that had quit coming. That church had 500 people on its membership. I wondered if any of them thought, "I quit too soon."

In the Upper Columbia Conference there are 12 population centers, with



Spokane, Wash., being the largest. We have prayed, seeking ways to reach those who have quit church. As a result, a group of people decided to wrap a city bus in royal blue with the words, "Did You Used to Go to Church?" (The idea came from

It Is Written and the Oregon Conference.)

Then on the bus we would post our Web site: WhyIQuitChurch.com. The Web site has a survey gently seeking information about why they quit church. When they

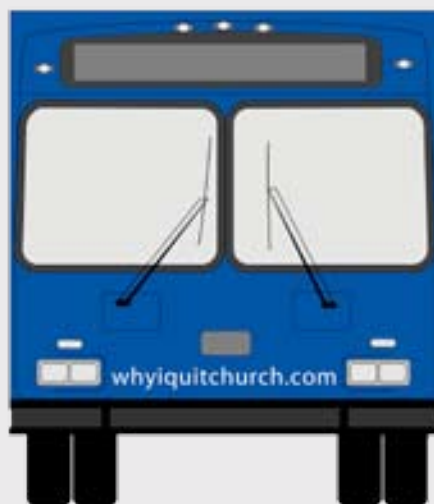
complete the survey we respond to them in 24 hours. We want to meet them and thank them for filling it out and present them with two tickets to the Garland Theatre in downtown Spokane to see the movie; *Lord, Save Us From Your Followers*. We will have the wrapped city bus parked in front of the theatre and the local news stations alerted and hopefully attending.

Following the movie we will have a discussion led by our ministerial director and a local church pastor. Our intention is simply to ask the people to forgive us. We want to convey our heartfelt sorrow to them for having to make the decision to quit attending church. We want to say, "We are sorry."

Quitting church is a serious decision. Maybe, just maybe it contains eternal consequences. Don't they deserve an invite to come back and don't we need to correct whatever it may be that caused people who once walked with us to say, "I quit"?

The WhyIQuitChurch.com bus was launched on October 9. The first showing of the movie will be in November. Please pray for this venture. •

Dave Livermore, Upper Columbia Conference personal ministries director



UCA Students Participate in Dedication Weekend



Students gather to participate in an Agape feast, which included a communion ceremony. The first Sabbath of the school year helps set the spiritual tone for the campus.

The first Sabbath of the school year marked a special dedication weekend at Upper Columbia Academy. On Friday, students and staff participated in an Agape feast hosted by the Associated Student Body.

Ken Wetmore, UCA Church pastor, read passages from the New Testament where Jesus washed His disciples' feet. He explained that washing another's feet is a gesture of humility and Christ-like servitude. This is the attitude the faculty at UCA wish to have as they serve and guide the students. To demonstrate

this attitude, the faculty washed the ASB officers' feet, and then ASB and faculty washed the feet of all 272 students.

Next, staff and students participated in a communion service. Students were invited to write anything they wanted to give to God on slips of paper and drop them in a glass bowl resting on a table in the shadows of three crosses. At the close of the service, a lit match was dropped into the bowl. The paper was instantly incinerated. When Wetmore held the bowl up to the light, it shone sparkling clean without even a trace of ash.

Sabbath School was organized by IGNITE, UCA's student-led ministries team. During the worship service, Wetmore used a candle as an illustration of how God ignites us so we can ignite others. UCA staff members were called forward, and each lit a candle and placed it on the table, again demonstrating their dedication to leading students into a deeper relationship with Christ. Students were called up next to light a candle and receive a Bible in which was printed the student's name and the

words, "Presented by your UCA family."

The purpose of the dedication weekend was to set the tone for the whole year. UCA is a place to grow: intellectually, socially, and, most importantly, spiritually. The staff at UCA not only teaches, but guides and mentors. UCA is more than a collection of students and staff; it is a family striving together to ignite, not only their campus, but their community for Christ. •

Danielle Shull, Upper Columbia Academy senior

Valley View and Cashmere Members Witness in Waterville and Mexico



Members of the East Wenatchee Valley View and Cashmere churches gathered together in the small community of Waterville to participate in a witnessing opportunity.

Surrounded by what seems like endless wheat fields, Waterville (population: 1,170) is located 20 miles from Wenatchee. Both young and old paired up to take religious literature to every home in the community. In the warm June sun, God's word was spread throughout the town, in an attempt to plant seeds and invite people to nearby churches.

The efforts were well received, and many families accepted invitations to take part in Bible studies and prayer.

Two months later, 15 members of the Valley View Church organized and participated in a witnessing effort a little farther from home, in the small community of La Cumbre, Mexico, located 60 miles from Peurto Vallarta. In an existing Seventh-day Adventist church in this village, members held a six-day Vacation Bible School, put on an evening evangelistic series, and assisted with improvements for the church.

More than 70 children attended VBS, and more than 50 adults attended the meetings. Even though many of these members could not communicate with one another through a common language, the knowledge that each shared the love of Christ was enough to develop everlasting friendships.

The work here will continue since the mission team was also able to equip the La Cumbre Church with the tools and resources needed to hold a VBS and an evangelistic series of their own in the future. •

Members of the East Wenatchee Valley View and Cashmere churches gather together after spreading literature throughout the Waterville community.

Tina Thornton, East Wenatchee Valley View Church communications assistant



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Women Collect Toys for Children

Western Washington women are turning “lemons into lemonade” as a result of the annual women’s retreat at Ocean Shores this September.

Sylvia Matiko, author of the book, *Lemons to Lemonade*, shared how each person is really a lemon without God. However, with God, they are special people who can take those same lemons and turn them into service for God.

To put this into practice, the women donated toys for children of single mothers, which will be distributed by Maranatha Adventist Church’s Search & Rescue Mission.

Washington Conference’s Women’s Ministries has partnered several times with the Search & Rescue



Search & Rescue Mission will present children of single mothers with toys for Christmas, including the toys donated by women at the annual women’s retreat.

Mission to collect warm clothing, nonperishable food, and monetary donations for homeless and single parent families. At this year’s retreat, one of the workshops was

presented by Carolyn Brown, search and rescue leader, who shared a popular workshop that energized participants to begin outreach projects in their own communities. •



Wilma Bing

Sylvia Matiko encourages women and teens at the annual women’s retreat to make life’s lemons into lemonade.

Heidi Martella, Washington Conference associate communication director, with Wilma Bing, women’s ministries director

Volunteers Build Bethlehem in Auburn

Volunteers hauled cement blocks and shoveled dirt in the bright September sun at the beginning of a 12-day block-laying mission in Auburn, Wash. The goal? To lay 14,000 blocks and build a permanent “Bethlehem” structure for the Auburn Academy Church’s yearly performance of Journey to Bethlehem.

When Journey to Bethlehem began in 2006, the city structure for the outdoor drama was constructed out of wood and assembled and disassembled

in a month’s time, requiring enormous manpower. The church voted in early 2008 to build a permanent Bethlehem structure out of block.

Miracle after miracle is attached to the building of Bethlehem in Auburn with donations of block, cement, gravel, mixers, construction equipment and labor. As the city walls go up, church volunteers are bringing down the walls of community volunteer’s lives as they share the story of Jesus.

The stories will continue as construction concludes, and the drama production begins. Journey to Bethlehem runs Dec. 4–7, from 6–9 p.m. For more stories and information, visit aaachurch.org. •

Volunteers, such as Ama Tuatoo, Auburn Academy Church member, position 14,000 blocks for the permanent walls of Bethlehem in Auburn, Wash.

Jennifer McGhee, Journey to Bethlehem leadership team member



Heidi Martella

Green Lake Launches Fine Arts Ministry

The Green Lake Church launched The Green Lake Academy of Fine Arts with a five-day music camp in August.

More than 40 children, ages 5–15, participated in an array of classes including violin, cello, piano, organ, harpsichord, drums/percussion, bells, chimes, and guitar, as well as improvisation, art, and digital music and recording.

