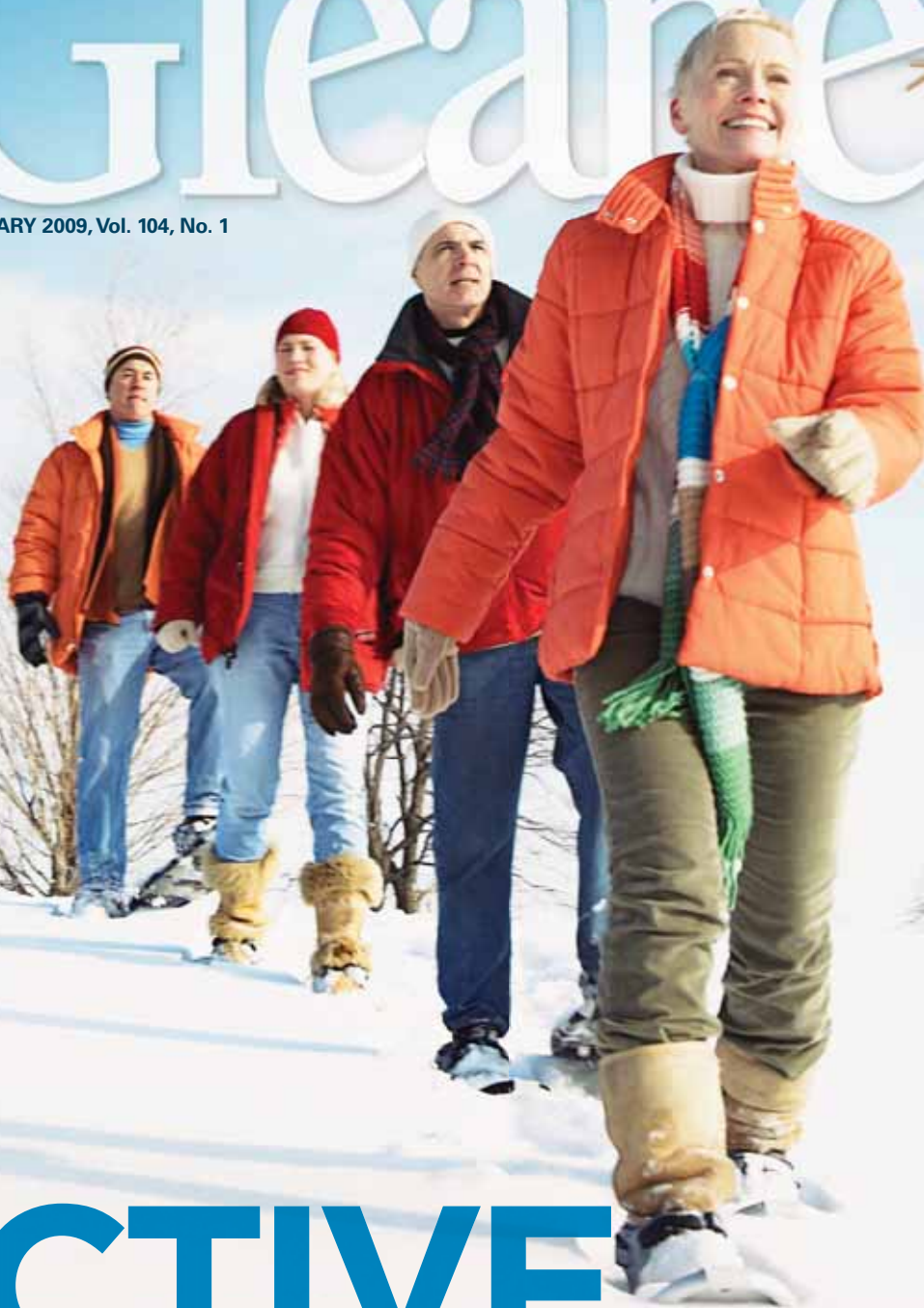


Gleaner

Northwest Adventists in Action

JANUARY 2009, Vol. 104, No. 1



ACTIVE
FOR **LIFE**

ON A
PERSONAL
LEVEL

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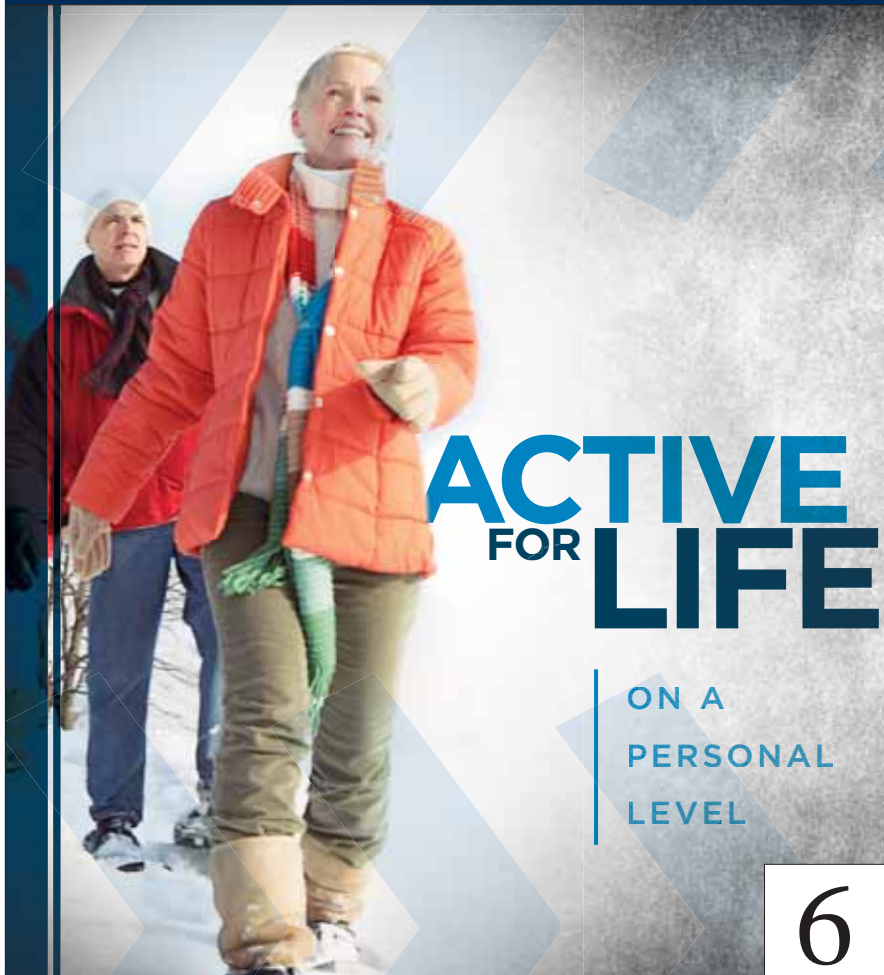
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O my strength, I watch for you; you, O God, are my fortress.
PSALM 59:9 (NIV)

“Red Fox” photographed by Gary Lackie of Anchorage, Alaska.

Feature



Health

HealthyChoices

35 with *Dr. Don Hall*

*Take Weight Off for Good!
Resolve to Be Healthy
How Much Is a Serving?*



JANUARY 2009, Vol. 104, No. 1

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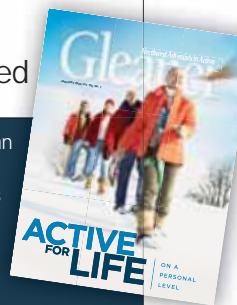
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- 46 Things I've Learned

The evidence is clear—an active life can bring renewed physical, mental and spiritual energy. Check out this issue's feature for some tips on how you can experience these added blessings in your own life and that of your family.



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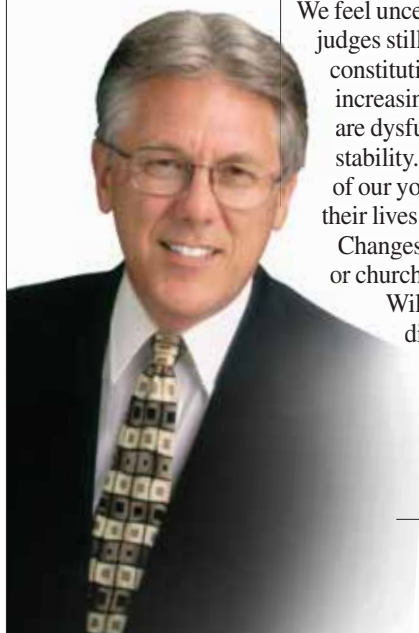
LITHO U.S.A.

Certainty in Uncertain Times

Editor's Note

Max Torkelsen II was elected president on November 19, 2008, to replace Jere D. Patzer, who died on October 26, 2008. Read more about Torkelsen in the FYI section of this issue.

When you look at a dollar bill about the only thing you can still count on are the words on the back of the bill which say, "In God We Trust."



Even a cursory look at the landscape of our lives and times reveals a rapidity of change which can be truly breathtaking. And change is often accompanied with uncertainty. We feel uncertain because of the economic crisis. Will there be sufficient resources to meet my financial obligations, to pay for my education or my kid's education, to take care of me in retirement, to pay for medical expenses, or even keep food on the table? Banks and large businesses whose names have been familiar for our whole lives are failing. The state of the economy as measured by financial markets wildly fluctuates on a daily and sometimes hourly basis.

But the economy is not the only thing. We feel uncertainty as to whether we can live in safety and security in our neighborhoods and communities. We feel uncertain as to whether our courts and judges still care about justice and protection of constitutional rights. We feel uncertain when increasing numbers of the families we observe are dysfunctional and lacking in love and stability. We feel uncertain because too many of our young men and women have had to lose their lives on distant battlefields.

Changes in leadership—whether for country or church—can produce uncertainty as well.

Will new people and new faces provide direction to more stability and hope or will they preside over ever increasing challenges and crisis?

I'm very much like you. I feel uncertain about a lot of things. My heart longs for peace and security

and sanity in the midst of a world that seems out of control. And I've concluded that the only place left to find unfailing hope and certainty is by going back to the unshakable foundations of our values and beliefs.

God is always faithful. Malachi 3:6 says, "For I am the Lord, I change not." We can be sure that God is still on the throne, He is still in charge of the affairs of men, for He says, "I will not fail you, nor forsake you" Joshua 1:5. Come to think of it, when you look at a dollar bill about the only thing you can still count on are the words on the back of the bill which say, "In God We Trust."

The promises of God's Word are sure. "Without wavering, let us hold tightly to the hope we say we have, for God can be trusted to keep his promise" Hebrews 10:23 (NLT). Jere Patzer, during the courageous battle he fought with the ravages of disease, never wavered in his confidence that "God can be trusted to keep his promise." Jere said, "Live or die—it gets better either way." Those words are a ringing affirmation of unconditional faith.

As I begin this journey as team leader for God's work in the Pacific Northwest, at a time of great uncertainty and unprecedented change, I challenge myself and encourage all of you with the words of the great church leader, the apostle Peter. "The end of the world is coming soon. Therefore, be earnest and disciplined in your prayers. Most important of all, continue to show deep love for each other, for love covers a multitude of sins.... God has given gifts to each of you from his great variety of spiritual gifts. Manage them well so that God's generosity can flow through you" 1 Peter 4:7-10 (NLT). •

Max Torkelsen II
North Pacific Union Conference president

Did You Know?

According to a new study by the Search Institute's Center for Spiritual Development in Childhood and Adolescence, 57 percent of young people (ages 12–25) worldwide see themselves as spiritual. One in three youth saw themselves as highly spiritual. More than 70 percent say being spiritual is good, and 67 percent agree being religious is good. Despite this outlook, 18 percent say they have no one to provide spiritual guidance.

Source: *Christian Post* (www.christianpost.com).

JANUARY

The Green Bible

As concerns for the environment grow, a new version of the Bible seeks to help readers trace environmental themes through scripture. Printed in soy-based inks on recycled paper, The Green Bible uses green ink to highlight over 1,000 passages that speak of creation and God's charge for mankind to care for it. Readers will find study guides that track environmental themes, as well as essays by conservationists and theologians. The Green Bible is available through HarperOne.

In Step for LIFE

This year the North American Division is pioneering a program, encouraging physical activity for every member in the division. In Step for Life emphasizes walking—the most common form of physical activity in the U.S. Individuals and groups who sign up for the program can track progress online and participate in GetFit Adventures, such as virtual hikes through North America and Europe.



Hope for the New Year

"Reflect on your present blessings, of which every man has many; not on your past misfortunes, of which all men have some."

—Charles Dickens

"I pray that your hearts will be flooded with light so that you can understand the confident hope He has given to those He called—His holy people who are His rich and glorious inheritance."

—Ephesians 1:18 (NLT)




Here are some benefits in a walking program:

- People who walk half an hour daily cut their risk of a heart attack in half compared to those who seldom exercise.
- People who are physically active are happier, cope better with stress, have less depression and sleep better.
- If you walk half an hour daily, you will burn the equivalent of 15 pounds of fat in a year.

For more information about getting In Step for Life, see this month's feature or visit www.instepforlife.com.

ACTIVE FOR LIFE



When the nation's top health experts picked the ten most important behaviors Americans could do to improve health, their first recommendation was, "Increase the proportion of people who engage regularly, preferably daily, in moderate physical activity for at least 30 minutes a day."

Evidence of the benefits are overwhelming. A recent report by the American College of Sports Medicine shows the nation's most serious health problems decrease as physical activities increase. For instance: Active people showed a 50 percent decrease in heart disease, a 68 percent decrease in stroke, and their risk for high blood pressure decreased 57 percent.

Active people showed marked benefits to mental health, including improved memory, cognitive function, and less depression and anxiety.

People who exercise regularly report they feel more alive, have more energy, better muscle tone, look better, sleep better, are happier, and find it easier to maintain an optimistic, "can do" attitude toward life.

The corporate world knows this. Their health costs decrease because employees who are physically active are sick less and are more productive.

In fact, the Centers for Disease Control and Prevention estimate 27 percent of all health care costs are linked to a sedentary lifestyle and excess body weight. Think of the economic impact alone on our nation if everyone became physically active!

People who exercise regularly live longer. The Harvard Alumni study found for every hour people exercised, they lived an additional two hours longer.

WHY SHOULD I EXERCISE?

The authors concluded that time spent exercising was a good investment.