Professional artists from the church and community spent the week teaching and helping the young people prepare music, art and drama for a special Sabbath service and afternoon program.

During the camp, students

climbed through the chambers of the church pipe organ to learn how the instrument works, and took a field trip to St. Mark’s Cathedral in Seattle, Wash., to hear the famous Flentrop pipe organ.

The Green Lake Church has long supported the arts as an important part of worship and ministry. Over the past four years, church member Roy Naden has developed a youth orchestra, which has around 20 members under the direction of Alex Gagliu, conductor.

The Green Lake Academy of Fine Arts is already working on plans for a music camp next



Forty children took part in the inaugural season of The Green Lake Academy of Fine Arts music camp this summer.

summer and a yearlong after-school curriculum offering music and art training for under-privileged children in the community. •

Ryan Dye, Green Lake Academy of Fine Arts instructor

Auburn Adventist Academy Senior Survival Builds Team Spirit

The senior class of 2009 spent Sept. 26–28 on a weekend retreat bonding, camping, playing, working and worshipping together.

In addition to traditions like selecting class officers and relaxing on the grounds of beautiful Fort Flagler, the students were divided into six groups, participating in group-building games and camp assignments.

“I was a part of the blue team,” says Mari Marin, senior student from Buckley, Wash. “I really liked being a part of the group and it helped me get to

know other people a lot better.”

Students also experienced an Agape supper with communion and foot washing, worship

The orange and red teams play group-building games during Auburn Adventist Academy senior survival.



thoughts presented by peers, singing around the campfire and delicious meals prepared by Ramon Costelo, one of

Auburn Adventist Academy’s new staff members.

“The purpose for the weekend was to help students intermingle and become a closer knit family,” says Walter Turner, vice principal and head sponsor. “Learning they must work together to accomplish the goals set before them will not only benefit them this school year, but help them be successful in life.” •

Jondelle D. McGhee, Auburn Adventist Academy GLEANER correspondent

PSAA Welcomes New Leaders

Puget Sound Adventist Academy, in Kirkland, Wash., began the academic year with new leadership.

Rick Serns, principal, brings a rich background of experience in education and management. Most recently, Serns served as director of employee and labor relations resources in the Federal Way and Issaquah school districts, and as executive director of human resources in the Shoreline district.

Serns has 21 years of experience in the Adventist school system as assistant dean, teacher and principal at Colombia, Wisconsin, and Olympia Junior academies.

Serns holds a master's in school administration from Walla Walla University, a juris doctorate degree in education policy and management from the University of Oregon, and a degree from the University of Washington.



Rick Serns, PSAA's new principal, brings a rich background of experience in education and management.

He is married to Valerie (Payne) Serns, also an educator. They have three adult children and two grandchildren.

Ken Cooper is the new business and facilities manager. A product of Adventist schools, Cooper's goal is to help make Adventist Christian education possible for every student who wants to attend. Cooper is a recent graduate of the University of Washington with a bachelor's in business administration.



Ken Cooper is PSAA's business and facilities manager.

With experience in marketing and sales, Cooper brings enthusiasm and eagerness to the faculty team. He is married to Stephanie (Fetrick), an elementary teacher, and they have a young son, Jack.

Tyler Stewart is serving as PSAA's new chaplain and pastor of the Eastside Adventist Fellowship. Stewart was adopted from South Korea when he was 4 years old.



Tyler Stewart is serving as PSAA's new chaplain and as Eastside Adventist Fellowship pastor.

Growing up, he searched for God, and decided to join the Adventist church at age 19. A mission trip to Thailand during his college years altered his academic plans. He transferred to Walla Walla University to study theology. Stewart is married to Vonnette-Marie (Thompson). •

Kathy Fridlund, PSAA GLEANER correspondent

Lacey Church Receives a Grant

The Lacey Church recently built a fellowship hall for \$380,000 and named it Tuttle Hall after the family who donated the land where the church is located.

The members borrowed about \$110,000 to finish the project and voted in January to pay off the remaining \$80,000 debt by year's end. In 2003, the church members applied to the Washington Conference for a grant, but at the time, funds

were not available and so the request wasn't granted.

However, the conference experienced a financial blessing from matured wills and trusts, and the grant fund was re-opened. In August, John Freedman, Washington Conference president, surprised the Lacey congregation by presenting them with a check for \$38,000. With the final payments in sight, Tuttle Hall is nearly debt-free. •



John Freedman, Washington Conference president, presents a check for \$38,000 to Steve Shipowick, Lacey pastor (left), and Steve Enders, a church leader (right, holding check).

Rob Aaron, Lacey communications leader

First Nursing Class Reunites

After 57 Years

The first Walla Walla University nursing class met for their 57-year reunion at Hansen Hall on the Portland, Ore., campus in June. The original class had 12 students, and six were present at the reunion, including Geraldine Losey Crowell Woods, Ramona Bates Wesson, Donna Newell Burns Lindstrom, Priscilla Hardt Gardner, Donna Loop Krause Pigg and Pauline Sankey White. In reminiscing, the alumni recalled five students who



Lucille Krull

wanted to get married before graduation, but had to request permission from the teaching staff. (All five got a yes.) They also remembered that all of

the students passed their state boards the first time.

The reunion was also the first day of classes for current nursing students. Lucille Krull,

The first nursing class from left: Geraldine Losey Crowell Woods, Ramona Bates Wesson, Donna Newell Burns Lindstrom, Priscilla Hardt Gardner, Donna Loop Krause Pigg and Pauline Sankey White.

WWU's School of Nursing dean, gave a tour of the current classrooms. •

Roy Wesson & Becky St. Clair

New Faculty Members

Start Their First Term

Walla Walla University introduced nine new faculty members to the campus this year.

Bob Cushman, biology department chair, completed his undergraduate work at WWU, and holds a doctorate degree in geology from Colorado School of Mines. He and his wife, Judy, have two sons.

Onduru Odongo, chemistry assistant professor, holds a bachelor's degree in education from Kenyatta University in Nairobi, Kenya, with concentrations in chemistry and physics. He received his doctorate degree from the State University of New York at Binghamton.

Doug Logan, School of Engineering dean, received a bachelor's degree from WWU, and his master's and doctorate degrees from Stanford

University. He and his wife, Suzan, have three children.

Brian Roth, engineering assistant professor, completed his undergraduate work at WWU, and continued his education at Purdue and Stanford universities.

Richard Scott, assistant librarian, received his bachelor's degree from Union College, and earned his master's from the University of Kentucky. He and his wife, Caprice, have one child.

Heidi Haynal, mathematics assistant professor, completed undergraduate work at Ohio State University. She was awarded her master's and doctorate degrees from the University of California in Santa Barbara. She and her husband, Paul, have one son.

Karin Thompson, music

department chair, received her bachelor's degree from WWU. She also holds a master's degree from the Peabody Conservatory of Johns Hopkins University and a doctorate degree from the University of Maryland.

Rosemarie Buck Khng, nursing assistant professor, holds a bachelor's degree from WWU, and a master's of science from Loma Linda University. She has two children.

Emily Tillotson, social work



Eric Ashley

From left: Doug Logan, Brian Roth, Onduru Odongo, Heidi Haynal, Emily Tillotson, Rosemarie Buck Khng, Bob Cushman and Richard Scott. Not pictured: Karin Thompson.

assistant professor, received her bachelor's and master's degrees at WWU. She and her husband, Trevor, have one daughter. •

Becky St. Clair, WWU GLEANER correspondent



Time is of the essence: Adventist Medical Center staff rush a patient to the emergency room.

i-STAT: Express emergency Care at AMC

Car accidents. Chest pain. Broken legs. Loss of blood. There are a myriad of reasons to visit the emergency department, but they all have one thing in common: the need for speed.