Because of the many benefits, the American Medical Association recently launched an initiative called Exercise is Medicine. The AMA president gets right to the point: "Exercise is not just an option; it's a necessary, active, and direct way for all of us to maintain good health, avoid illness, improve the quality of our lives, reduce health care costs, and extend life expectancy."

Any way you look at it, a consistently active lifestyle can help you enjoy the "abundant life" Jesus came to give each one of us (John 10:10). The real question is not whether you should exercise or not, but "How do I get started and how can I keep active for a lifetime?" •

Don Hall, founder and chairman of Wellsource, Inc., writes from Portland, Oregon

» **My motivation for exercise is to stay healthy and to run long-distance events for as many years as possible. If I don't keep up the training, that next marathon is not going to be fun, and fun is important! God made me a walking (now running), talking miracle when he made me a survivor from a head-on collision with a drunken driver 20 years ago this December. I don't take running for granted!**

—Karen Maas, Oregon

AMBER HESGARD

Washington
Age: 25-35
Occupation: Nurse



Interests: Family time, sports, swimming, friends, shopping, walking

Story: "I have always exercised. I grew up playing football, soccer and softball with my family. Exercise was part of the family's daily routine. As an adult now, I love sports and my husband does too! It's great to do things together that are also good for our health."

Amber and her husband, Joel, are expecting their second child. As a nurse, she spends a lot of her day on her feet. On her days off, she puts her son in the stroller and takes him for a walk through the mall or around the block.

"It does us both good to be out of the house on a daily basis." Sometimes Amber and Joel walk together.

"Walking is relaxing," says Amber. "And I also enjoy visiting with a friend while exercising. It's great 'girl time'."

Philosophy: It's good to be active and healthy. But I find that now I have another reason: I want to be an example for our children. If we don't exercise, we can expect our children to be couch potatoes.

Advice: Exercising with a friend or your spouse is beneficial. There's someone there to encourage you.



ACTIVE FOR

EASY TIPS FOR GOOD HEALTH

People of all ages, shapes, sizes and abilities can benefit from regular physical activity. As you choose to become more physically active, here are guidelines to help you succeed.

Some activity is better than none.

Start slowly. Choose activities you like to do—walk, bike, swim, exercise with a video, walk the dog, and play active games with the kids. If time is a problem, start with just 10- or 15- minute chunks of time a couple days per week. Be active during breaks. As it becomes easier, begin doing more each day.

The more you do, the greater the health benefits.

Gradually increase your activity level. As you get more fit, pick up the pace. Aim for at least 30 minutes of moderate activity, most days of the week. For more health benefits, increase your goal gradually to 45 or 60 minutes daily.

Keep your physical activity fun.

Invite your spouse or a friend to join you. Bike or hike with a group of friends or hiking club. Join the InStep for Life program at your church or organization. If it's not started yet, get it started. Learn about it at: www.InStepForLife.com.

Add strengthening and stretching exercises.

Choose activities that work different parts of the body—legs, hips, back, chest, stomach, shoulders and arms. Exercise each muscle group eight to 12 times per session. For better muscle tone and strength aim for three of these sessions per week.

DOUG MCGINNIS

Oregon
Age: 35-45
Occupation: Financial Manager

Interests: Running, skiing, hiking, waterskiing, family

Story: About three years ago, Doug decided to train for a marathon. The first marathon was a training session for his next marathon—just two weeks later. Since then, he's completed several half-marathons and a few more marathons.

Doug hike/runs the Timberline Trail on Mount Hood and hikes in the Wallowa Mountains. He's been a team member on long-distance races such as the Hood to Coast, the largest relay race in North America (stretching 197

miles). He plans to hike the Timberline Trail again with a group of friends this summer, and hike the Grand Teton Mountains in Wyoming next year. Doug trains for these adventures by running five to six days each week.

"It pushes me to eat better. And it gives me a fresh outlook on life. I gain a lot of positive energy," says Doug.

Philosophy: I draw lots of positive energy from exercise. I discovered my body could do things I never imagined. Now, the rewards of being healthy surpass any goal I had.

Advice: I made a conscious decision to make running a habit, and it's taken me 30 years to get to where I am. Start slow, with a manageable plan and goals you can accomplish. If you want to get involved in long-distance running, first check with your doctor.



VE LIFE

Keep written records of your progress.

Write down your exercise goal and time on a calendar, and keep track of your progress. Buy a pedometer, and aim for 8,000 to 10,000 steps daily for high fitness.

Stay safe and avoid injuries.

If you haven't been active for a while, be sure to start slowly and build up. Choose activities that are appropriate for your present fitness level and health condition. Build up your activity time daily before emphasizing more vigorous activities.

To learn more, download the new "Be Active Your Way" personal fitness guide at: <http://www.health.gov/PAGuidelines/adultguide/default.aspx>. •

I have three main reasons to exercise: 1) to reach 10,000 pedometer steps per day, and 4 million per year! 2) to make my wife happy when I lose the extra pounds around my waist, and 3) to compete with two of my close friends who are pedometer practitioners as well.

—Pedrito Maynard-Reid, Washington



JANET AND DOUG HALLEY

Idaho
Age: 60s
Occupation: Retired



Interests:

Reading (especially Bible study), jogging, biking, hiking, camping, traveling, gardening and cooking.

Story: At 19, a major health event prompted Janet to focus on nutrition. And then after she married Doug and had two children, she read a book about aerobic exercise, and she and Doug decided to try jogging.

"We started slow," says Janet. "It took us about six weeks to go from walking to an actual jog." They aimed for three times a week, but admit it was sporadic.

In 1980, they took up jogging seriously, believing it would alleviate their stress. And it did. "It brought happy endorphins into our life and trimmed us at the same time. Presently, we 'wog' [we run a block or two, and then walk a block or two] for a total of three miles per day, six days a week. It jump-starts our day, and we love it!"

Philosophy: It is good nutrition and regular outdoor exercise, along with eight hours of sleep, a positive outlook, and trust in God's care, that gives us energy and health—especially when we are busy and stressed.

Advice: It's hard to fit exercise into busy lives today. But you have to keep moving. The best way to stick with exercise is to do something you like. It also helps to exercise with someone, for conversation and company. Take it easy at first—but keep striving. It does get better and it's well worth all the effort!

InStep for Life Program

Check out the GetFit Adventures at the InStep for Life Web site, www.instepforlife.com. Set a fitness goal that sets you up for the virtual adventure of your choice. You'll enjoy hiking the Oregon coast, the Mt. Rainier round the mountain trail, portions of the John Muir and Pacific Crest trails, retrace historic spots of the American Revolution, or follow along where the apostle Paul journeyed. Invite a friend to join you in this new North American Division initiative. •

WORLD NEWS



UNITED KINGDOM

Fire Destroys Adventist Headquarters

A major fire has gutted the building that serves as headquarters for the Seventh-day Adventist Church's British Union Conference. The blaze appears to have started during maintenance work taking place Nov. 16, 2008. No casualties or injuries were reported. Don McFarlane, BUC president, says, "It is a comfort to know the work of the church is not primarily done in an office building but by our many thousands of members through the UK and Ireland in towns, villages and cities where they live."

SOURCE: *Adventist News Network, British Union Conference*

CHILE

New Program Empowers Women

The Adventist Development and Relief Agency hopes to empower 200 indigenous Mapuche women through a literacy and training program in southern Chile. The one-year program teaches basic math and literacy skills with the intent of helping women begin businesses in wool production, poultry raising, agriculture and cooking. The program also aims to raise awareness of women's rights. ADRA is administering the program in partnership with education and business organizations in Chile, including one of the nation's top producers of wood and paper products.

SOURCE: *ADRA*



CONGO

ADRA Sends Aid to Thousands

The Adventist Development and Relief Agency is coordinating emergency relief supplies for thousands of people who have been displaced by violence near the border of Congo and Rwanda. Food prices have gone up more than 50 percent in some areas, and supplies are dangerously low. ADRA teams are providing food, blankets and emergency supplies to those who have fled their homes. The United Nations reports there are nearly 1 million refugees in Congo.

SOURCE: *Adventist News Network*

NEWS BRIEFS



SOUTH KOREA

Language School Receives Best Brand Award

The SDA Language School in Seoul received a 2008 Best Brand award by the Korea Consumers' Forum. The school was honored in the Language Education category and was among 60 Korean corporations to receive a Best Brand Award. The award is given based on a consumer satisfaction survey of over 1.5 million Koreans.

SOURCE: Adventist News Network



SOUTH AFRICA

Top Adventist Leaders Take Test for HIV/AIDS

As a public statement that the HIV/AIDS pandemic requires practical attention in the community, 54 Adventist leaders in the Southern Africa-Indian Ocean Division participated in voluntary HIV testing. An entire day of the division's year-end leadership meetings was devoted to the HIV/AIDS issue, which affects nearly every family in the region. There are more than 3 million Adventists in the division, considered one of the fastest growing of the world church.

SOURCE: Adventist News Network

VIETNAM

Government Recognizes Adventist Church

In October the government of Vietnam granted the Seventh-day Adventist Church official recognition, giving it legal status to operate. For the first time since 1975 leaders met in Ho Chi Minh City to elect officers and hold a constituency meeting. With official recognition, the next priority for Adventists in Vietnam is to purchase land for a Bible school. Currently there are 13,000 Adventists in Vietnam.

SOURCE: Adventist News Network



ACCION

¿DESEAS ESTUDIAR LA BÍBLIA CONMIGO?

Cómo haces para encontrar personas que deseen estudiar la Biblia? Le pregunté a un hermano quien me contó que tenía más de 50 personas estudiando la Biblia con él. “Muy fácil,” me dijo, “yo oro a Dios a Dios, salgo de mi casa y le pregunto a las personas que encuentro en mi camino si desean estudiar la Biblia conmigo.” “Algunos dicen sí, otros dicen no. Pero siempre consigo personas interesadas.” Qué interesante, sólo pregunto. Así como este joven, centenares de hermanos en toda la Unión del Pacífico Norte están respondiendo al llamado de Cristo de ir a predicar el evangelio en su comunidad. Nuestra unión ha sido grandemente bendecida por Dios con un equipo de

hermanos consagrados y dedicados a la misión de Jesús. Además, también tenemos uno de los más abnegados y dedicados pastores en toda la División Norteamericana. Es por eso que en los últimos dos años la Unión del Pacífico Norte ha encabezado a toda la División en la ganancia de almas y crecimiento per cápita. Este año nos propusimos alcanzar mil almas bautizadas para Cristo. Por la gracia de Dios al final de Noviembre ya habíamos alcanzado y pasado nuestro blanco. Este blanco representa mil almas arrebatadas de las garras del enemigo. Gloria a Dios por su sublime gracia, y por darnos el privilegio de ser colaboradores de él en la obra de la redención. Durante

todo este año hemos sido bendecidos con la presencia del pastor Alejandro Bullón quien ha sido usado por el Espíritu Santo para predicar con denuedo el mensaje de Jesús. El pastor Bullón dió conferencias en Washington, Upper Columbia y Oregon, con resultados muy positivos. Algunas de estas campañas han sido televisadas o lanzadas por via internet resultando en un impacto mundial que nunca entenderemos hasta que venga Jesús. El próximo año será un año de énfasis evangelístico en toda la División Norteamericana. Nuestra Unión se está preparando para unirse a esta gran celebración evangelística. Las campañas de evangelización son momentos de celebración

y júbilo por el nacimiento de los nuevos creyentes. La Biblia dice que hay fiesta en el cielo cuando un pecador se arrepiente. Por lo tanto, continuemos velando, trabajando y bautizando hasta que Cristo venga. Gracias por el trabajo de cada uno de ustedes y que Dios les colme de ricas bendiciones en este nuevo año. •

Ramon Canals, vice/presidente Ministerios Hispanos



Palmer Church Members Help Couple With New Roof

Thirty-three Craftsmen for Christ volunteers replaced a leaking roof for Virginia and Herbert Spreen on Sunday, Sept. 28, 2008. “The roof has been leaking a long, long time,” Virginia explains. “When it rained, I just got out the kettles to put under the leaks. When it rained hard, water poured down through the light fixtures. I knew something had to be done, but I didn’t even know where to start.”

This summer has been one

of the rainiest on record. The job had to be completed before cold weather put off the project for another year. The project organizers needed one dry day and a lot of volunteers to get the job done, but the rain persisted. Palmer Church members began to pray in earnest and set the date. Sunday dawned sunny and cool, perfect weather to raise a roof. And there were so many volunteers that not everyone had enough to do.

Herbert and Virginia have had their share of challenges this summer. It began when Herbert, now nearly 90, fell and broke his neck at a bridal shower. He was hospitalized for six weeks while Virginia sat at his bedside and made the long commute back and forth from the hospital to be with him. He returned home in a neck brace where Virginia, a spry 85-year-old, cares for him. “Herbert has helped on every church building or school

project in this area,” says one of the volunteers. “It felt good to be able to give something back.” •

Bobbie Grimstad, Palmer Church member



Thanksgiving Miracle Blesses Juneau School

Every one-room teacher knows the challenges of fund raising, budgets, and stretching every dollar. And the dreams you have for your school—a paved parking lot, a paint job and more. My dreams included desperately needed new front doors and new playground equipment.

As Juneau Adventist Christian School planned the 2008–09 budget, we chose a conservative figure of \$3,000 for our annual auction. After having it at the end of January for several years, we decided to switch to November so we could complete the fund raiser before the Christmas rush and after Permanent Fund checks.

As the night arrived, several of our generous supporters were out of town and several student families were gone or unable to be there. The



Bruce Romine, Juneau Adventist Christian School board chair, stands with the school’s students after helping to unload the boxes of parts for the miracle playground equipment.

economy’s flat, PFD checks came early, and as we watched the tiny crowd, my treasurer, board chair and I were heartsick. We prayed together a second time, knowing God has never let us down. He has met our budget every year, and we couldn’t believe He would forget us now.

The auction ended, and the total came in: \$3,062! We

knew we had seen God’s hand at work, especially with so few people. As I left for the night, my heart was still heavy, though, because our Sabbath sermon kept coming back: “Oh, you of little faith.” Why hadn’t we asked for \$10,000? Or \$20,000? Why was I not taking God at His word that He would open heaven’s doors for His kids?

Imagine my total surprise the following Monday when I received a phone call from Julie Wright at our local Home Depot. She told me they had a store playground display that they needed to get rid of, and asked if we would like it! Wright, Bob Bonavich, of Roadway Reverse Logistics, and Greg Arneson, of Playcore, worked with Troy Wolfenbarger, local manager, to arrange the gift and delivery of over \$11,000 worth of equipment. With tears of joy and a grin that split my face, I heard His words again, “Oh, you of little faith!” •

Nickie Linder, JACS teacher



Steve McPherson, Idaho Conference president, challenges the new church to continue to embrace the message of the Adventist Church as they reach out to the community.

The Experience is the first place in my life that I have been visible as a person, not by what I can give or do. I am amazed at the total acceptance of who I am. It is as if I am seen for the

The Experience Becomes a Church

child that God brought to this world...God's daughter, one of us, a sister," says Leslie Ryan, participant in The Experience. Ryan is not alone in feeling this way about attending The Experience in Meridian, Idaho. Ryan began attending after listening to music on 89.5 FM KTSY.

The Experience began meeting four years ago with the mission of connecting with the estimated 14,000 unchurched regular listeners to KTSY. In October 2008, The Experience celebrated its fourth birthday, consecrated a new building, and was organized into a church by the Idaho Conference.

Every week 120–200 people

meet to worship and to reach out to the community. Brian Yeager, pastor, leads this enthusiastic congregation as it seeks to reach people who are attracted to a more casual, contemporary church environment and will make a commitment to be involved in outreach to the community. Current attendance represents people from all age-groups—equally committed to the message of the Bible as taught by the Adventist church.

Those who signed as charter members accepted the challenge from Steve McPherson, Idaho Conference president, to fully embrace the Adventist family. Don Klinger, conference secretary,



From left: Brian Yeager, The Experience pastor, reminisces with Mike Agee, 89.5 FM KTSY general manager, about the beginnings of the new church.

also encouraged the church to continue as salt in their ministry.

The church is beginning with a membership of 79, plus several regular attendees who have committed to joining the Seventh-day Adventist Church. One of those is Ryan, who says: "I want to be a member of the Seventh-day Adventist Church." •

Don Klinger, Idaho Conference communication director

Plant Refuses to Grow on Sabbath

After many years of praying for his grandfather, Jonathan Chitwood, a theology student at Southern Adventist University, had the privilege of assisting in his grandfather's baptism on Oct. 18, 2008, at the Mountain Home Church. This was a special request by his 82-year-old grandfather, Howard Chitwood.

Several months earlier, Howard had been examining his life and felt convicted God was asking him to be baptized in public. His decision was also influenced after watching the DVD lectures by Walter

Veith, professor of *Amazing Discoveries*. His family first learned of his interest when Chitwood, who grows luffas and measures their growth every day, came in to report his luffa had kept the Sabbath because it had grown an inch on Friday and another inch on Sunday, but not at all on Saturday! Therefore, he decided, if his plant kept the Sabbath he should too. Dan Nelson, pastor, officiated during the baptism. •

Dolores Chitwood, grandmother



Dan Nelson, Mountain Home Church pastor, baptizes Howard Chitwood while Jonathan Chitwood, his grandson, assists.



The senior class made up the cast for the three-act play *The Boarding House Reach* during senior recognition weekend at Mt. Ellis Academy Nov. 7–9, 2008.

Seniors Show Leadership

Parents and family members from Montana and beyond traveled to Mount Ellis Academy to watch seniors lead out and display talents during senior recognition weekend, Nov. 7–9, 2008. It began on Friday night, when Joelyn Sheehy welcomed guests and Jeff Meador led out in prayer. Alden Weaver, Randy Binder, Spencer Curtis and Louis Melchor led a rousing song service. Weaver and Loren Griswold shared

testimonies in between the singing. Jeremy Vandenoer, vice principal, recognized the class and thanked them for their leadership. Becki Knight, a parent, closed vespers with a prayer of dedication.

On Sabbath Angela Harris, Ciara Bruce and Amber Shepler led out in opening exercises, and Shelbi Shrock presented special music. Loren Griswold introduced Terry Griswold, his father, as the

speaker, and Randy Binder closed with prayer.

Church service once again combined the seniors and their parents. After a special music by Kaytie Knight, Spencer Curtis introduced Barry Curtis, his father, a pastor from Great Falls, Mont., and MEA alumnus ('84) to the congregation. Curtis spoke about servant leadership and encouraged the seniors to leave a legacy of Christian love on campus. Tori Liss had the benediction.

On Saturday night the entire class displayed talents and achievements when they presented *The Boarding House Reach*, a three-act play, to a full house. "I'm really impressed with the seniors and the way they lead out on campus," says Darren Wilkins, MEA principal. "We'll miss their spiritual leadership next year!" •

Anita Ojeda, MEA English teacher

Mount Ellis Recreates the Wild West

Decked out in cowboy boots and hats, the Mount Ellis Elementary Home and School team rounded up Bozeman Valley families for an evening of fun at the Wild West Fall Fest. Entertainment included a music jamboree,

old time photo booth, fiery hot chili cook-off, pie eating contest, a maze, games for the kids and much more. If you were brave enough to climb in the saddle, you could also enjoy a wild bucking barrel ride.

Food for the evening was a meal of burgers, ranch beans, root-beer floats and candied apples.

As the little buckaroos began to wear down, the root-beer bottles were emptied and friendships renewed,

participants kicked off their boots, and hung their lariats and hats until next year. •

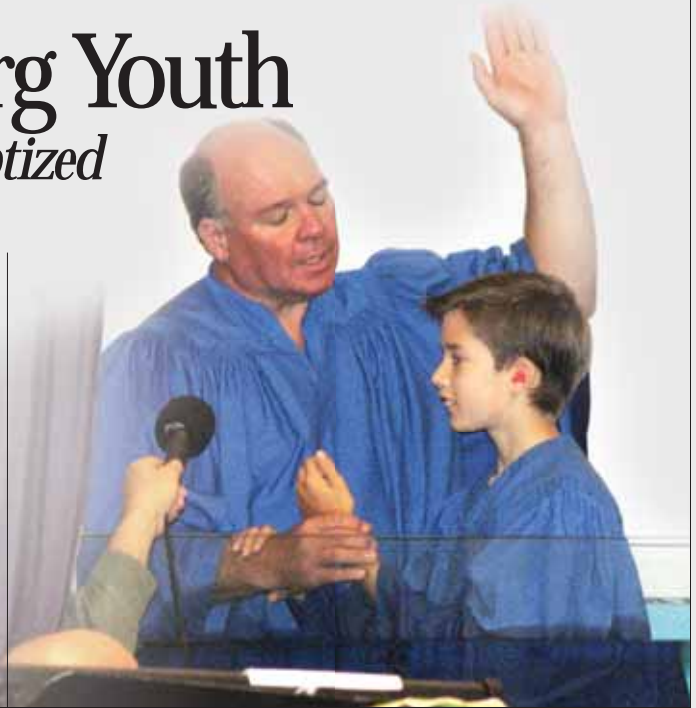
Sylvia Grindley, MEE Home and School leader

Newberg Youth Baptized

Jared Weakly, a 13-year-old, had a special baptism on Sept. 20. Tim Mayne, former Newberg (Ore.) Church pastor, came to Newberg for Weakly's baptism and bar mitzvah. Weakly also had a special part in the service. The young man participated in his bar mitzvah (the one to whom the commandments apply) by discussing and reading from the Torah. He wore a special

yarmulke, showed Hebrew alphabetical characters and gave some information about the bar mitzvah. The bar mitzvah is when young men take responsibility for following God's commandments. Weakly's choosing baptism shows he is taking responsibility for following God and trusting in Jesus. •

Karen Maas, Newberg Church communication leader



Dale Milam and Travis O'Reilly share the bond of staff and student working together for a worthy cause.

Visitors to Milo Adventist Academy would have raised their eyebrows at the sight of so many students wearing fluorescent bandages on their arms. But if you asked them what happened, they would all have said the same thing: "I've given blood today."

On Sept. 28, the Milo campus once again welcomed the American Red Cross for the annual blood drive. The Student Center was filled with donor chairs and other supplies for the event, which was organized by

Milo Holds Annual Blood Drive

Brianna Sumerlin, a senior peer counselor from Days Creek, Ore. Sumerlin signed people up and kept everything moving, getting proper identification and giving instructions on what was expected from each donor.

As the students and staff walked in for their appointments to donate blood, you would have noticed that many had injuries of some kind. Black eyes, broken limbs and scratch marks across the face were just some of these injuries. No, there had not been a riot or fight at Milo. The blood drive just happened to fall on Fake Injury Day, part of the Student Association's Fall Blast week.

Peer counselors made sure participants were comfortable and even gave reassurance.

Bradlee Benton, a senior from Springfield, Ore., was one of those to assist and reassure first-timer, Tracey Buchanan, a freshman from Canyonville.

After the participants were finished donating, volunteers handed out cookies and juice and encouraged them to sit awhile to make sure they were not too dizzy to go to work or school.

In all, 29 participants came to the blood drive, with 14 of these being first-time donors. The American Red Cross collected 21 units of blood. A letter sent to Jeff Deming, Milo pastor, says, "the efforts of Milo Academy have always been greatly appreciated, and their support of the community blood program

will go a long way toward replenishing blood supplies and ultimately saving lives." •

Lynda Haley, Milo volunteer

Kody Hines proudly gives blood to save a life.



Oregon Adventurers Take on Global Mission

In the coming weeks, Adventurer Clubs across the Oregon Conference will introduce a project for 2009, targeting disadvantaged children both stateside and in developing countries.

Angelina Wood, Oregon Conference Adventurer ministry director and children's ministries associate director, explains, "Often children do not realize how 'rich' they really are, as most children in developing nations have never owned even one toy, and do not own shoes. These children live in a home without a bed, without electricity, and without running water. Many do not even have a home with a roof over their heads, and most do not have enough food in their homes to last three days."

The Kids in Action project will be focused on helping Adventurer-age children learn how they can get

involved in serving others. Adventurer clubs will be learning how to serve their families, communities and world. They will participate in service and will learn the culture of serving.

An Adventurer group in McMinnville, Ore., has already begun by working with Samaritan's Purse to fill shoe boxes for Operation Christmas Child, a project that sends boxes to children in desperate situations around the world.

Kids in Action will reach its conclusion during the annual Oregon Conference Adventurer Club Family Camp (May 29–31, 2009) at the Gladstone Park Campgrounds. Children will work with their parents through a number of stations, highlighting how kids can become involved in service. Adventurers will bring their donations of food (dry rice and beans), clothing

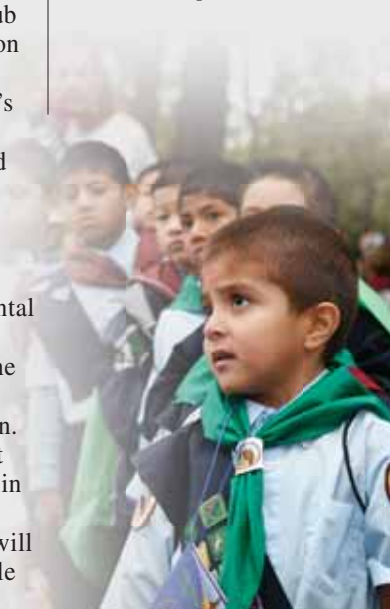
(shoes, socks, underwear, toothbrushes, toothpaste and combs) and prepare care boxes for children in Mexico, Romania, Nicaragua, Guatemala, India, Congo, Dominican Republic and Thailand.

To deliver Adventurer club donations abroad, the Oregon Conference has partnered with International Children's Care. ICC works on behalf of orphaned, abandoned and needy children worldwide as a private relief and development organization. As an internationally recognized non-governmental organization, ICC understands children are the future leaders and citizens of this world and of Heaven. The ICC philosophy is that each child should grow up in a "real home."

"We hope that children will begin to recognize their role

as the hands of Jesus in this world, with a lifelong heart for service and mission," explains Wood. •

Glenn Wachter, Oregon Conference communication freelance correspondent



Up, Up, and Away

I call to God,
I cry to God to help me.
From his palace he hears my call;
my cry brings me right into his presence—
a private audience!

—Psalm 18:6, *The Message*

It was a cloudy and cold Tuesday morning October 28, 2008. All of the Rogue Valley Adventist School students were gathered outside in the courtyard. Each had a helium balloon with a praise or a

prayer request written on the outside with colorful markers.

The purpose of this fun activity was to metaphorically let go of our sins. After we got together in a tight circle, several students volunteered to pray. And

then at the count of three, we let go of the balloons. This action symbolically told us how to let go of our sins—we just have to pray and give all of it to God.

It was a lot of fun letting go of the balloons and looking up as they floated toward heaven until we could see them no more. It brought me joy to watch the balloons fly away and realize just how easy it is to let God take all our worries away. •

An anonymous RVAS middle schooler



Students metaphorically let go of their sins by letting go of balloons.

A CNA and a Baptism

Jill Ansted, a certified nursing assistant, works in a new adult family home, the Orchards Highlands Senior Community in Vancouver, Wash. The first resident of the facility was Linda Harding.

As a caregiver, Ansted assists residents with daily living. One of the activities she does with Harding is a Bible study.

“We happened to be walking in the back yard,” Ansted says, “and Linda mentioned she wanted to get back to going to church again. I was strongly impressed to invite her to go to my church with me. I explained why we worship on Saturday and she did not have a problem



Jill Ansted spends time studying the Bible and the Sabbath School lesson with Linda Harding, a resident at an area family home.

with that, so the next Sabbath I took her with me.”

Then Ansted asked her if she was interested in studying the Bible. Harding agreed, and Ansted brought her Bible and

Sabbath School Bible study guide to work.

Harding enjoyed the lessons because they were short and concise. “She was amazed by the things brought out in the

lessons,” Ansted says.

After only six weeks of studying, Harding requested baptism and was baptized by John Wesslen, Orchards Church pastor.

Harding explained why she made the decision. She says, “Jill was the epitome of a person who had great faith and had the type of life I was looking for. I wanted to find a church where I could become a part and be involved. I just knew this was where I belonged and where I wanted to be.” •

Richard Dower, Orchards Church communication leader

Students Wear Pink

Milo Adventist Academy chose to go passionately pink on Oct. 17, 2008. On Passionately Pink Day, the campus was saturated with students and staff wearing pink clothing. Participants were asked to donate to the Keep the Change jar. The MA Girls’ Club planned activities to promote Breast Cancer Awareness during October—the nationally recognized month. Pink ribbon prizes were given at worships for answering trivia questions.

Girls’ Club officers dubbed Oct. 17–19 Pink Weekend, the three-day period for gathering

funds to meet a \$500 goal.