With many medical emergencies, intervention needs to be taken immediately to save the life or prevent permanent damage. At Adventist Medical Center in Portland, Ore., a relatively new technology is enabling doctors to provide care at lightning speed.

Introducing i-STAT—an advanced, diagnostic tool, the i-STAT system provides real-time lab-quality blood results within minutes to accelerate the patient care decision-making process.

“The value of i-STAT is that it allows you to get results from specific, important blood tests quickly and at the bedside,” says Kelli Westcott, emergency department physician. “I can get

blood test results in five minutes, rather than waiting an hour, and those results enable me to make quick diagnostic decisions.”

For patients in pain, that means quicker relief. For patients with extremely life-threatening conditions, it may mean the difference between life and death.

“Some patients can go from sick to dying in 30 minutes,” says Westcott, citing the intensity of potassium poisoning as an example. The i-STAT gives doctors the ability to address critical problems—lowering potassium levels in this case—and then allows additional time to make care decisions.

The first Portland-area hospital to use the technology, Adventist Medical Center has employed i-Stat since early this year and uses it frequently. Westcott estimates that at least a couple of patients per day are

dramatically affected by the system’s capabilities.

Additionally, it makes the doctors really happy. “Our physicians are grateful. They know what a valuable tool it is,” she says of the system whose broad range of critical care tests includes cardiac markers, blood gases, chemistries and electrolytes, lactate, coagulation and hematology.

Advanced bedside testing technology is not the only thing the emergency department has to offer. “Our patient care goals include delivering health care with the mission of the hospital in mind,” Westcott states.

After attending Walla Walla College for undergraduate studies and Loma Linda University for medical school and residency training, she says, “Our California Emergency Physicians group is fortunate to work at a hospital

that delivers health care for the whole person. Our department goals align with the mission of the hospital – to promote the healing ministry of Jesus. And there’s no better place for that patient centered care than the Emergency Department.”

“In the ER, people are anxious and afraid and fearful. It’s a really stressful time,” she says. “People don’t wake up in the morning planning to go to the ER.” It’s during these vulnerable times that Dr. Westcott and the ED staff find opportunities to provide that extra compassion and care that makes Adventist Medical Center unique.

To learn more about this mission of healing at AMC, visit www.adventisthealthnw.com.

Shawna Malvini, Adventist Health GLEANER correspondent

Former Oakwood President Dies

Gerald J. Millet, the fifth president of what is now Oakwood University and a former associate secretary of the Adventist World Church education department, died Sept. 7 at his home in Huntsville, Ala. Millet, 95, was president of Oakwood College from 1954 to 1963, a period in which enrollment doubled, the number of faculty increased to 55, and 13 new buildings were constructed. In 1970, he was the first African-American elected in the church's education department, and in 1990 he was awarded the department's highest honor, the Medallion of Honor.

NPUC Welcomes Sundin

Robert Sundin is now serving as the North Pacific Union Conference undertreasurer, filling the position vacated by Mark Remboldt, who became NPUC treasurer.

Sundin has an undergraduate degree from Loma Linda University and a master's degree from Boise State University. He spent the last 10 years serving as treasurer for the Northern New England Conference. He is joined by his wife, Kathy, a dental hygienist. The Sundins have two daughters, Michelle and Janelle.



Robert (Bob) Sundin

HAVE YOU SEEN THIS?

You can give your tithe and offerings with the convenience of online banking. Adventist Giving provides a mechanism for paying your tithes and offerings through electronic fund transfers. The service may already be available to you on your church's Web site. To request enrollment for your church, visit www.adventist-giving.org.

OOPS!

In the October "Did You Know" section of the GLEANER we mistakenly attributed a quote from the Apocryphal book of Ecclesiasticus, to the scriptural book of Ecclesiastes. Instead of reading "Ecclesiastes 38:4" (which does not exist), it should have read "Ecclesiasticus 38:4."

Kinsey Joins VOP

The Voice of Prophecy has named Fred Kinsey its new speaker/director. Kinsey succeeds Lonnie Melashenko, who spent 17 years in the role before taking a vice president position at Kettering Hospital. "I'm honored to follow the broadcasting pioneers who established and grew the VOP over the years," Kinsey says. "There is a world that needs this message, and I look to God for His help in sharing it."



Fred Kinsey

In addition to his new responsibilities, Kinsey will continue in his role as assistant to the president for communication in the North American Division.

GleanerNOW

Get the latest breaking news stories and extended online features with GleanerNOW, the GLEANER's e-newsletter. Sign up today at www.gleaneronline.org.





Warren and Becky Dick

Dick 60th

Warren and Becky Dick recently celebrated their 60th wedding anniversary over a three-day weekend with all five children present.

Warren Dick and Becky Becker were married in College Place, Wash., on Sept. 14, 1948, while Warren was attending Walla Walla College, where he graduated in 1951 with a business administration degree. Becky completed her nursing degree in 1947 at the Portland Sanitarium and Hospital, where the Dicks met.

Warren worked nearly five years for the IRS; in 1956, he became the Upper Columbia Academy business manager. Later, he was the treasurer for the Montana and Wisconsin conferences. The Dick family returned to the Oregon Conference, where Dick was the assistant treasurer, completing 22 years of denominational service by his retirement in 1988.

Becky worked part-time in nursing through those years, including six years for the American Red Cross. After retirement they purchased Quick Energy Foods in Oregon City, Ore., a business they operated for 13 years. Warren became known as the Nut Man.

The Dick family includes Carol and Phil Sellards of Oregon City; Mary Lou and Peter Van Laanen

of Boulder, Colo.; James and Ellen Dick of Angwin, Calif.; Bill and Cara Dick of Coeur d'Alene, Idaho; Bonnie Dick of Oregon City; and 5 grandchildren.

Duncan 50th

Elmer and Dorothy Duncan celebrated their 50th wedding anniversary on Aug. 23, 2008, with a vespers/reception in Caldwell, Idaho. Elmer Duncan married Dorothy M. Drake on Aug. 21, 1958, in Silverton, Ore. Elmer and Dorothy are both graduates of Walla Walla College. Elmer has been a teacher and administrator in the Upper Columbia Conference; Oregon Conference; Kamagamb Teacher Training College; LaVida Mission; and in orphanages in Guatemala and El Salvador. Dorothy has been a nurse in the same areas.

The Duncan family includes Diane and Salvador de Aguirre of Nampa, Idaho; John Duncan of Phoenix, Ariz.; and 3 grandchildren.

Ellis 50th

Fred and Sylvia Ellis celebrated their 50th anniversary on July 3, 2008, with a family reunion gathering at Pinecrest Lake, Calif., hosted by Fred's brother. They are members of the Vale (Ore.) Church.

Fred W. Ellis married Sylvia M. Lund on July 20, 1958, in the Meadow Vista Adventist School auditorium, in Auburn, Calif., with G. H. Loewen, pastor of the Auburn Church, officiating. Fred was born in Oakdale, Calif., and grew up in Modesto, Calif. He graduated from Modesto Union Academy, Pacific Union College and Andrews University. He met Sylvia at Pacific Union College and following marriage, served as a minister in Wisconsin, Kansas, Alaska, Oregon, and six years as a missionary teacher in Pakistan. He is now retired.

Sylvia was born in College

Place, Wash., and grew up in California. She graduated from Lynwood Academy and Pacific Union College. She taught many years on the elementary, secondary and college levels in Michigan, Wisconsin, Alaska and Oregon as well as Pakistan. Although retired, she is still substituting. She was an active minister's wife for 42 years.

The Ellis family includes Stephen and Pattie (Fagan) Ellis of Aguanga, Calif.; Timothy Ellis of Boise, Idaho; David Ellis of Vale, Ore.; Daniel and Lynelle (Childs) Ellis of College Place, Wash.; and 4 grandchildren.



Cliff and Connie Gardner

Gardner 60th

Cliff and Connie Gardner celebrated their 60th wedding anniversary this year in Clarkston, Wash.