Saturday night Girls’ Club officers ran a booth at the school’s annual harvest party. Cupcakes and pink lemonade drew academy members and community residents to the festive booth. Everyone who stopped by got a sticker and the chance to sign up for a t-shirt. Designed by Christina McGill, the shirts showed the statistics of how many women (and men) are diagnosed with breast cancer in their lifetimes.

After the party, from 10 p.m. to 2 a.m., the club held a Walk/Run for a Cure. Students and faculty got sponsors to pay per

lap around the campus. The school total was 357 miles.

The weekend finished off the next morning at 10 with a scrapbooking party Crop for a Cure, when students and staff got together at the girls’ dorm to work on scrapbooks.

These events raised awareness and a total of \$521, which will be donated to the Susan G. Komen Foundation for the Cure. •

Lauren Baker, MAA senior



Columbia Classics Unite

The Columbia Classics Annual Fall Reunion included a special event—The Classics Road Trip: Destination, The Next Century.

Sunday morning, the Classics boarded the Columbia Adventist Academy bus and were taken to brunch. This included a welcome from Matthew Butte, CAA principal; updates on the Next Century Campaign; stories and testimony from Frank Hansen, alumnus, (class of

1950); and a challenge from Brian and Carlene Will, campaign co-chairs.

The Columbia Classics (alumni from the school's opening up through the 50-year class) hold their own mini alumni weekend each September. This year's gathering was at Gladstone Camp meeting in Gladstone, Ore., the weekend of Sept. 27, 2008. •

Lara J. Dowie, CAA GLEANER correspondent



The Columbia Classics met at Gladstone, Ore.

PAA Adopts a Class

Early in the school year, Greg Phillips, Portland Adventist Academy chaplain, was inspired to invite his co-workers to join him in a classroom adoption project. His invitation was greeted with enthusiasm.

Adopt a Class Foundation is a nonprofit foundation that organizes volunteers to spend time with students in Title-One classrooms. "A Title-One school is one where 50 percent or more of the students live at or below poverty level," says Wayne Abbot, director of the Portland chapter. "This means that some are homeless, many wear the same clothes for weeks at a time, most of the children don't get three meals a day, and the list goes on." These problems affect the student's ability to focus and learn. But the Adopt a Class

Foundation and the people who volunteer for it believe these kids are not without hope.

The PAA faculty was coupled with a first-grade classroom at Mill Park Elementary School where 80 percent of the students are living in poverty. At their first visit, it was clear what a difference this could make. "Afterward, the teacher came to me and told me that my little buddy is so shy she hardly ever talks," says PAA ESL director Maria Bibb. "But with me, she was just a normal talkative kid."

"We can get so tied up in the service of our own work that we fail to see the importance of serving outside our job descriptions," says Jonny Moor, PAA task force assistant chaplain. "This

project brings me back to the reality of my calling to minister and teach."

For more information about adopt-a-class projects, visit www.aacfoundation.com. •

Liesl Vistaunet, PAA marketing director

Greg Phillips, academy chaplain, leads music for first-grade students at Mill Park Elementary School, a classroom the PAA staff have adopted and are helping.



Young Detainees Find Faith

God still works in mysterious ways to seek out those who desire to be a part of His kingdom.

Ed Sanders of Grants Pass, Ore., has been going to the Southern Oregon Youth Authority Detention Center for almost two years, where he studies the Bible with a number of young men, ages 14–23.

Earlier this year one young man, Levi Shepherd, completed two courses from *Amazing Facts* and received a diploma. Another young man, Mikle Diener, studied weekly with Sanders. Both wanted to be baptized.

However, no facilities were available at the detention center to accommodate

the request. So Shepherd requested transfer to the MacLaren Youth Correctional Facility in Woodburn, Ore., where there is a swimming pool. At the same time, Diener was transferred to the Hillcrest Youth Correctional Facility in Salem, Ore., where there is also a pool.

In July 2008, Sanders received three phone calls from the MacLaren chaplain (a Catholic priest) asking if he was coming up to the Salem area in August as there was a young man there who wanted to be baptized as a Seventh-day Adventist. Meanwhile, the chaplain at Hillcrest contacted MacLaren and arranged for Diener to be baptized at the same time.

In late August, Sanders and his wife, Darlene, drove to Salem to conduct the baptisms. As it happened, Diener was released from Hillcrest on Friday, Aug. 22, 2008. His baptism was scheduled for Sabbath, Aug. 23. What to do?

Darlene's cousin, a member of the Silverton (Ore.) Church, checked with her pastor, who willingly offered the use of the church's baptistery. So it was that at the close of the church service on Sabbath morning, Aug. 23, Diener was baptized by Sanders.

Shepherd was waiting at MacLaren, but the swimming pool was out of order. So the chaplain provided a laundry cart for the baptism, which took

place on Sunday, Aug. 24. Only Sanders was allowed to go in with his pass and no pictures could be taken. The chaplain, Shepherd and four other young men were waiting at 1 p.m. for this service. Shepherd has been studying God's Bible truth with the four young men who wanted to witness the baptism.

As Sanders continues his weekly Bible studies at the Southern Oregon Youth Authority Detention Center, four more detainees have requested baptism. •

Edward Sanders, Grants Pass Church member

Ed Sanders baptizes Mikle Diener at the Silverton (Ore.) Church on Aug. 23, 2008.



New Community Service Director *Gets Right to Work*

When Patty Marsh accepted the position of Adventist Community Services and Sabbath School director for Upper Columbia Conference, she had no idea her first weeks on the job would be met with disaster. Shortly upon her arrival, the Spokane area was hit with the Valley View Fire, which started in the Dishman Hills area, threatening hundreds of homes. As the fire burned through 1,200 acres destroying 11 homes, Marsh met with various agencies to



Patty Marsh is ready to help churches make a difference in their communities in her role as Adventist Community Services and Sabbath School director.

find out how ACS might help. Marsh brings that same energy and enthusiasm to her duties as director for adult and children's Sabbath School and Vacation Bible School.

Prior to coming to UCC, Marsh was the administrative assistant to the vice president for education in the Potomac Conference for eight years. Before that she served as the registrar for Upper Columbia Academy. She has been a teacher in Adventist schools and all divisions of Sabbath

School and has a heart and passion to teach Christ's method of mingling with men and showing sympathy for them, thereby winning their confidence. Marsh says, "I count it a privilege to serve in such a vital and action-filled area of ministry." •

Kathy Marson, administrative assistant for communication

WWVA Holds *Week of Prayer*

Walla Walla Valley Academy held the first Week of Prayer for the school year during the last week of October. Brian Reed from Spokane, Wash., delivered a message about reconnecting with Jesus and gave helpful tips on deepening your spiritual life. His message was relevant and practical to each student. Reed, who spoke for a WWVA Week of Prayer two years ago, was a hit with students, faculty and parents alike.

The week provided spiritual motivation and rejuvenation for everyone. Many students participated up front, from leading

out in special music and song service, to scripture and prayer.

Every day, before and after school, Reed invited students down to the gym for prayer and support. The sessions helped to focus the Week of Prayer, and many students attended. Prayer requests were collected in a basket throughout the week,

and they were each prayed for during these meetings.

This weeklong focus on prayer and communication with God was uplifting and inspirational, say students. It was a positive and rejuvenating week for the entire school community. •

Alex Scott, WWVA junior



Brian Reed speaks for Week of Prayer.



The student body forms a prayer circle in the gym.

U P P

C L U M

UCC Schools Cooperate to Promote Christian Education



Dean Kravig conducts the UCA band for a fund raiser benefiting Cornerstone Christian School.

Adventist schools in the Upper Columbia Conference are cooperating so students can have a Christian education.

Upper Columbia Academy's concert band and Choraliars performed a fund raising concert for Cornerstone Christian School in Bonner's Ferry, Idaho. More than 100 people bought a \$5 ticket and came to the concert. Proceeds will help cover the school's operating costs. Cornerstone has recently organized a beginning band, and the UCA visit helped foster student interest. During the last two numbers, Cornerstone

students were invited to join the band onstage and sit next to UCA students as they played.

UCA is helping Lake City Junior Academy by providing two \$50 scholarships for their annual benefit auction, in addition to a \$125 registration discount to all families that attend the auction. Proceeds have enabled LCJA, located in Coeur d'Alene, Idaho, to update their information technology, replace sports equipment, purchase a school van, and offer more scholarships. Mindy Weber, LCJA staff member, says,

"Our schools must work together to...make Christian education available to as many students as possible."

Colville Junior Academy in Colville, Wash., is helping students attend academy through a matching fund available to students who attend Colville through 10th grade. Up to \$1,000 a year per student is granted to match summer earnings toward academy tuition. Katelyn Moseanko, UCA senior, says, "The matching fund is a huge help. I wouldn't be able to attend UCA without it."

The cooperation of elementary schools, junior academies and academies is vital to furthering the cause of making Christian education available to every student who desires it. Scott North, UCA recruiter, says, "We want to do whatever we can to support our elementary schools and junior academies. Our number one goal is providing an environment where students can grow in their relationship with God." •

Danielle Shull, UCA senior

Academy Wins Physical Fitness Award

Lake City Junior Academy earned the highest award for outstanding achievement in physical fitness by being named the 2007–2008 State of Idaho Physical Fitness

Champions, awarded by The President's Council on Physical Fitness and Sports. On May, 18, 2008, students earned the Presidential Physical Fitness Award, a very difficult

achievement. Our percentage of award winners was higher than any other school in Idaho. Staff and students take physical fitness and health seriously and they hope to win

again this year with an even higher percentage. •

Allan Sather, LCJA principal

UPPER COLUMBIA

Milton-Stateline School God Squad *Brings Light to the Community*

Freshly baked cookies, warm smiles and news about God's love—just a small part of what Milton-Stateline School seventh- and eighth-grade students recently shared door to door around the school.

Dubbed the God Squad—students are participating in community outreach projects led by Twila Brown, vice principal and eighth-grade teacher. Students and parents baked dozens of cookies, packaged with friendly notes

and invitations to attend upcoming school events. The cookie bags also included a few pieces of gospel literature telling of God's love.

The squad divided into several groups and visited homes surrounding the school. "People thought we were asking for donations," says Brown. "They were so surprised to see we were there to give instead. One woman was so touched she gave every student a jar of honey from her farm."

Students enjoyed meeting neighbors and handing out cookie bags. "It was very cool to go out and meet our neighbors and share Jesus with them!" says Kaylynn Hall, eighth grade student.

"In fact, students are so enthusiastic about the God Squad that they're planning to make the next outing a service event to help rake leaves or winterize homes," says Brown. •

Rachel Mitsourov, MSS parent



The God Squad and parents from Milton-Stateline School prepare to hand out cookies and literature to their neighbors.

Upper Columbia Academy Students *Camp and Survive*

Nothing more effectively unites a group of people than removing them from their usual routine and challenging them with new experiences. Every year, Upper Columbia Academy students participate in freshman and sophomore camp outs, junior outdoor education and senior survival.

This year, freshmen and sophomores headed into the woods for their respective camp outs and experienced a weekend of hiking, swimming, and enjoying worships around a campfire. Initiatives, in the form of problem-solving activities, challenged the students to work and think as a team. A handful of seniors went on the freshman camp out and shared what they

have learned about life and about God at UCA.

Juniors have two options for outdoor education: canoeing or backpacking. The majority of the juniors chose the canoeing trip this year. During Friday night vespers on the shores of Priest Lake, Idaho, students began sharing what they appreciate about UCA. Most students say they most appreciate—not the sports or academic programs, or even their friends—but that UCA is safe to share about their relationship with Christ. A handful of juniors traveled to Idaho and backpacked nearly four miles with 1,500 feet of elevation gain to reach their campsite. A benefit of the backpacking trip is a smaller

group, which prompts positive, beneficial vulnerability from shy students.

Seniors hiked into the Camp MiVoden woods and for six days lived in shelters they made with tarps and twine, participated in classes and initiatives, bathed in frigid water, cooked their food over fire, and learned about each other and God. They entered senior survival the class of 2009, and left the family of 2009.

Camp outs are designed to unite each class. Students are challenged to re-evaluate their relationship with Christ. This

year, UCA students experienced all of that—and more. At Friday vespers following their adventure, seniors were invited to describe the senior survival experience. Not only seniors, but also freshmen, sophomores and juniors shared what God is doing in their lives. UCA united not as individual classes, but as a school family. •

Danielle Shull, UCA senior

Tommy Poole, alumnus, has worship for the Upper Columbia Academy juniors' canoe trip.



Whidbey School Counts Miracles

Students at Whidbey Christian Elementary School, operated by the Oak Harbor Church, collected a bumper crop of food for the Thanksgiving holiday food basket drive.

The Whidbey students urged Oak Harbor residents to give food through their fall food drive named Share, Not Scare. And to their amazement, residents responded with more food than ever before.

The food drive is just one more miracle the school is

celebrating. Earlier this year, the school faced an uncertain future with enrollment.

The Oak Harbor Church held several meetings to decide the school's future, and decided to continue by faith. By the time school opened in late August 2008, enrollment had jumped to eight students and is now at 10. All but two students are from the community.

"The students at Whidbey Christian School this year are a result of answered prayer rather than any marketing efforts,"

says Dan Nickolatos, principal. "We're a school that exists because of answered prayer. We're a community school, and we're making a difference in the community." •

Rick Lawler, parent



Whidbey Christian Elementary School students collect a record amount of food for community families during their Share, Not Scare food drive.

PSAA Students Form Singing Group

In May 2008, Derek Dizon, Puget Sound Academy senior, had a dream of creating a small acappella group able to praise the Lord. The dream

was complete on Oct. 3, 2008, when the group sang "Low Down the Chariot" for school chapel. Most students recognized voices from past school performances in choir and Impact, but the style and

tone were different and unique, something people hadn't heard or thought they could create. After the music, the entire school rose for a standing ovation. The following day singers regrouped to sing for their first appearance at the Kirkland Church.

"I saw the Holy Spirit at work as I watched the faces of the singers and the reaction of the audience. I saw appreciation and excitement I hadn't seen in a long time," says Ellie Manley, senior.

Since their debut, the group has sung at school outreach programs and the North Pacific Union Conference Bible Camp.

The group consists of six seniors, who have attended PSAA all four years. Leader Derek Dizon is the baritone and the core of the sound. Erik Jensen keeps the group in rhythm with bass lines. Meghan Kay, soprano, has the voice of an angel and can be counted on to sing high notes. Jeremy Mumu, tenor, backs up the alto. Anna Hardesty keeps the group in pitch. Kierron-de' Brown, second soprano, projects the other core sound and has one of the nicest voices ever.

As the seniors enjoy their final year, they plan to leave an impression. •

Jeremy Mumu, PSAA senior



Experts Share Strategies For Healthy Marriages

A team of marriage and family experts gathered in Lynnwood, Wash., to present From This Day Forward, a one-day celebration of marriage commitment dedicated to encouraging stronger and healthier marriages and families.

“It is very important for couples to commit to spending a day together with fellow believers to help strengthen marriages,” says Wilma Bing, Washington Conference family life director. “Marriage conferences—such as From This Day Forward—allow couples to reconnect, re-energize and recommit.”

Couples learned strategies for keeping their marriage strong from experts Willie and Elaine Oliver, from the North American Division; Mike and Gayle Tucker, from Faith for Today; and Allen and Deirdre Martin from dream VISION ministries.

The practical, professionally sound, and Biblically bound journey featured the basics of collaborative dialogue, communication skills, couple intimacy, and secrets to a strong and loving marriage. Besides the presentations, couples were given time to process the information one on one.

From This Day Forward is a nationally presented marriage conference. The Seattle-area conference was a joint effort of the North American Division, North Pacific Union Conference and Washington Conference.

According to Oliver and his team, the Lynnwood, Wash., conference was the best attended conference the North American Division conducted in 2008. More than 65 couples were in attendance. •

Doug Bing, Washington Conference vice president for administration

More than 65 couples attend a marriage conference in Lynnwood, Wash.

Jonathan Baumgartner

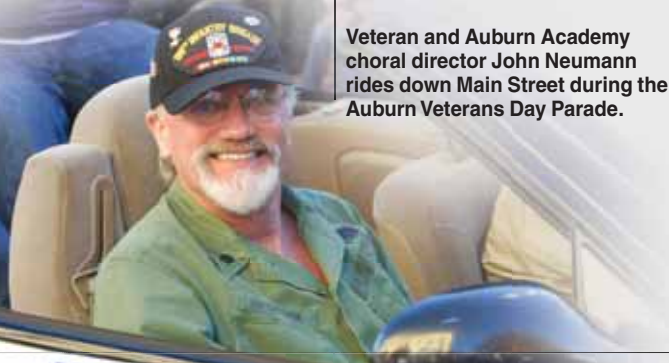


AAA Faculty Honored in Parade

John Neumann, Auburn Adventist Academy choral director for 18 years, was honored for his military service on Nov. 8, 2008, in the Auburn Veterans Day Parade.

It was noted to be the largest Veterans Day Parade west of

Charles Bailey



the Mississippi with more than 1,500 participants. Neumann was selected to represent non-combatant veterans who have faithfully served their country.

“At one point during the parade, a fellow veteran stepped off the curb and shook my hand,” says Neumann. “It was very meaningful to me.”

Veteran and Auburn Academy choral director John Neumann rides down Main Street during the Auburn Veterans Day Parade.

Neumann, who served as a medic for 11 months during the Vietnam War with the 199th Light Infantry Brigade was not only responsible for the health of 40–50 people in his platoon, but also saw action as he worked to save lives on the battlefield.

“Technically, I shouldn’t be here,” says Neumann, recalling the sound of bullets around him as he jumped into the midst of the fray. “I still remember my prayer; ‘It’s you and me, Lord!’” says Neumann as he recounted the moments that would later award him a Silver Star.

It’s that same dependence on God that has taken Neumann and wife Janet to Southern

California, Pennsylvania, Singapore and Washington. Dedicated to Adventist education with nearly 40 years of teaching music to his credit, Neumann’s zeal for Christ is evident.

“My passion has been making music live—the words live; presenting it in such a way that it has an impact on the heart of the singer and the listener.” •

Jondelle D. McGhee, AAA GLEANER correspondent

Evangelism Momentum Builds

Young Isaac was looking at the mail his pastor father received and saw a flier for “Amazing Adventures,” a kid-focused evangelistic series. “Daddy, this is really cool, can we do this at our church?” he begged.

A few conversations later, the Port Orchard Church began advertising the weeklong satellite meetings. Children and their parents came for each night of “Amazing Adventures” (plus sufficient snacks). After a few meetings, the church members wondered why they hadn’t advertised the meetings for the “young at heart” as well.

With the success of “Amazing Adventures,” members now have a similar question to Isaac’s: “Pastor, evangelism is really cool. When can we do more?”

That same question is being asked across Western Washington as churches seek to find ways to share Jesus with their family, friends and acquaintances.

“Our churches are showing an increased interest in evangelism and outreach programs,” says Bruce Koch, Washington Conference ministerial director and evangelism coordinator. “With a conference-wide focus on prayer and training, there is great momentum for evangelism in our churches and schools.”

Here’s a sampling of evangelistic activity:

- A growing number of individuals are receiving training as Bible instructors.
- Tacoma Central teamed an Andrews University school of evangelism, with nine participating seminary pastors, with evangelist Jac Colon for a Revelation series with 25 baptisms and professions of faith.
- Two churches—Bellevue and 24-Seven Ministry—tag-teamed for Gayle Lasher’s Peace Amid the Chaos series.
- Conference officers John Freedman and David Wolkwitz

teamed up with Ken Parker, pastor, to present a Revelation seminar in Bonney Lake.

- Kieth Noll, pastor, presented a Revelation seminar in Puyallup, where 18 were baptized and others are continuing Bible studies.
 - Twelve Auburn Adventist Academy students are studying for baptism after a school Week of Prayer.
 - Hispanic churches across the region hosted a succession of evangelistic meetings with a combined total of 101 baptisms to date.
 - Young people are asking their pastors, Pathfinder leaders, teachers or deans for Bible studies.
- “We’re challenging our members to stop and seek Jesus, to yield and pray for the anointing power of the Holy Spirit, and to go and take Jesus to the world,” says John Freedman, Washington Conference president. “In the year of evangelism in 2009, our prayer for all our members is

Heidi Martella



John Freedman, Washington Conference president and Ken Parker, pastor, talk together.

that each day, month and year will be focused on telling their world about Jesus Christ.” •

Heidi Martella, Washington Conference associate communication director

WASHINGTON



Heidi Martella

Rice for Cambodia *Brings Food, Hope*

In 2001, Kevin Krueger, Positive Life Radio, manager, Walla Walla University's Christian radio station, spoke with Bobby Michaels, Christian recording artist, who had recently done a concert in Cambodia. Many people came to hear Michaels sing, but he noticed they were not interactive. Many appeared glassy-eyed and distant.

When Michaels asked, he was told the people were weak with hunger. They couldn't afford food.

"We can't sing for them if they're hungry!" Michaels responded. "Let's get them food, and *then* we can share Jesus with them."

Michaels quickly bought as much rice as he could. And so began what has been nearly a decade of trips to Cambodia to bring rice and the gospel to the people of Cambodia.

When Krueger heard this story, he felt God tugging at

his heart. He asked Michaels if PLR could partner with him to help the Cambodian people.

The Rice for Cambodia Campaign caught the attention of PLR listeners, and they gave a total of \$5,000—twice the campaign goal. Donations increased each year, often doubling, until just recently in Nov. 2008, listeners gave \$192,000—enough to feed 57,000 people for a month.

Following the campaigns, Michaels organizes a trip to Cambodia each summer to distribute rice purchased with donations. Approximately 50 people participate in the month-long trip. Many are PLR listeners, some are from the WWU community. All are passionate about helping the people of Cambodia.

Krueger remembers hearing a loud clanging while there last summer. A boy of 10 was banging on a piece of cement with an improvised hammer,

trying to get a piece of rebar out of it.

When Krueger asked what the boy was doing, a Mennonite missionary said the boy was probably going to sell the rebar to purchase glue. Many Cambodian boys sniff glue to dull the pain of hunger.

An hour later, the boy was still at it. The missionary told Krueger the boy wouldn't have kept at it so long for glue. He was doing it for food.

"We've seen many improvements in Cambodia," says Krueger, "and with God's help, we hope to transition from just an emergency feeding program to a more self-sustaining, long-term solution. We're taking steps in that direction this year."

WWU has a long tradition of mission service. In 2008, 94 student missionaries left for a year of service, representing WWU to people around

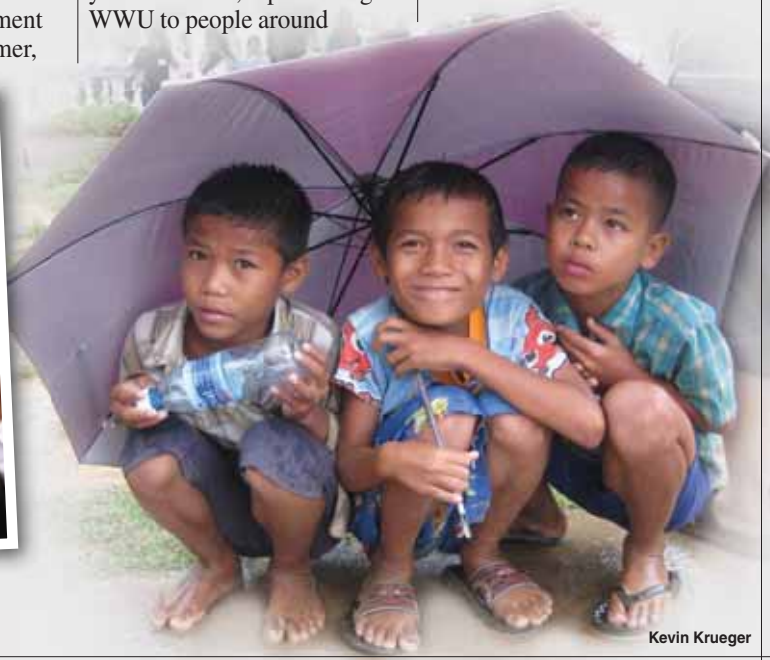


A Cambodian man heads home with his bag of rice and a copy of the gospel.

the world. The PLR Rice for Cambodia Campaign is just one more way WWU reaches out to the world.

To find out how you can contribute to the Rice for Cambodia Campaign, visit www.plr.org, or call 800-355-4757. •

Three Cambodian boys wait in the rain for rice.



Kevin Krueger



Kevin Krueger, Positive Life Radio manager, hands out small toys to eager Cambodian children.

A WALLA UNIVERSITY

Russell Appointed President and CEO of Adventist Medical Center

Tom Russell is the new president and CEO of Adventist Medical Center in Portland, Ore. Russell assumed his new role when past president and CEO Deryl Jones retired in December 2008.

"I am honored and humbled to be named to this position," says Russell. "It is a privilege to serve this community with an exceptional team of employees and dedicated physicians who are committed to demonstrating the healing ministry of Jesus Christ."

Russell has worked at AMC for 15 years and most recently served as senior vice president of the 302-bed acute care facility. His responsibilities included the development of the hospital's facility planning, managed care strategy and health plan negotiations. He also oversaw plant services and construction, clinical engineering, quality resources, performance improvement, the Joint Commission accreditation and certification process, as well as various other hospital initiatives.

As senior vice president, Russell worked directly on the concept design, development and current construction of the hospital's 181,000-square-foot Pavilion, scheduled to open in May 2009. Russell also served as the president of Healthcare Resources



Tom Russell is the new president and CEO of Adventist Medical Center in Portland, Ore.

Northwest, a subsidiary of AMC that works with health care providers to deliver solutions for integrated health

and wellness.

"I believe Tom and his leadership will be of great benefit to the hospital

and its community," says Larry Dodds, executive vice president and COO of Adventist Health, and AMC board chairman. "His appointment comes with tremendous support from AMC's physician leaders and management team. Not only is Tom very familiar with the scope of operations which provides good continuity, he is extremely committed to the mission of Adventist Health."

"Our community trusts us as their caregivers, and we consider them the heart and soul of our sacred mission," says Russell. "We are dedicated to excellence and to providing each individual the most appropriate care in the most appropriate setting."

Russell holds bachelor degrees in business administration and theology from Union College in Lincoln, Neb., and is currently completing his MBA. In addition, he is active in various professional and community organizations.

Russell and his wife, Kimberly, live in Eagle Creek and are active in the Hood View Church and in community projects throughout greater Portland. •

Shawna Malvini, Adventist Health GLEANER correspondent

FYI

NPUC Welcomes Torkelsen as President

The North Pacific Union Conference is pleased to welcome Max Torkelsen II as NPUC president. Torkelsen fills the position left vacant since the death of Jere Patzer, former president, in Oct. 2008.

Torkelsen and Patzer worked closely together for six years in the Upper Columbia Conference, in Spokane, Wash. Torkelsen succeeded Patzer as president when Patzer left for the NPUC in 1996. Torkelsen replaces Patzer once again. He is not the first Torkelsen to fill this position. His father, Max C. Torkelsen, served as NPUC president from 1976 to 1980.

Torkelsen brings extensive pastoral and church administrative experience to his new role. Following graduation from Pacific Union College in 1972 with a Bachelor of Arts degree in theology, he pastored in the Oregon Conference for two years before taking a two-year break to acquire a master's in church ad-



Max Torkelsen II

ministration from Andrews University in Berrien Springs, Mich. Later he obtained a master's of public health degree from Loma Linda University. He served as a pastor in the Oregon Conference from 1975–1979, and in the UCC from 1987–1989. In 1989 Torkelsen accepted the position of UCC communication director, a position held until becoming president in 1996.

Torkelsen and his wife, Linnea, have two grown, married daughters, Analisa and Kirsten, who make their homes in Portland, Ore. His brother, Monte, is Oregon Conference youth director.

Torkelsen says “Linnea and I look forward to this new responsibility with a sense of

gratitude and great humility. We have seen God's divine plan at work through our Adventist members and churches in the Northwest, and we look forward to making continued strides for Him in the exciting days ahead.”

Livesay Next Lake Union President

Don Livesay is leaving his post as Oregon Conference president to serve as the next Lake Union president, beginning in January. After prayerful consideration and renewed interest from Lake Union, Livesay accepted the invitation.

Livesay reflected, “We are convicted that God is calling us to serve in Lake Union—however, it will be extremely difficult for Barbara and I to part from our wonderful Oregon Conference family. Our 12½ years here have been an exceptional blessing to us.

The Oregon Conference has begun the process of selecting a new president.