Cliff Gardner married Connie Hopfe on Sept. 7, 1948, in Orosi, Calif. Cliff and Connie have had numerous successful careers that transported their young family of five from America's West Coast to the East Coast, Vietnam and Thailand, then back to the states. Semi-retirement, and retirement, found them moving from Albuquerque, Minn., to Tillamook, Ore., after which they settled in Clarkston, Wash. In the 60 years of earthly wanderings, they made friends to last a lifetime and served the church they love.

Through their sacrifices, their children experienced Adventist education in many countries while learning to appreciate different cultures. As parents, in-laws and grandparents, Connie and Cliff continue to nurture and encourage by example.

Honoring Connie's and Cliff's 60th wedding anniversary were their three boys and their families: Gary and Debbie Gardner of Marysville, Wash.; Stephen Gardner of Lawrenceville, Ga.; Scott and Bekki (Olson) Gardner of Clarkston, Wash.; 5 grandchildren and 4 great-grandchildren.

Jansen 50th

Richard L. Jansen married E. Myrna O'Lennick on May 3, 1958, in Stevenson, Wash. They celebrated their 50th wedding anniversary in June on an Alaskan Inside Passage cruise sponsored by their children.

Richard worked for 18 years as a psychiatric aide and 20 years as an administrative assistant at the Oregon State Hospital in Salem, Ore. During this time he also operated his own tune-up and brake service. He retired from OSH in 1994 after 38 years. In retirement he was a school bus driver for Livingstone Adventist Academy.

Myrna met Richard during her student nurse psychiatric rotation at OSH. Following graduation from Walla Walla College, she worked at OSH as staff nurse/supervisor/instructor for 14 years. During that time she earned a master's of science in education from Western Oregon State College. She then accepted an administrative position at Portland Adventist Hospital to help develop a comprehensive mental health program, where she served for 23 years. She retired in April 2000 as a mental health staff nurse at Good Samaritan Regional Medical Center in Corvallis, Ore.

Family
M I L E S T O N E S

The Jansen family includes Dawn Jansen and Alan Kiphut of Beaverton Ore.; Diane Jansen of Kirkland, Wash.; David and Russann Jansen of Walla Walla, Wash.; and 2 grandchildren.

Noel 60th

Bob and Idana Noel celebrated their 60th wedding anniversary on April 20, 2008, with a reception at the College Place Village Church.

Robert L. Noel married Idana E. White on April 18, 1948, in Reedsburg, Wis. Bob taught in the engineering department at EMC (now Andrews University) for nine years and then at Walla Walla College (now Walla Walla University) for 26 years. He retired in 1989. Idana worked as a secretary in the Wisconsin Conference office for several years and then in the Walla Walla University library as a library technician until retirement.

The Noel family includes David and Patti (Miles) Noel of Walla Walla, Wash.; Diane and Rick Rannow of Sutherlin, Ore.; Debbie and Ron Brown of Canby, Ore.; and 3 grandchildren.



Bob and Idana Noel

Prusia 70th

Clayton and Darlene Prusia celebrated their 70th anniversary on Aug. 23, 2008, with a family picnic in College Place, Wash., hosted by their children and their spouses. They are members of the College Place Village Church.

Clayton Prusia married Darlene Gerking on Aug. 23, 1938, at the College Place Church. Clayton is a farmer at heart, and began farming in 1940 while taking courses at Walla Walla College. He graduated in 1942 and remained on the farm. He retired in 1983 but continued to help on the farm for a time. A homemaker, Darlene cared

for their children and helped her husband. After her children went away to school, she began working in a doctor's office and later as a dental assistant in Walla Walla, Wash. She was also employed in the food service department of Walla Walla College. In 1951 she began teaching natural food cooking classes and did this for 30 years, compiling her own cookbook, *Nature's Harvest*. They both served in many different capacities at the College Place Village Church. Clayton and Darlene have traveled in 48 of the 50 states and in Canada, Mexico, China and Guatemala.

The Prusia family includes Charles and Jean Prusia of Walla Walla, Wash.; Joanne and Roger Mohr of Albert, Kan.; 5 grandchildren and 8 great-grandchildren.

Roesel 50th

Charlie and Pat Roesel celebrated their 50th wedding anniversary with a reception and reaffirmation of vows on June 8, 2008. The celebration was hosted by their children

at the Coquille (Ore.) Church fellowship hall. The entire wedding party came to take part in the re-affirmation ceremony.

Charles Max Roesel met Patricia Ann Navy while he was in the Army at Walter Reed Army Hospital—Operation Whitecoat and she was a student nurse at Washington Missionary College. Charlie and Pat married on June 15, 1958, in Asheboro, N.C. They finished college in Southern California and move to Petersburg, Alaska, where they lived for 30 years. They operated Roesel Mortuary and Viking Airways, a bush flying service. Charlie flew as a bush pilot and Pat worked at the local hospital as a nurse.

The Roesel family includes Lois and Greg Ford of Frederick, Md.; Shari and Casey Bley of Fairfield, Calif.; Chuck and Aimee (Bibb) Roesel of Coquille, Ore.; Jim and Cindy Roesel of Houston, Texas; 13 grandchildren and 3 great-grandchildren.

Family
B I R T H S

BAILEY—Logan Matthew was born June 8, 2008, to Robert A. and Jessica D. (Davis) Bailey, Hood River, Ore.

HELMSTETLER—Clare Madison was born Nov. 15, 2007, to Hans and Tamara (Fischer) Helmstetler, West Richland, Wash.

KEARBEY—Miles Andrew was born April 17, 2008, to Mike and Kim (Coleman) Kearbey, College Place, Wash.

KOH—Jocelyn Joy Mui Ern was born Aug. 8, 2008, to Terrence and Nita (Chin) Koh, Bellevue, Wash.

MASON—Jodie Ann was born June 5, 2008, to Greg and June (Nord) Mason, Spokane, Wash.

MCMACKIN—Rowan Greer was born June 26, 2008, to John and Lisa (Eslinger) McMackin, College Place, Wash.

MESSINGER—Connor Lynn was born July 3, 2008, to Derrick Donaldson and Monica Messenger, Gaston, Ore.

OTTER—Johnathan Reed was born March 22, 2008, to Christopher A. and Christine A. (Christensen) Otter, Anchorage, Alaska.

PETERSON—Isaac Ethan was born May 19, 2008, to Michael and Melisa (Maxwell) Peterson, Bend, Ore.

RISENHOVER—Elana Lynn was born July 7, 2008, to Ronald and Christina (Day) Risenhoover, Yakima, Wash.

RYCKMAN—Ryan James was born May 12, 2008, to James D. and Becca (Parker) Ryckman, Enumclaw, Wash.

SARSON—Gage Michael was born May 22, 2008, to Guy F. Sarson and Marilyn K. Aaron, Shelton, Wash.

TOMS—Seven B. was born April 19, 2008, to Andrew and Karla (Schultz) Toms, Bend, Ore.

VEVERKA—Daenan Lubos was born July 28, 2008, to Donny and Celena (Eckley) Veverka, College Place, Wash.

WORLEY—Aaron Alexander was born Feb. 15, 2007, to Stephen and Lacey (Wilson) Worley, Roseburg, Ore.

WORLEY—Andrew Nathaniel was born June 9, 2008, to Stephen and Lacey (Wilson) Worley, Roseburg, Ore.

Family
WEDDINGS

HUDSPETH-STOVALL—Cynthia (Morrison) Hudspeth and Victor Stovall were married July 25, 2008, in Issaquah, Wash. They are making their home in Snoqualmie, Wash. Cynthia is the daughter of Gary and Deanna (Fisher) Morrison. Victor is the son of Donald Stovall and Elaine (Robinson) Yarger.

MORGAN-HAYWOOD—Nicole Morgan and Joel Haywood were married Aug. 10, 2008, in McMinnville, Ore. They are making their home in Moses Lake, Wash. Nicole is the daughter of Gary Morgan and Tony and Sharon E. (Taylor) John. Joel is the son of Doug and Patti (Kramer) Haywood.

PAGE-LANGI—Jacqueline Page and Ofahelotu Langi were married Aug. 17, 2008, in Kirkland, Wash. They are making their home in Kenmore, Wash. Jacqueline is the daughter of Russell and Kathleen Page and Elizabeth Ogsaen. Ofahelotu is the son of Maiko and Akosita Maka Langi.

WOOD-ENGLISH—Brittany Wood and Alex English were married Aug. 3, 2008, in Kirkland, Wash. They are making their home in Walla Walla, Wash. Brittany is the daughter of Mike and Debbie Wood. Alex is the son of Dennis and Debbie English.

Family
A T R E S T

ANDRUS—LeRoy Louis, 70; born Feb. 11, 1938, Seattle, Wash.; died July 8, 2008, Tacoma, Wash. Surviving: brothers, Richard, Graham, Wash.; Fred, Creston, Calif.; and sister, Lois Sims, Olalla, Wash.

ANLIKER—Marie M. (Rauch), 97; born July 12, 1908, Hoquiam, Wash.; died March 17, 2006, Bend, Ore. Surviving: daughters, Beverly J. Jill-Casper and Elizabeth Pitnan, both of Bend; and 4 grandchildren.

BOYD—Gayle Arliss (Baker), 62; born Nov. 26, 1945, Denver, Colo.; died May 5, 2008, Tacoma, Wash. Surviving: husband, Jim, Bremerton, Wash.; and brother, Darrell Baker, Nashville, Tenn.

COVENTON—Bernice Nina (Heckendorn) Gastman, 91; born June 22, 1916, Richland Center, Wis.; died Sept. 17, 2007, Port Angeles, Wash. Surviving: sons, David Gastman, Eagle, Idaho; Chris Coventon, Sequim, Wash.; daughters, Diane (Gastman) Sexton, Fairway, Kan.; Harriet (Klinke) Coventon, Port Angeles; Trula (Conventon) Lavallee, Atascadero, Calif.; Carole (Coventon) McCoy, Sol Duc River, Wash.; 12 grandchildren, 4 step-grandchildren, 24 great-grandchildren, a step-great-grandchild and 5 great-great-grandchildren.

DENTON—Hubert, 87; born Jan. 24, 1921, Graceton, Minn.; died July 20, 2008, Grants Pass, Ore. Surviving: wife, Donna (Stewart); sons, Merrill, Grants Pass; Wayne,

Santa Barbara, Calif.; Kenny, Waikoloa, Hawaii; daughter, Katherine Little, Front Royal, Va.; 5 grandchildren and 13 great-grandchildren.

DEYONG—Ila Marie (Spalding), 72; born April 23, 1936, Fort Collins, Colo.; died Aug. 8, 2008, Walla Walla, Wash. Surviving: son, Randall, of Tennessee; stepson, Gary, Bouse, Ariz.; daughter, Ila Mae Jenkins, Walla Walla; stepdaughter, Sherry Talbot, Bouse; and 6 grandchildren.

ENGELN—Michael "Jack" J., 93; born April 5, 1915, Snohomish, Wash.; died Aug. 29, 2008, Enumclaw, Wash. Surviving: sons, Richard, Fresno, Calif.; William, Saint Joseph, Mich.; daughters, Karen Rowley, Auburn, Wash.; Sandra Worgum, Yakima, Wash.; 10 grandchildren and 10 great-grandchildren.

FISCHER—Katherine (Collins) Schneider, 81; born Dec. 21, 1926, Arcadia, Kan.; died July 14, 2008, Oakridge, Ore. Surviving: husband, Albert Leland; son, Vaughn Schneider, Portland, Ore.; stepson, Kelly Fischer, U.S. Navy; daughters, Marcene Wells, San Antonio, Texas; Lorrie Emerson, Newport, Ore.; Danette Collins, Lake Oswego, Ore.; Dianne Wallace, Dallas, Texas; stepdaughter, Debbie MacDowell, Bellevue, Wash.; 8 grandchildren, 3 step-grandchildren and 9 great-grandchildren.

FRITZ—Anton "Tony", 71; born Aug. 23, 1936, Yugoslavia; died June 20, 2008, Renton,

Wash. Surviving: wife, Delight (Thomas); sons, Anthony, Centralia, Wash.; Gregory, Burlington, Wash.; brothers, John and Joe, both of Fortuna, Calif.; Hilmuth, Centralia; Paul, Mossy Rock, Wash.; Gottfried, Healdsburg, Calif.; sister, Liz Wendt, Fortuna; and 7 grandchildren.

GRUNDER—Ernest, 82; born Aug. 29, 1925, Mohler, Ore.; died Aug. 3, 2008, Tillamook, Ore. Surviving: wife, Roberta (Wagner) Morrison; stepsons, William L. Rice, St. Helens, Ore.; Thomas O. Morrison, Hutchinson, Kan.; daughter, Ella Grunder Dunn, Sandlake, Ore.; stepdaughter, Tanya Morrison White, Turlock, Calif.; 10 grandchildren and 10 great-grandchildren.

HAMLIN—J. Lorne, 92; born Sept. 12, 1915, Silica, Minn.; died Aug. 15, 2008, Napa, Calif. Surviving: 3 grandchildren, 8 great-grandchildren and 2 great-great-grandchildren.

HOFFMANN—Grace E. (Colberg) Hallsted, 86; born June 17, 1922, Bismarck, N.D.; died Sept. 7, 2008, College Place, Wash. Surviving: husband, Walter H.; sons, Chuck Hallsted, College Place; David Hallsted, Woodland, Wash.; Jake Hallsted, Katy, Texas; daughters, Jan Hallsted, College Place; Judy (Hallsted) Hall, Milton-Freewater, Ore.; 13 grandchildren and 14 great-grandchildren.

HOLM—Melvin Gordon, 82; born June 10, 1926, Stanwood, Wash.;

died June 26, 2008, Portland, Ore. Surviving: wife, Dorothy (Kuhn), Battle Ground, Wash.; sons, Brent D., Oregon City, Ore.; Wayne D., Vancouver, Wash.; Bruce G., Sherwood, Ore.; sisters, Olive White, Everett, Wash.; Twila Lyman, Seattle, Wash.; Arlene Coordt, Fullerton, Calif.; and 5 grandchildren.

INGERSOLL—Nancy, 55; born Aug. 16, 1952, Spokane, Wash.; died June 25, 2008, Bellingham, Wash. Surviving: sister, Bette Rhone, Denver, Colo.

JAMES—Nina W. (Johnson), 88; born Aug. 19, 1919, Detroit Lakes, Minn.; died Aug. 15, 2008, Yakima, Wash. Surviving: husband, Freburn, Sunnyside, Wash.; son, Donald F., Yakima; daughters, Cheryln Strickland, Mabton, Wash.; Karyl Kieper, Portland, Ore.; 4 grandchildren and a great-grandchild.

KIRKLIN—Hubert R., 96; born April 14, 1912, Freeman, Wash.; died June 28, 2008, Grandview, Wash. Surviving: wife, June (Syphers) Neil Kjellman; stepson, Deral Neil, Grandview; daughters, Wanda Kerr and Sharon Ewers, both of Portland, Ore.; Mardelle Jensen, Bend, Ore.; stepdaughters, Beverly Smith, of Maryland; Rita, Phoenix, Ariz.; sister, Norma Roberts, College Place, Wash.; 8 grandchildren and 6 great-grandchildren.

LANGBEHN—Enid (Williams), 91; born Jan. 19, 1917, Lewiston, Idaho; died July 11, 2008, Spokane, Wash. Surviving: daugh-

Family
A T R E S T

ters, Sandra Claymon and Kathy Ryan, both of Spokane; brothers, Robert Williams, Albany, Ore.; Ken White, Rathdrum, Idaho; sister, Mary Jane Blair, Lewiston; 2 grandchildren and 5 great-grandchildren.