Don Livesay

New Format for 2009 Broadcast

Beginning this month all *Voice of Prophecy* broadcasts will be new programs, featuring a new on-air team. Weekend broadcasts will feature Fred Kinsey, pastor and speaker/director, with Connie Vandeman Jeffery, co-host. They will share scriptural messages as well as interviews with authors, mission workers and others. The daily broadcast will feature Mike Tucker, pastor, and Elizabeth Talbot, pastor, in great conversations about the Bible.

All VOP broadcasts are available to listen or to download online. For more information, visit: www.vop.com.

Oprah Recognizes Blue Zone Adventists

Those vibrant centenarians from Loma Linda (Calif.) continue to turn heads in the national media. Most recently they were featured on the *Oprah Winfrey Show* (Nov. 25–26, 2008) during a special report on Blue Zones, areas of the world with significantly longer-than-average life spans. Experts attribute their longevity to Adventist principles on diet, which include abstaining from drinking, smoking, meat and dairy products. In addition, the sense of purpose derived from religious activity, volunteering for service organizations and relationships with other believers promote an extended quality of life.

THE ADVENT MOVEMENT

Paul Cole is the interim director of Portland Adventist Community Services.


Doug Elsey left his position as pastor and chaplain at Mt. Ellis Academy to pastor the New Haven (Kan.) Church in the Kansas-Nebraska Conference.

Jon Griebel is the new Kelso-Longview (Wash.) Church associate pastor. He was previously the Orangevale (Calif.)

Church associate pastor.

Mike Maldonado left the Monroe (Wash.) Church for a pastoral position at the Colorado Springs (Colo.) Church in December 2008.

Jesse Sacdalan became pastor for the Ferndale (Wash.), Everson (Wash.) and Lummi (Wash.) churches in December 2008. Sacdalan comes from Andrews University.



*New Year's Memo:
We're Ending
the Madness!*

Our contribution won't likely win us a Noble Peace Prize, an honorary doctorate or even a token bouquet from the local pastor.

Last year my children and I resolved to adopt every whale, sponsor all the freeways, and scale Everest in our "spare" time. We planned to take on global correspondences, train for extended marathons and fight tigers with our bare hands.

Alas, it is the New Year and we never so much as brought home ONE underprivileged whale. We couldn't decide which politically correct freeway to adopt and we, embarrassingly, never saw Everest. It doesn't take a management specialist to see our resolutions didn't make their "A game."

This year we're "under-resolving." When philanthropists come asking for millions to build a monument in our names, we'll lower our couchpotato faces and promise to give later. When global leaders appear with strategic theories we'll hide under our beds in abashed underachievement. Our contribution won't likely win us a Noble Peace Prize, an honorary doctorate or even

a token bouquet from the local pastor. We're not training tigers on the Amazon, not uncovering rain forests, not deciphering military codes. We're not even changing out last year's cupboard health foods with this year's latest brands. (I'm still not sure if it's carbs/no carbs, protein/no protein, high fiber/low fiber.) Who knows?

We might not even change the calendar over from December to January. This year we're "under-resolving."

Our "under-resolve" came by accident. He arrived at a family picnic. D__ as we'll call him (we're not name dropping either) is an elderly man. Likely we would have forgotten this senior American, altogether, except, we heard from D__'s caregiver: D__ looked forward to today for the whole month. D__ washed his simple clothes over and over. He laid them on a chair four days before our "excursion" (I use the term loosely) and folded and re-folded them every day. D__ put in back-up clothes, checked his watch, checked his cap, loaded and reloaded the film in his five-decade-old camera. He marked the calendar. After it was over D__ thanked us again and again.

One look at D__'s smile, and we know the whales and freeways are on hold. We're simply clearing a space in our crammed calendars for one

VERY lonely elderly man.

We have no hidden agendas, we're not conducting elderly research studies—not charting him on a plan, not getting dialogue cards, or polling, or inflicting theories consciously or unconsciously. We're not even taking him through an entire book. We're just going to be there. We'll eat "non-organic" pizza with him, go to B-league baseball games, and feed the ducks at unassuming parks.

D__ doesn't have a senior American poster-plastering face. He isn't special—he has no bank account to cultivate/navigate/investigate (or any type of gate...). He has no social ladder to hoist us in, up, over or through—his only ladder is the one growing moss in his backyard. He won't be charming us with new exotic words or describing Everest. And D__ and his motorized scooter likely won't be helping us with the marathons.

One look at D__'s face and my boys and I know it is THE RIGHT CHOICE (ouch—those words are badly out of style). The social strategists will never get it, but our rebuttal will be the smile we get.

Don't get us wrong—some-day we do want to fight tigers and see Everest. Just not this year, and if and only if there's room for D__ and his motorized scooter! •

*Cindy R. Chamberlin
GLEANER Managing Editor*

Davis 50th

Ron and Ruth Davis celebrated their 50th wedding anniversary on June 8, 2008, with a reception hosted by their children and grandchildren at the Meadow Glade Church in Battle Ground, Wash.

Ron Davis married Ruth Bruce on June 8, 1958, in Portland, Ore. Ron and Ruth met while attending Portland Union Academy and spent two years dating before their marriage in 1958. Ron and Ruth made their home of over 40 years in Sandy, Ore., where they raised their four children. Ruth worked for the Adventist denomination both at the local grade school and later at the Adventist Book Center in Clackamas, Ore. Ron spent his career working as a sales manager in the general aviation industry.

They now enjoy their new home in Castle Rock, Wash. Both Ron and Ruth are involved with numerous ministries in their local church. They facilitate a small group in their home, lead out in nutrition classes in the community, and help with the Bible achievement preparation for the Castle Rock Pathfinder Club. These ministries as well as many happy times spent with their children and grandchildren have kept their retirement days fulfilled and busy.

The Davis family includes Scott and Linda (Guy) Davis of Kelso, Wash.; Doyleene and Lyndon Cook of Chehalis, Wash.; Cliff and Kathy (Cushman) Davis of Woodland, Wash.; Eileen and Eric States of Shelton, Wash.; and 11 grandchildren.

Jenks 60th

Frank and Alice Jenks celebrated their 60th wedding anniversary on Sept. 20, 2008, in Colville, Wash., with a family reunion.

Frank N. Jenks married Alice J. Chedester on June 27, 1948, in Berkeley, Calif. Frank worked as a machinist for Marchant Calculators/Smith-Corona Typewriters and Filper Corporation from 1940–1970. Frank and Alice both worked at the Northern California Conference office and at the St. Helena Sanitarium/Hospital until they retired in 1986.

Since retirement they have lived close to their children and families in Bozeman, Mont., College Place, Wash., and Spangle, Wash., where they currently reside.

The Jenks family includes Janelle and Harold Dixon of Boise, Idaho; Larry and Betty (Carr) Jenks of Colville, Wash.; Paul and Kelly (O'Brien) Jenks of Spangle, Wash.; 6 grandchildren and 2 great-grandchildren.

Necker 65th

Mary and Dan Necker celebrated their 65th wedding anniversary with scenic tours up the inland passage of Washington with their daughter and grandson. Included in these day trips were a tour to the glass museum, visiting Mt. Rainier, seeing the rain forest, and dining on local cuisine.

Dan Necker married Mary S.



Frank and Alice Jenks

Morrison in Helena, Mont., July 25, 1943, just four weeks after the two met at the June Montana camp meeting. Dan was a cattle and wheat rancher who owned acreage in the Bitterroot Valley, and Mary was an elementary school teacher for Montana-area schools for 30

years. Throughout their lives Dan also worked as a builder and helped with the construction of Sittner Hall, the Canaday Technology Center at Walla Walla University and a housing development in College Place, Wash. He built and remodeled homes for family and friends and could fix just about anything. Mary was a home economics major. She grew a flower garden each year and shared her flowers frequently. In 1977 they moved from Hamilton, Mont., to McMinnville, Ore. In retirement, Mary volunteered at the McMinnville Church and School, using her expertise as an educator. Dan received his amateur ham-radio license and corresponded with Adventists around the world.



Dan and Mary Necker

They also served as deaconess and deacon, respectively.

Today both live in Shelton, Wash., and travel to McMinnville often. They still attend Gladstone camp meeting where Dan enjoys friends and riding his scooter. Mary enjoys reading, pets, crocheting and cooking.

The Necker family includes Robert Necker from Corvallis, Mont.; Christina Newman from Shelton, Wash.; 2 grandchildren, 2 step-grandchildren, 3 great-grandchildren and 6 step-great-grandchildren.

Parr 90th

Leona (Weller) Parr celebrated her 90th birthday on Sept. 13, 2008, with a birthday potluck in Chewelah, Wash., hosted by her church family. She is a member of the Chewelah Church.

Leona was born Aug. 13, 1918, in Mildred, Mont. Leona was the oldest of four children born to Gottlob and Amelia Weller. Her parents belonged to the Church of God and were Sabbath keepers. She grew up near Vida, Mont. She joined the Adventist church in her teens. After her marriage to Hervey Parr, they moved to Pasco, Wash., where he worked in the round house for the railroad. In 1960 they moved to a farm near Addy, Wash., and began attending the Chewelah Church.

Leona did substitute teaching during the years her children were in school. She usually had a large garden and did lots of canning for her family. Her sister, Ruth Crumley, is her only surviving sibling.

The Parr family includes Lonetta and Mike Choy of Southern California; Kenneth and Arleta Parr of Mead, Wash.; 2 grandchildren and a great-grandchild.

Family
B I R T H S

ALLEN—Theron Noah was born Oct. 21, 2008, to Jeremy and Nicole (Darcy) Allen, Walla Walla, Wash.

BUSS—Wyatt Quintin was born Nov. 15, 2008, to Matthew and Wendy (Press) Buss, Tillamook, Ore.

DYE—Palmer Hadleigh was born May 31, 2008, to Ryan and Heather (Sandvik) Dye, Bellevue, Wash.

EVERET—Savannah Lee was born Oct. 20, 2008, to Ted and Christina (Boyd) Everett, Inchelium, Wash.

MUNDALL—Michael C. was born Aug. 25, 2008, to Mike and Becky (Wetmore) Mundall, Spokane, Wash.

NELSON—Ashley was born Nov. 5, 2008, to Mike and Sandra (Bell) Nelson, Mount Vernon, Wash.

NUSSBAUM—Violet A. was born Oct. 14, 2008, to Loren “Nathan” and Maleesa (Staten) Nussbaum, Eagle Point, Ore.

ROLLINS—RaeAnne Lannae was born Oct. 19, 2006, to Roger L. and Roxanne G. (Calhoun) Rollins, Chewelah, Wash.

ROLLINS—Raziella Gayle was

born April 22, 2008, to Roger L. and Roxanne G. (Calhoun) Rollins, Chewelah, Wash.

ROLLINS—Rishonna Eden was born April 22, 2008, to Roger L. and Roxanne G. (Calhoun) Rollins, Chewelah, Wash.

ROLLINS—Rylan Ezekiel was born April 22, 2008, to Roger L. and Roxanne G. (Calhoun) Rollins, Chewelah, Wash.

RUDEBAUGH—Lilah Maureen was born Aug. 9, 2008, to Mark and Marella (Loss) Rudebaugh, Vancouver, Wash.

STEWART—Kalinda Joylaine

was born Oct. 30, 2008, to Scott D. and Sharon L. (Clark) Stewart, Vancouver, Wash.

STEWART—Zackari Samuel was born Oct. 30, 2008, to Scott D. and Sharon L. (Clark) Stewart, Vancouver, Wash.

WACHTER—Kailan Monique was born Nov. 19, 2008, to Glenn and Nevillene “Nevi” (Ball) Wachter, Milwaukie, Ore.

WOLFSWINKEL—Emily Noel was born Nov. 6, 2008, to Randy and Carrie (Drachenberg) Wolfswinkel, Castle Rock, Colo.

Family
W E D D I N G S

BIEGLER-SHERMAN—Denise (Biegler) Styer and Kurt Sherman were married June 21, 2008, in Brookings, Ore. They are making their home in Eagle Point, Ore. Denise is the daughter of Keith and Judy (Decker) Biegler. Kurt is the son of Eddie and Susan Sherman.

BOHLMAN-DRAYTON—Laura Bohlman and Daniel Drayton were married Sept. 7, 2008, in Terrebonne, Ore. They are mak-

ing their home in Redmond, Ore. Laura is the daughter of John and Paula (Rauch) Bohlman. Daniel is the son of Dan and Lisa Drayton.

FARNSWORTH-AYERS—Ashley Farnsworth and Alan Ayers were married July 26, 2008, in Anacortes, Wash. They are making their home in College Place, Wash. Ashley is the daughter of Mel and Sue (Poplewell) Farnsworth. Alan is the son of

Kevin and LoAnn (Gienger) Ayers.

GREN-LENZ—Kari Gren and Robert Lenz were married June 13, 2008, in Milton-Freewater, Ore. They are making their home in Cheney, Wash. Kari is the daughter of Conrad and Barbara (Kyle) Gren. Robert is the son of Arthur and Ruth (Davis) Lenz.

HANCOCK-WHITTAKER—Alisha Hancock and Gary

Whittaker were married Oct. 11, 2008, in Happy Valley, Ore. They are making their home in Bothell, Wash.

HELSIUS-GREN—Kandice Helsius and Eric Gren were married Aug. 11, 2008, in Portland, Ore. They are making their home in Lincoln, Neb. Kandice is the daughter of Anita (Ringering) Helsius. Eric is the son of Conrad and Barbara (Kyle) Gren.

Family
A T R E S T

ANDERSON—Violet Elaine (Barrere), 63; born Aug. 31, 1944, Savannah, Ga.; died Aug. 20, 2008, Glendive, Mont. Surviving: husband, Lyle, Lindsay, Mont.; son, Brent, Portland, Ore.; parents, Irvin and Violet Barrere, Miles City, Mont.; sisters, Gladys Brauson, Billings, Mont.; and Charlotte Mason, Westerville, Ohio.

BAUCOM—Vickie (Lecker), 83; born May 16, 1925, Lebam, Wash.; died Nov. 2, 2008, Medford, Ore. Surviving: son, Charles, of California; daugh-

ter, Diane Duer, Shady Cove, Ore.; brothers, Frank Lecker, of Washington; Roy Lecker, Scottsdale, Ariz.; 8 grandchildren, 19 great-grandchildren and 6 great-great-grandchildren.