MAY—Bernice (Goodman) Tompkins, 91; born Sept. 15, 1916, Jamestown, N.D.; died Aug. 12, 2008, Milwaukie, Ore. Surviving: son, Ron Tompkins, Milwaukie; stepsons, Bob May, Kodiak, Alaska; Dave May, Rockaway Beach, Ore.; Rick May, Beaverton, Ore.; Steve May, Aloha, Ore.; daughter, De Owens, Oakland, Ore.; stepdaughter, Kitty (May) Kingman, Portland, Ore.; sisters, Virginia Ball, Milton-Freewater, Ore.; Vida Edgecombe, Renton, Wash.; Julie Ann Krantz, Milton-Freewater; 7 grandchildren and 7 great-grandchildren.

MCFARLAND—Bessie Lucile (Cole), 84; born Dec. 24, 1923, Elmira, Ore.; died July 8, 2008, Nampa, Idaho. Surviving: son, William K. Jr., Las Vegas; daughter, Patricia Gale André, Nampa; 7 grandchildren and 5 great-grandchildren.

MCPHERSON—Dorothy M. (Boyd) Ringering, 89; born April 21, 1919, Rensselaer Falls, N.Y.; died Sept. 4, 2008, Walla Walla, Wash. Surviving: stepsons, Ivan McPherson, Fairbury, Neb.; Grant McPherson, Belize; Harold Ringering, Marshalltown, Iowa; Marlow Ringering, Quincy, Wash.; Melvin Ringering, College Place, Wash.; stepdaughter, Joan Freeman, Portland, Ore.; sisters, Ethel Foote, Canton, N.Y.; Evelyn Hitchcock, Buffalo, N.Y.; and 19 step-grandchildren.

NOGGLE—Charles Louis, 96; born Aug. 8, 1911, Marshalltown, Iowa; died July 24, 2008, College Place, Wash. Surviving: wife, Lois (Bryson), Walla Walla, Wash.; daughter, Chare' Largent, Kalispell, Mont.; sister, Lucille Beiber, Loma Linda, Calif.

OSBORNE—William Lee, 82; born July 14, 1925, Wilton, Ark.;

died June 27, 2008, Vancouver, Wash. Surviving: son, Michael J., Vancouver; daughter, Susan L. Trew, Thousand Oaks, Calif.; sister, Louelle Byrd, Lubbock, Texas; and 3 grandchildren.

PARKER—Kathleen “Kathy” E. (Jeske), 58; born June 29, 1949, Walla Walla, Wash.; died Sept. 9, 2007, Walla Walla. Surviving: daughters, Tonia Loga, Henderson, Ky.; Tamara Arend, Teri Holland and Tasha Montoya, all of Walla Walla; brother, David Jeske, Walla Walla; sister, Janet Gilliland, Vancouver, Wash.; 14 grandchildren and a great-grandchild.

PEREZ-GALYEAN—Audrey Ann, 48; born Feb. 12, 1960, Sebastopol, Calif.; died July 12, 2008, Port Angeles, Wash. Surviving: husband, Dave Galyean; son, Ricky Perez-Glen, Portland, Ore.; daughter, Dayvanna (Perez) Galyean, Port Angeles; father and stepmother, Ralph and Dalia (Santiago) Perez, Port Angeles; stepfather and mother, Ed and Kathryn (Lord) East, Bremerton, Wash.; brothers, Vin T. Perez, Reno, Nev.; Steven Perez, St. Helena, Calif.; Scott Perez, of Arizona; sister, Lisa Funn, Bremerton; and 4 grandchildren.

PIERCE—Frances Lillian (Trapp), 71; born Feb. 12, 1937, in Florida; died July 6, 2008, Nampa, Idaho. Surviving: husband, Dean; daughters, Theresa Crosby, Nampa; Bonnie Gable, Endicott, N.Y.; Tracy Vasquez, Nampa; brother, Edward Trapp, of Florida; 8 grandchildren and 13 great-grandchildren.

RAGENOVICH—Bernice Eluira (Walinder), 99; born Dec. 23, 1908, Herndon, Kan.; died May 1, 2008, Walla Walla, Wash. Surviving: sons, Alexander, Bozeman, Mont.; Michael, College Place, Wash.; daughters, Adina Ragenovich and Iral Ragenovich, both of Lake Oswego, Ore.; stepdaughter, Sandra Gebbia, Gold Canyon, Ariz.; 7 grandchildren and 7 great-grandchildren.

RENTFRO—Richard Allen Jr., 62; born May 28, 1945, Reno, Nev.; died March 2, 2008, Ellensburg, Wash. Surviving: wife, Nishu (Lama), Banepa, Nepal; son, Benjamin, Banepa; daughters, Kimberly Rentfro, Newbold, England; Brianna Rose Rentfro, Banepa; father, Dick Rentfro, Thorp, Wash.; and sister, Connie Coleman, Thorp.

REYNOLDS—Evelyn Mae (Biastock), 93; born Jan. 28, 1915, Coloma, Mich.; died July 1, 2008, Gladstone, Ore. Surviving: husband, Frank; son, Jim, Canby, Ore.; daughters, Carolyn Hanson, Aloha, Ore.; Claudia Blair, Gladstone; Pam Hamer, Tucson, Ariz.; sister, Edna Reiner, Gig Harbor, Wash.; 6 grandchildren and 11 great-grandchildren.

REYNOLDS—Frank Levi, 93; born June 16, 1915, Red Bluff, Calif.; died Sept. 10, 2008, Gladstone, Ore. Surviving: son, Jim, Canby, Ore.; daughters, Carolyn Hanson, Aloha, Ore.; Claudia Blair, Gladstone; Pam Hamer, Tucson, Ariz.; 6 grandchildren, 11 great-grandchildren and a great-great-grandchild.

SHAFFER—June M. (Masterman) Kunz Berg, 81; born Feb. 14, 1927, Yakima, Wash.; died Aug. 23, 2008, Anchorage, Alaska. Surviving: son, Gene Kunz, Anchorage; stepsons, Curt Berg, Riverside, Calif.; Frank Shaffer, Pleasanton, Calif.; adopted brother, Robert McKay, Kent, Wash.; sister, Iris Joy Donaldson, Forest Grove, Ore.; 2 grandchildren, 3 step-grandchildren and 4 step-great-grandchildren.

STARR—Verna Lea (Logan) Perham, 59; born May 13, 1949, Roseburg, Ore.; died July 13, 2008, Portland, Ore. Surviving: husband, Elwood W., Warrenton, Ore.; son, Richard L. Perham, Federal Way, Wash.; stepson, Marlin D. Starr, Hillsboro, Ore.; daughter, Connie (Perham) Barker, Puyallup, Wash.; stepdaughter, Shanelle L. (Starr) Turk, Longmont, Colo.; mother, Margie L. (Carr) Logan,

Gladstone, Ore.; brothers, Marvin Logan, Otis, Ore.; Alan Logan, Winston, Ore.; half-brother, Kenneth Logan, Salem, Ore.; sisters, Linda Johnson, Grand Junction, Ore.; Marvis Beasley, San Jose, Calif.; and Marilyn S. Glassford, Glide, Ore.; 6 grandchildren and a step-grandchild.

TAUNTON—June Claire (Harrison), 86; born April 19, 1922, Chicago, Ill.; died Aug. 4, 2008, Yakima, Wash. Surviving: brother, Kenneth Harrison, Hendersonville, N.C.; half-brothers, Jack Harrison, Inverness, Fla.; and Ben Harrison, Hendersonville.

TAYLOR—James A., 81; born Jan. 22, 1927, Takoma Park, Md.; died Aug. 28, 2008, Fresno, Calif. Surviving: sons, Michael, Nampa, Idaho; Mark, Fresno, Calif.; daughters, Christine Riechel, Grand Terrace, Calif.; Sharon Taylor-John, Sheridan, Ore.; Debbie Schaffer, Warden, Wash.; and 12 grandchildren.

THOMPSON—Charlotta Mae (Kiser), 85; born June 9, 1923, College Place, Wash.; died Aug. 14, 2008, Delta, Colo. Surviving: son, William “Bill,” Wenatchee, Wash.; daughter, Elizabeth Thompson, Delta; sisters, Mary Felch, Kennewick, Wash.; Alice Gilbert, Spokane, Wash.; and 3 grandchildren.

WIDSTRAND—Kenneth, 82; born Sept. 16, 1926, Molalla, Ore.; died June 28, 2008, Hurricane, Utah. Surviving: wife, Lorena (Townsend); daughters, Patricia Fitch, Broomfield, Colo.; Tema Trumbo, St. Francis, Kan.; 8 grandchildren and 5 great-grandchildren.

WOODWARD—Ivor C., 87; born June 28, 1921, London, England.; died Aug. 2, 2008, Everett, Wash. Surviving: wife, Clarice J. (Wilson); daughters, Gwen Schmidt and Cathy Kolin, both of Marysville, Wash.; brother, Wycliffe, Mountain View, Calif.; sisters, Gwen Utt, Loma Linda, Calif.; Pat Rose, Camarillo, Calif.; 5 grandchildren and 3 great-grandchildren.



NORTH PACIFIC UNION

Offerings

Nov. 1—Local Church Budget; **Nov. 8**—World Budget: **Annual Sacrifice***; **Nov. 15**—Local Church Budget; **Nov. 23**—Local Conference Advance; **Nov. 29**—Local Church Budget

*Special Materials Provided.

Special Days

Curriculum Focus for the Month—Health+

Nov. 1–29—Native Heritage Month; **Nov. 8**—Stewardship Sabbath; **Nov. 9–15**—Week of Prayer; **Nov. 22**—Human Relations Sabbath; **Nov. 29**—Welcome Home 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.

WALLA WALLA UNIVERSITY

Nov. 2—AGA (Women's Club) Hour of Charm at 8 p.m. For more information, call (509) 527-2531. **Nov. 15**—OSF Shakespeare Actors' Visit, 7 p.m. Location TBA. For more information, call (509) 527-2641. **Nov. 16**—Distinguished Faculty Lecture, 7 p.m. presentation by Greg Dodds, assistant professor of history at WWU.

MONTANA

Needed: For Mission Work

Pictures of Jesus and children, Second Coming, new earth, angels and felt set of Ellen G. White for work with Native Americans and story hour. Contact Darian Conklin, P.O. Box 1349, Trout Creek, MT, 59874; (406) 827-4376.

OREGON

Women's Health Seminar

Nov. 6—Dr. Rebecca Orwoll, (Hematology, Oncology and Internal Medicine at Adventist Medical Center), will present “Breast Cancer Basic Awareness and Detection” and “What Most Women Want to Know” at 7 p.m. on Thursday, Nov. 6, at Rockwood Church, 1910 S.E. 182nd Ave., Portland, OR, 97233.

Milo Academy Concert Schedule

Nov. 8—North Valley Church service at 101 Acorn St., Merlin, OR, and Grants Pass Church for a 5 p.m. vesper service at 1360 N.E. 9th St., Grants Pass, OR. **Nov. 22**—Gladstone Park Church service at 1475 Ohlson Road, Gladstone, OR.

Adventist Single Adult Ministries

Nov. 15—Church fellowship dinner at 1 p.m. Please bring food, enough for yourself and another person. Then meet back at church at 5 p.m. to carpool for a progressive dinner party. Bring a friend and a canned food item for the needy. Sponsored by the Beaverton Adventist Singles. For more information, contact: Tom at (503) 684-7971; e-mail tom.te@verizon.net; Charlotte at (503) 579-9549; or Karen at (503) 332-3563. This event is open to all singles. Your supervised children are welcome. Visit www.beavertonsda.com, then to the ASAM Singles page.

CAA Presents “Number the Stars.”

Nov. 22–23—Columbia Adventist Academy Play-In-A-Round Theatre Group presents Lois Lowry's “Number the Stars” on Nov. 22 at 7:30 p.m., and Nov. 23 at 2 and 6 p.m., in the campus music room. Tickets are \$9 each and can be purchased by calling the academy office at (360) 687-3161. Seating is limited

for each performance. For more information, visit www.caasda.org.

Oregon Adventist Men's Chorus Annual Festival

Nov. 22—This is a perfect time to invite a friend or co-worker to church. The Vancouver Church welcomes you and your friends to the 2008 Oregon Adventist Men's Chorus Annual Festival concerts on Saturday, Nov. 22, at 3 p.m. or 7 p.m. The concerts are free, but ticket reservations are recommended. Online ticket reservations (preferred) at www.oamc.org. Telephone reservations at (503) 317-5159. The church is located at 9711 N.E. St. John's Road, Vancouver, WA. Directions and information at vancouver.netadventist.org.

Missing Members

The Oregon Conference Church is looking for the following people: Gloria Castillejos, Donna and Robert Castro, Bill R. Case, David and Candace Churchley, Rachel Churchley, Kyle Back, Kagle, Kenda, and Jeremy Cleveland, Kati and Margot Colburn, Christy Coleman,

Billy X. Collier, Rick Couron, Angela and Karen Nanocchio, Elizabeth Cromwell and Jeffrey and Teresa Cusic. If you have any information about these people, please call (503) 850-3571, e-mail maryjane.zollbrecht@oc.npuc.org, 19800 Oatfield Road, Gladstone, OR, 97027.

UPPER COLUMBIA

Christmas Light Festival

Dec. 12–14—Join Spokane Adventist singles for the Christmas Light Festival in Leavenworth, Wash., and a weekend of fellowship and fun at Cascade Christian Academy gym in Wenatchee, Wash. Bring a sleeping bag and your favorite games. We'll join Wenatchee Church for worship services and potluck. We'll carpool to the Light Festival in Leavenworth. Bring snacks and/or potluck food to follow our return from events. Volleyball and basketball are available! Sunday morning breakfast is sponsored by Spokane Adventist singles. For more information, contact Melodie DeVaney, (509) 325-7844.

View upcoming events online in the *Events Calendar* below *World Church News* at:



www.GleanerOnline.org

Healthy Choices

with *Dr. Don Hall*

Vitamin B-12 Important for Brain Health

Recent headlines declared “Going veggie could be bad for the brain.” Researchers learned individuals with low (but still normal) levels of vitamin B-12 were six times more likely to show significant brain volume loss compared to those with the highest B-12 levels. Vegetarians, especially vegans, were the ones with the lowest B-12 levels. Vegetarians must have a reliable B-12 source—at least 2.4 micrograms of B-12 daily. See the chart to learn what foods can help meet this recommendation.



Sources of B¹² for Vegetarians

Food yeast, vegetarian support, 2T	2.4 mcg
Breakfast cereal, fortified, 3/4 cup	1.5 mcg
Yogurt, 1 cup	1.4 mcg
Soy milk, 1 cup	1.0 mcg
Fortified milk	0.9 mcg
Garden burger, 1 cup	0.9 mcg
Cottage cheese, 1/2 cup	0.8 mcg
Feta cheese, 1/4 cup	0.6 mcg
Swiss cheese, 1 ounce	0.5 mcg
Egg, one	0.5 mcg
Cheddar cheese, 1 ounce	0.2 mcg
Fruits, vegetables	0.0 mcg
Legumes, nuts, grains	0.0 mcg

Recommended intake 2.4 mcg/day



What's Your Waist Girth?