BYERS—Wayne Ward, 89; born March 8, 1919, Knightsville, Ind.; died Nov. 9, 2008, Goldendale, Wash. Surviving: wife, Isabel (Day); sons, Daniel, Goldendale; Norman, Lafayette, Ind.; Wally, Lake Oswego, Ore.; 2 grandchildren and a great-grandchild.

CASEBOLT—Anna Jean

(Jennings), 80; born Feb. 20, 1927, Roseburg, Ore.; died Aug. 5, 2008, Roseburg. Surviving: husband, Gerald; son, Don, Tucson, Ariz.; daughter, Challis Casebolt, North Bend, Ore.; Melanie Casebolt, Vancouver, Wash.; Carol Bodeker, Perth, West Australia; and 7 grandchildren.

CHRISTIAN—Clarence W., 99; born July 8, 1909, Graysville, Tenn.; died Oct. 31, 2008, College Place, Wash. Surviving: 5 grandchildren, 11 great-grandchildren and 4 great-great-

grandchildren.

CLARK—Stanley Willard, 95; born Nov. 21, 1912, Centralia, Wash.; died Aug. 28, 2008, Everett, Wash. Surviving: wife, Betty Lou (Roberts) Boyd; son, James, LaJolla, Calif.; and 2 grandchildren.

COMM—Lily Anne (Johnson), 87; born June 29, 1921, Kelowna, British Columbia, Canada; died Oct. 28, 2008, Spokane, Wash. Surviving: daughter, Trudy Ann Schutt, Otis Orchards, Wash.; sisters, Lilic Nilsen, Penticton, British Columbia, Canada;

Family
A T R E S T

Sylvia Edstrom, Vancouver, British Columbia, Canada; 7 grandchildren and 5 great-grandchildren.

DANA—Don Stanley, 67; born Aug. 12, 1941, Great Barrington, Ma.; Oct. 11, 2008, Salem, Ore. Surviving: son, Don Dana II, Salem; daughter, Denise Mathey, San Bernardino, Calif.; brother, Eugene J., Leominster, Ma.; sisters, Helen L. Arndt, North Adams, Ma.; Joyce M. Goff, San Jose, Calif.; and 4 grandchildren.

DUKE—James Ferman Sr., 74; born April 23, 1933, Corpus Christi, Texas; died Dec. 12, 2007, Valley, Wash. Surviving: wife, Juanita (Sleenor); sons, James Jr., Valley; Joseph T. II, Kalispell, Mont.; daughters, Cassandra Mandenhall, Deer Park, Wash.; Joellen Walch, Medford, Ore.; Norma Brashers, Lyle, Wash.; Karen Justice, Lowell, Ark.; Elise Hart, Old Town, Idaho; Tammie Goulet, Newport, Wash.; Sylvia Fleenor, Priest River, Idaho; Sarah Way, Blue Creek, Wash.; sister, Norma Dolci, Trenton, N.J.; 28 grandchildren and 5 great-grandchildren.

EISEMAN—Jewell Ilene (Tucker), 84; born May 19, 1924, Ronan, Mont.; died Nov. 8, 2008, Walla Walla, Wash. Surviving: son, Larry Erickson, Loma Linda, Calif.

ELDER—Mary Alice (Hansen), 82; born Sept. 19, 1925, Fergus Falls, Minn.; died Sept. 8, 2008, Albany, Ore. Surviving: husband, Russell, Lebanon, Ore.; sons, David, of California; Jonathan, Lebanon; Steven; Timothy, Lebanon; daughter, Lynette Pollachrok; 10 grandchildren and 16 great-grandchildren.

EPTING—Estella (Higgins), 80; born, Oct. 13, 1927, Winnsboro, La.; died Sept. 25, 2008, Yakima, Wash. Surviving: husband, James; son, Ronald, Yakima; sister, Laura Higgins, Yakima; and 3 grandchildren.

FREEMAN—Richard L., 76;

born Jan. 14, 1932, Walla Walla, Wash.; died Oct. 24, 2008, Gresham, Ore. Surviving: wife, Nancy (Hellman); son, Tim, Spokane, Wash.; stepson, Kelly Lento, Woodland, Wash.; stepdaughters, Jennifer Hantson, Colonge, France; Jeri Lento Martinez, Lincoln, Neb.; mother, Bessie (Obert) Freeman McGuire, Milton-Freewater, Ore.; 9 grandchildren and 6 great-grandchildren.

GINGRICH—Laura J., 100; born Dec. 12, 1907, Central, Ark.; died Oct. 24, 2008, Portland, Ore. Surviving: son, Richard, Portland; 7 grandchildren, 16 great-grandchildren and 4 great-grandchildren.

GOLDSBOROUGH—Gerald W., 72; born Sept. 19, 1936, Las Vegas, Nev.; died Aug. 26, 2008, Curlew, Wash. Surviving: wife, Joyce (Bakke); and sister, Geraldine Pawlye, Aurora, Colo.

GRIEBEL—Claudia Jane (Wellman), 59; born Nov. 8, 1948, Loma Linda, Calif.; died Sept. 29, 2008, Bend, Ore. Surviving: husband, Del, The Dalles, Ore.; son, D. Jon, Longview, Wash.; daughter, Rachele Gibson, Pennsicola, Fla.; parents, Ellsworth and Marilyn Wellman, Yakima, Wash.; brothers, David Wellman, Portland, Ore.; Gregory Wellman, Penticton, British Columbia, Canada; sisters, Cathie Kruse, Sequim, Wash.; Nancy Mack, Yakima; and 3 grandchildren.

JACOBSON—Marie V. (Dennison), 92; born Nov. 10, 1915, Tullvania, Mo.; died Oct. 5, 2008, Arlington, Wash. son, Milton, Mount Lake Terrace, Wash.; and 2 grandchildren.

JEFFRIES—Warren L., 83; born April 7, 1925, Chehalis, Wash.; died June 28, 2008, Seattle, Wash. Surviving: wife, Carolyn L. (Williams) McCulloh, Centralia, Wash.; stepson, Steve G. McCulloh, Chehalis; stepdaughter, Sandra L. (McCulloh)

Baybarz, Olympia, Wash.; 3 step-grandchildren and a step-great-grandchildren.

JENICKE—Eldon S., 88; born Nov. 9, 1919, Hillsboro, Kan.; died Oct. 1, 2008, Sun City, Ariz. Surviving: wife, Irene (Schmechel); son, Donald, Spokane, Wash.; daughters, Barbara Morphis, Sun City; Sandra Monette, Loma Linda, Calif.; 3 grandchildren, 4 step-grandchildren and 7 step-great-grandchildren.

JOHNSON—Dorothy "Marie" (Thrush), 78; born March 24, 1929, Hillsboro, Ore.; died April 9, 2007, Pendleton, Ore. Surviving: husband, Allen, Oak Hills, Calif.; son, Michael Hurlley, Portland, Ore.; stepsons, Dennis, of California; Mike, Hong Kong; Patrick, of California; daughters, Patti Spilker, Pendleton; Monica Gaffney, Payette, Idaho; Maidee Brennan, Portland; Penny Melton, Shawnee, Kan.; stepdaughter, Vicky, Oak Hills; 6 grandchildren and a great-grandchild.

JONES—David A., 70; born April 21, 1938, Crawfordsville, Ore.; died Oct. 31, 2008, Sweet Home, Ore. Surviving: wife, Dottie (Thompson); son, Dean and Darin, both of Sweet Home; daughter, DeAnn Benson, Sweet Home; mother, Alta (Dodge) Chasson, Sweet Home; sister, Esther Benedict, Kalama, Wash.; and 6 grandchildren.

KEENE—Samuel Gene, 79; born Dec. 24, 1929, West Virginia; died July 11, 2008, Bremerton, Wash. Surviving: wife, Damaris.

KITCHEN—Dollie A. (Gravelle), 79; born Jan. 29, 1929, Jacksonville, Ore.; died Oct. 29, 2008, Medford, Ore. Surviving: daughters, Sandra Hinds, Hermiston, Ore.; Gail Eckel, Redlands, Calif.; Leisa M. Fulton, Yakima, Wash.; sister, Freda Bleth, Medford; 6 grandchildren, 2 step-grandchildren

and 4 great-grandchildren.

LENIGER—A. L. "Bo" 72; born Nov. 11, 1935, Guthrie, Okla.; died July 12, 2008, Prosser, Wash. Surviving: wife, Linda (Miller); son, David, Pavillion, Wyo.; daughter, Carmen Cathey, of Oklahoma; 14 grandchildren and 5 great-grandchildren.

LINCOLN—Rodney Dennis, 99; born Feb. 18, 1909, Ypsilanti, Mich.; died Nov. 18, 2008, Grants Pass, Ore. Surviving: son, Freeman, of Kentucky; stepsons, Will Mewhinney, Mission Viejo, Calif.; Terry Mewhinney, Agness, Ore.; daughters, Carol Corson, Laura Fish and Wanda Bolton, all of Grants Pass; brother, Weldon, Las Vegas, Nev.; 26 grandchildren, 35 great-grandchildren and 6 great-great-grandchildren.

LOZOWYJ-LORANE—Anna (Rohal), 86; born July 23, 1922, Izyum, Ukraine; died Oct. 14, 2008, Silverton, Ore. Surviving: daughter, Ludmilla (Lozowyj) Nelson, Silverton; 2 grandchildren and a step-great-grandchild.

LUND—Joyce H. (Hanson), 79; born April 10, 1929, Great Falls, Mont.; died Oct. 22, 2008, Great Falls. Surviving: daughters, Patrice A. Spencer, Floresville, Texas; Pamela Dawn Lund Berry, Kansas City, Kan.; J. Valerie Barrick, Great Falls; brother, Theodore Hanson, Hot Springs, Ark.; sister, Alva Iverson, Great Falls; and 4 grandchildren.

MARTIN—Joan (Shannon), 74; born March 17, 1934, Republican City, Neb.; died Sept. 5, 2008, Gresham, Ore. Surviving: husband, Ralph W.; sons, Charles A., Aloha, Ore.; Paul D., Pittsburg, Calif.; daughter, Diana M. Lough, Fairview, Ore.; and 6 grandchildren.

MCCALL—Lorna D., 91; born Oct. 21, 1916; died Aug. 13, 2008, Milwaukie, Ore.

MCDOWELL—June, 100; born June 14, 1907, La Farge, Wis.;

Family A T R E S T

died May 7, 2008, Marysville, Wash. Surviving: daughter, Mary Nell Ott; sister, Barbara; 3 grandchildren and 4 great-grandchildren.

MCCUTCHEON—Elsie Marie (Kitchen) Carter, 77; born Oct. 16, 1931, Medford, Ore.; died Oct. 20, 2008, Trail, Ore. Surviving: son, Frances Carter, Jacksonville, Ore.; daughters, Trudy (Carter) Stewart, Medford; Terry (Carter) Adams, Shady Cove, Ore.; Marilyn (McCutcheon) Ferguson, Madras, Ore.; Susan (McCutcheon) Waltz, Rathdrum, Idaho; brother, Archie Kitchen, Brookings, Ore.; 16 grandchildren, 15 great-grandchildren and 2 great-great-grandchildren.

MOORE—Ila Lorene (Pesterfield), 80; born May 9, 1928, Tillamook, Ore.; died Aug. 18, 2008, Tillamook. Surviving: brother, George, Portland, Ore.; Leonard, Everett and Clarence, all of Tillamook; Merrill, Wheeler, Ore.; Jack, Pacific City, Ore.; 4 grandchildren and 11 great-grandchildren.

NYE—Jim R., 83; born May 31, 1925, Pittsburgh, Pa.; died

Sept. 24, 2008, Edmonds, Wash. Surviving: wife, Hazel (Miller); sons, James, of California; John, Kirkland, Wash.; stepson, Robert Butler, Seattle; daughter, Susan Manson, Bothell, Wash.; brothers, Paul, of Pennsylvania; Tim, of Texas; 17 grandchildren, 12 great-grandchildren and a great-great-grandchild.

PREYER—Jeanette Sadie (Brown), 81; born June 22, 1927, Chico, Calif.; died Nov. 6, 2008, Grants Pass, Ore. Surviving: husband, Bruce E.; sons, Jonathon D., Salyer, Calif.; James E., Eureka, Calif.; daughter, Ginger S. Carter, Lewiston, Calif.; sisters, Barbara Brooks, Hanford, Calif.; Ammie McHenry, Spokane, Wash.; 8 grandchildren and 21 great-grandchildren.

PRUIN—Hermann J., 94; born March 29, 1914, Norden, German; died Oct. 21, 2008, Eagle Point, Ore. Surviving: daughters, Monika Nussbaum, Eagle Point; Anita Bookter, Seattle; and 4 grandchildren.

RASMUSSEN—Minerva V. (Choate), 94; born June 20, 1914, Burton, Mich.; Oct. 30, 2008, Albany, Ore. Surviving: son, Clayton, Tangent, Ore.; daughter, Twyla Rasmussen, Molalla, Ore.; brother, Ray Choate, Drain, Ore.; a grandchild and 2 great-

grandchildren.

SHIPMAN—Jack M., 86; born Jan. 24, 1921, Purcell, Okla.; died Nov. 6, 2008, Lindale, Texas. Surviving: son, Scott, Portland, Ore.; brother, Kenneth, Kansas City, Mo.; and sister, Roma Lee, Amarillo, Texas.

STANLEY—Gloria Naomi (Schwinn), 68; born April 24, 1940, St. Paul, Minn.; died Sept. 2, 2008, Grand Junction, Colo. Surviving: husband, Myron; and brother, David E. Schwinn, Shattuck, Okla.

STRADER—Fay D., 87; born Nov. 13, 1920; died Oct. 4, 2008, Albany, Ore.

TRYON—Dorothy Jean (Wilson) Bird, 79; born Dec. 24, 1928, Portland, Ore.; died Oct. 19, 2008, Hermiston, Ore. Surviving: sons, Stanley Bird, Canyon City, Ore.; Shawn Bird, Pendleton, Ore.; daughters, Sharon (Bird) Palmer, Salem, Ore.; Nancy (Bird) Brown, Reno, Nev.; Tracie (Bird) Duitsman, Boardman, Ore.; Shelley (Bird) Warren, Hermiston, Ore.; brother, Kenneth Wilson, Wilsonville, Ore.; sister, Agnes Matthews, Salem; 23 grandchildren and 30 great-grandchildren.