Fat that accumulates around the waist is the most dangerous, and specifically increases a person's risk of developing diabetes, metabolic syndrome, heart disease and certain cancers. Measure your waist at the level of your navel while you are relaxed. (Don't suck it in.) For best health, men should measure less than 37 inches around their middle, and women should stay below 33 inches. Read about ways to maintain a healthy weight at: <http://healthyweight.nhlbi.nih.gov>.

Simple Ways to Lower Cholesterol

Lowering high cholesterol levels is made simpler with healthy food choices: Eat beans, whole grains, fresh fruits and vegetables; replace butter and margarine with canola or olive oil; limit red meat (fish is heart-healthy); start your day with oatmeal; and top foods with herbs and vegetables rather than gravies and sauces. Read more at: www.nhlbi.nih.gov/chd/Tipsheets/solfiber.htm.



In Loving Memory

Our thoughts and prayers are with Don Hall, inspiration behind the GLEANER's *Healthy Choices* page. Don's wife, Phyllis, died while hiking near Lake Tahoe, Calif., during the weekend of Oct. 2.



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

Questions? Ask PJ

Does God even notice me?

You know it's easy for teenagers to feel like no one notices them. In addition, many feel they go unnoticed by God.

Well, guess what? You're not alone—many of us wonder if God is oblivious to our situation.

A few weeks ago a wise mentor reminded me of God's angels who are constantly defending us, even when we're not aware. He said, "They are surrounding your home with swords drawn and pointing away, keeping you and your family safe behind their protection." It was awesome to think as I walked through my yard the next day that the grass had been trampled by angels' feet.

The Bible tells us in Psalms 91:11, "For He will command His angels concerning you, to guard you in all your ways." Do you remember the story of the prophet Elisha and his servant in Second Kings 6:15-17? The servant woke up one morning and found the city surrounded by the enemy. But Elisha was not concerned. He prayed for his servant's

eyes to be opened to what was really happening. Immediately the servant saw the hills full of horses and chariots of fire—angels protecting them from the enemy.

Jesus is on our side, and His armies of angels are all around us with swords drawn and pointed outward in our defense. Let Him fight for you and as you walk through your day—look for grass trampled by angels' feet. And...Keep looking up! •

P.J. Deming, Milo
Academy pastor/chaplain



ANNOUNCEMENTS

WASHINGTON

Country Sabbath

Nov. 22—Once a year in Kent we dust off our cowboy hats, bring out the banjos, and listen to good country gospel music. Join us for a drama about thankfulness for God's blessings over the years. Service starts on Sabbath at 10:30 a.m. Country attire optional. Call (253) 852-3883, or go to the Web site <http://kentsda.org/>. 25213 116th Ave. S.E., Kent, WA 98030.

SAGE

Nov. 30—SAGE representatives meeting at 9:30 a.m. at the Emerald City Church with pizza lunch. **Nov. 30**—Nutcracker performance at McCaw Hall, Seattle Center. **Dec. 14-15**—Christmas in the Bavarian Village of Leavenworth. Call (253) 681-6008, e-mail joan.libby@wc.npuc.org, on the Web www.washingtonconference.org.

org, 32229 Weyerhaeuser Way South, Federal Way, WA 98001.

Walk Through Bethlehem

Dec. 5-7, 12-14—A 300-foot-long live-action replica of the streets of Bethlehem at the time of Jesus' birth, will be open to the public from 6-8 p.m. at the Baker View Christian School, 5353 Waschke Road, Bellingham, WA.

WORLD CHURCH

Hot Springs (Ark.) 100th Anniversary

Dec. 5-7—The Hot Springs Arkansas Church will celebrate its 100th anniversary. Former pastors, members, teachers and students are encouraged to attend and renew old friendships. Your presence will make the weekend a memorable one. Contact the church at (501) 767-3336 or leave a message at hotsprings100@gmail.com.



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Sunset Schedule

November	7	14	21	28
ALASKA CONFERENCE				
Anchorage	4:40	4:23	4:07	3:55
Fairbanks	4:07	3:45	3:25	3:06
Juneau	3:53	3:39	3:26	3:16
Ketchikan	3:55	3:42	3:31	3:23
IDAHO CONFERENCE				
Boise	5:28	5:20	5:14	5:10
La Grande	4:31	4:23	4:17	4:12
Pocatello	5:14	5:17	5:01	4:57
MONTANA CONFERENCE				
Billings	4:52	4:44	4:37	4:33
Havre	4:49	4:40	4:32	4:27
Helena	5:04	4:55	4:48	4:44
Miles City	4:39	4:31	4:24	4:20
Missoula	5:11	5:02	4:55	4:51
OREGON CONFERENCE				
Coos Bay	5:00	4:53	4:47	4:43
Medford	4:57	4:50	4:44	4:41
Portland	4:49	4:41	4:34	4:30
UCC CONFERENCE				
Pendleton	4:33	4:25	4:18	4:14
Spokane	4:22	4:13	4:06	4:01
Walla Walla	4:30	4:22	4:15	4:11
Wenatchee	4:35	4:26	4:19	4:14
Yakima	4:38	4:29	4:22	4:18
WASHINGTON CONFERENCE				
Bellingham	4:40	4:30	4:23	4:17
Seattle	4:42	4:33	4:26	4:21

Add one minute for each 13 miles west. Subtract one minute for each 13 miles east. Daylight Savings time March 11.

North Pacific Union Conference Directory

5709 N. 20th St.
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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.

IDAHO

Stephen McPherson, president; Donald A. Klinger, secretary; Harold Dixon III, treasurer; 7777 Fairview, Boise, ID 83704-8418; (208) 375-7524; www.idahoadventist.org.

MONTANA

John Loor, Jr., president; Ray Jimenez III, v.p. for administration and finance; 175 Canyon View Rd., Bozeman, MT 59715; (406) 587-3101; www.montanaconference.org.

OREGON

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.

UPPER COLUMBIA

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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Perils of the Piously Peeved



Curmudgeons become that way through faithful practice, fermenting the injustices of the world into a bitter stew that scars not only their outward expression but their very souls.

Every now and then I catch myself slipping into the role of curmudgeon, muttering about things I dislike:

- Supermarket express-line crashers who can't count to 15
- Drivers who religiously run red lights
- People addicted to long, loud cell phone conversations
- Public prayers that extend into sermons
- Political pundits who pontifically promise.

Some of you are already resonating. There's plenty of fuel to keep us piously peeved for a long, long time. It's a sin so easy to savor—cursing the darkness. But in doing so, we retreat into shadows of our own making.

This tendency to dwell deliciously on our dislikes stamps a likeness on our lives and proves again the adage that we become like what we behold. It's not so harmless after all.

Stephen Covey, popular motivational author and speaker, talks about what he calls the six metastasizing cancers of criticizing, complaining, comparing, competing, contending and cynicism. Certainly true evils must be decisively countered. Constructive criticism, when offered with a helpful intent, can mend a multitude of misunderstandings. But as a cherished attitude of life, criticism merely eats the bearer alive.

I see letters sometimes from Adventist members that would curl your toenails, and I wonder how their critical, cancerous attitude first took hold.

What determines whether a person will become

sweeter as the days go by, or not? Does the aging process soften rough edges? I'm inclined to think otherwise—that the passing years only confirm and sharpen character traits cultivated all along. Old, bitter curmudgeons become that way through faithful practice, fermenting the injustices of the world into a bitter stew that scars not only their outward expression but their very souls. "For out of the abundance of the heart, the mouth speaketh" (Matthew 12:24).

So, it's time for a long look at myself, for I want my attitudes, my life, to leave a very different legacy.

As I ponder this election year, I'm looking beyond politics—toward something far more permanent.

It's my choice to leave the banter of political ads, debates and tabloid television to others. I'd rather follow the advice seldom found on "the tube" but often in Scripture:

"Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things" (Philippians 4:8).

Righteous indignation has its place. But instead of just complaining, take the next step: Become part of the solution.

The best way to dispel the darkness is to shine a light. •



Steve Vistaunet, NPUC assistant to the president for communication

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