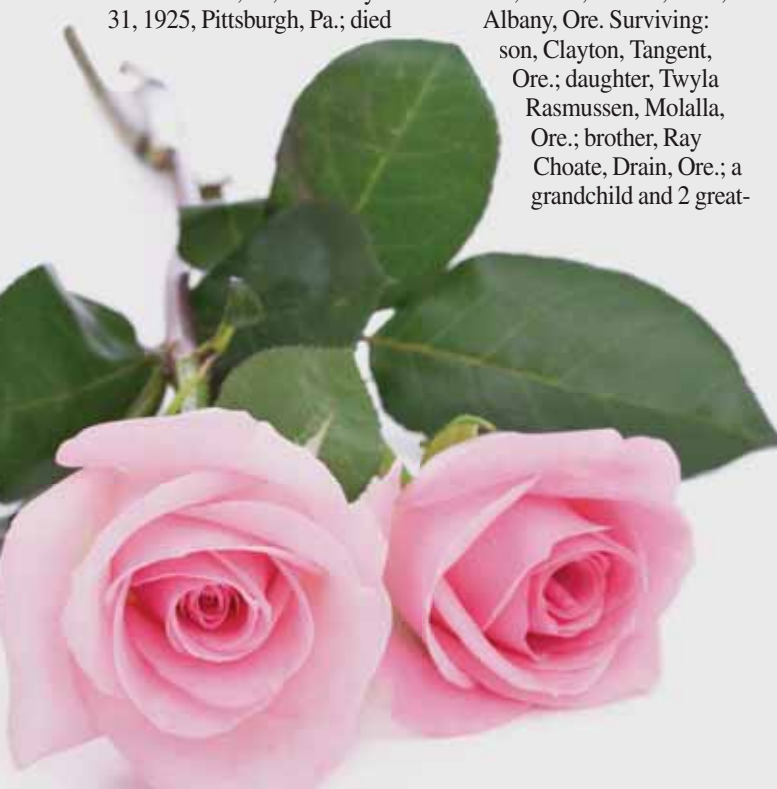
U'REN—Fredron Wyckoff, 85; born May 26, 1923, San Diego, Calif.; died Oct. 23, 2008, Vancouver, Wash. Surviving: wife, Betty Louise (Rosengren); sons, Robert, Escondido, Calif.; Tim and Rod, both of Battle Ground, Wash.; Jan Troy, Vancouver; daughter, Marilee George, La Center, Wash.; 13 grandchildren and 7 great-grandchildren.

VINCENT—Merton L., 66; born Dec. 19, 1941, Flint, Mich.; died Oct. 22, 2008, Phoenix, Ariz. Surviving: wife, Sandra (Burnham); son, Brian R., Honolulu, Hawaii; daughter, Noreen Jenkins, Phoenix; brother, Mervin C., Kent, Wash.; sister, Gail McDonald, Flint; and 2 grandchildren.

WILEY—Shirley Jacquelyn (Miller), 64; born Sept. 12, 1943, Ridgefield, Wash.; died Aug. 24, 2008, Lincoln City, Ore. Surviving: sons, David and Dan, both of Portland, Ore.; daughter, Elissa Westbrook, Salem, Ore.; mother, Irene (Jones) Miller, Depoe Bay, Ore.; brother, Ron Miller, LaPine, Ore.; sister, Franci Miller, Lincoln City; and 6 grandchildren.

WONACOTT—Newton Rodney, 51; born Aug. 12, 1957, San Jose, Calif.; died Oct. 4, 2008, Diamond Lake, Ore. Surviving: daughter, Rachel Griebel, Lincoln, Calif.; mother, Ruby Jo Wonacott, Medford, Ore.; sisters, Rita Dyer, Klamath Falls, Ore.; Sandy Wonacott, Medford; and 2 grandchildren.

WRIGHTSON—John Wesley, 76; born Nov. 11, 1931, Hollywood, Calif.; died July 27, 2008, Hunters, Wash. Surviving: wife, Ellen (Dougherty); sons, John, Michael, Richard and Chuck, all of Hunters.



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family listings
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Healthy Choices

with *Dr. Don Hall*



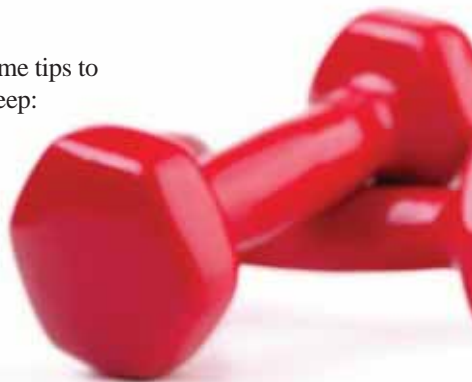
Take Weight Off for Good!

In a recent study on weight loss, researchers tried two approaches. One group followed a low-calorie diet (1,200–1,500 calories a day). A second group did the same but added 30-plus minutes of walking daily. A third group followed similar eating habits but walked 60 minutes daily. While both groups lost similar amounts in the first six months, the difference after two years was remarkable. Those who were most successful in maintaining a weight loss of at least 10 percent of their initial body weight were those who exercised at least 60 minutes each day.

Resolve to Be Healthy

It is hard to break habits. Here are some tips to help you make resolutions you can keep:

- Take some time to think and plan. Spur-of-the-moment resolutions don't last.
- Set a specific, achievable goal (for example, "I will lose 5 pounds by spring.")
- Don't expect too much too soon. It will take awhile to develop new, healthy habits.
- Have a strong commitment to make the change. Ask someone to join or support you.
- Plan coping strategies to deal with problems when they come up.



How Much Is a Serving?

Learn to recognize a standard serving size. It might keep you from overeating.

- 1 slice of bread
- ½ English muffin
- ½ cup rice or pasta
- ½ cup fresh fruit
- 1 cup salad
- 1 thin slice of cheese
- 2 tablespoons peanut butter

Read more at: <http://www.win.niddk.nih.gov/publications/justenough.htm>.

Ask the Wellness Doctor

Q: How can I fit an exercise plan into my busy work schedule?

A: Busy schedules are a challenge for many people, maybe most. Find thoughts that help at: www.wellsource.info/wn/ask-NoTime4Exercise.pdf.



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



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

NORTH PACIFIC UNION

Offerings

Jan. 3—Local Church Budget; **Jan. 10**—Local Conference Advance; **Jan. 17**—Local Church Budget; **Jan. 24**—NAD Budget: Religious Liberty; **Jan. 31**—NPUC Budget: Walla Walla University.

Special Days

Curriculum Focus for the Month—Friendship Evangelism+

Jan. 3—Day of Prayer; **Jan. 18–24**—Religious Liberty Week*

* Special Materials Provided.

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Now open as a safe, confidential Christian shelter for women and children who are dealing with domestic abuse. For information, call 866-625-6333, or visit www.cookiesnw.org. We are available 24 hours a day.

WALLA WALLA UNIVERSITY

Jan. 4—Registration for winter quarter; **Jan. 5**—Winter quarter begins; **Jan. 12–17**—ASWWU Week of Worship; **Jan. 18**—Winter Service Day; **Jan. 19–24**—Mission Emphasis Week; **Jan. 19**—Martin Luther King Jr. Memorial Service, 11 a.m., University Church; **Jan. 21–24**—Academy band festival; **Jan. 24**—Band festival concert, 4 p.m., University Church.

IDAHO

Gem State Academy Class of 1970

The Gem State Academy Class of 1970 is looking for the following classmates: Greg Baker, Sandie Belville, Terry Bryant, Sharyl Burgeson, Rosie Camarillo, Roger Cary, Bernadine Clark, Larry Davidson, George Dean, Tom Dysart, Marilyn Eveland, Patrick Fay, Jackie Fischer, Jack Folsom, Gilbert Garcia, Myrle George, Pat Graybill, George Haynes, Lyndon Johnson, Linda (Lee) Marlow, Wayne Lemon, Debbie Maidment,

Tannis McClure, Patricia Moore, Trudy Moore, Naomi Newton, Sharon Parrish, Steve Ross, Jerry Rothchild, Linda (Rothchild) Beckman, Kris Sampson, Sherry Scheib, Valorie Schmechel, Judy Strand, Bob Voelker, Jack Wall, Dwight Waller, Dean Wescott, Bonnie West, Gayle Will, Debbie (Willard) Bryant, Bill Wilson, Gale Wilson, Linda Wilson, Denis Yates and Linda Zurmuhlen. If you have information of how to contact these individuals, please contact Irvin Rookstool at JD24GVU@imbris.com, (208) 691-9871 or Chris Terrell Hansen at chansen815@live.com, (208) 484-5399.

OREGON

Adventist Single Adult Ministries

Jan. 17—Church fellowship dinner at 1 p.m. Bring a potluck food dish, enough for yourself and a little extra. Then meet back at the church at 5 p.m. to carpool to Yvonne's house for soup, games and Africa (pictures of a recent trip to South Africa and Zimbabwe). Bring a friend and a table game. Questions? Please contact Tom at: (503) 684-7971; e-mail tom.te@verizon.net; or Charlotte (503) 579-9549. This event is open to all singles. Your supervised children are welcome. www.beavertonsda.com then to the ASAM Singles Page.

Milo Academy Concert

Jan. 17—Canyonville Church service at 714 N.W. Frontage Road, Canyonville, OR. For more information, call (541) 825-3200 ext. 3321.

Milo Senior Recognition

Jan. 23–24—Parents, relatives and friends are invited to Senior Recognition, starting Friday at 7:30 p.m. for dinners, and all day Sabbath. Salad and dessert potluck on Sabbath with entree, vegetable and tableware provided. Benefit program Saturday night. For details, call (541) 825-3200 ext. 3321; 324 Milo Drive, Days Creek, OR 97429.

Milo Prayer Conference

Jan. 30–31—For high school

students seeking spiritual growth. John Serle, pastor, will be the guest speaker. Call Jeff "PJ" Deming, pastor, for details (541) 825-3200 ext. 3316.

Missing Members

The Whipple Creek Church is looking for the following people: Kristi Acker, Samantha Belka, Corey and Kerri Buckner, Robert Christopher Jr., Bryan Clark, Patsy Condon, Christy Dean, Denise Holloway, Pamela Holloway, Robert Holloway, Kathy Jarrett, Terry Jerabek, Grant Kenyon, Christy Sanford, Brenda Shorten, Brittany, Josh and Leilani Spooner, Jeffrey Studdard, Deborah Sutton, Nanette Tracy, Eric Toll, Mary Utton, Bill and Tami Webster, Tames William, Pam Worley, and Linda Yoakum. If you have any information about these people, please call (360) 574-2540, or e-mail whipclerk@yahoo.com.

UPPER COLUMBIA

Missing Members

The Grangeville (Idaho) Church is looking for the following members: Chuck and Ineva Rowland and Kyle Thorp. If you have any information, please contact Carolyn Chandler, 692 Slate Creek Road, White Bird, ID, 83554 or carolync@wildblue.net.

WASHINGTON

Imagine Yourself Debt Free!

Jan. 13—Register for the Dave Ramsey Financial Peace University 13-week course. Classes start Jan. 13, at 7 p.m., at the Auburn City Church, 402 29th St. S.E., Auburn, WA 98002-7542. Register online at daveramsey.com/fpu or call (253) 833-2560.

"From Stellar to Cellular—Modeled by the Sanctuary"

Jan. 24–31—Presented by Sanctuary Classes International with Darwin Whitman, M. Rel. Edu.—founder/teacher. Darwin Whitman will present compelling reasons to study the Sanctuary. This program will be held at Tacoma Central Church at 1301

South Baltimore St., Tacoma, WA 98465, (253) 752-6637.

SAGE

Feb. 15—SAGE Seniors Valentine Banquet—Western style serving tasty Western vittles and harmonious Western fiddles. To be held at La Quinta Inn in Tacoma, from 12 to 3 p.m. Come dressed in Western attire. \$25 per ticket. **May 8–10**—SAGE Seniors Retreat in the Victorian seaport of Port Townsend featuring Karl Haffner and Carl Wilkins. Lodging at Harborside Inn with a view of the harbor from every room. Meetings and meals (including a Mother's Day Brunch) at nearby historic military Fort Worden. An optional boat cruise to Protection Island with plenty of bird watching. Limited to 70 passengers. Call (253) 681-6018, e-mail joan.libby@wc.npuc.org, on the Web www.washingtonconference.org, 32229 Weyerhaeuser Way South, Federal Way, WA 98001.

WORLD CHURCH

2009 Health Summit

Jan. 30–Feb. 7—Health Summit Orlando 2009 will be bigger than ever. Several new seminars will be offered. This annual health certification training program will be held Jan. 30–Feb. 7, 2009, and will present featured speakers Jose Rojas and Samuel DeShay. A special "Festival of Health" evening program will feature Pastor Derek Morris and a health expert speaking each evening. Register now to save your space. Go to www.nadhealthsummit.com for more information.

Union College Homecoming

April 2-5, 2009—Alumni, friends and former faculty are invited to the Return. Renew. Reunion. Honor classes are 1939, '49, '54, '59, '69, '79, '84, '89, and '99. For more information, contact the alumni office at (402) 486-2503; 3800 South 48th St., Lincoln, NE 68506 or alumni@ucollege.edu.

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WEIGHT MANAGEMENT LIFESTYLE PROGRAM at the Wildwood Health Retreat. A 28-day live-in program focusing on lifestyle change to achieve permanent weight loss. A structured program emphasizing healthful living through health education, regular exercise, vegetarian diet, menu planning, cooking instruction and spiritual health. Cost: \$2,795. Programs begin Jan. 19 and Feb. 16, 2009. For more information, contact Darlene: 931-724-6706.

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SOUTHERN ADVENTIST UNIVERSITY

seeks full-time computer science/embedded systems professor for the School of Computing. This position requires a minimum of a master's degree in computer engineering, electrical engineering, or computer science (embedded systems experience preferred). A doctorate is preferred. Responsibilities include teaching embedded systems and computer science courses, academic advisement, and professional development activities. Experience in teaching in higher education is a plus. The successful candidate will be a member of the Seventh-day Adventist Church. CVs or requests for more information should be directed to Dr. Richard Halterman, Dean of the School of Computing, halterman@southern.edu; or at The School of Computing, Southern Adventist University, PO Box 370, Collegedale, TN 37315.

ANDREWS UNIVERSITY is accepting resumes for a full-time assistant professor of computer science. Required: Ph.D. in computer science, must have a strong

commitment to teaching excellence at the undergraduate and graduate level. Must be a Seventh-day Adventist in good and regular standing. Submit resumes to sthorman@andrews.edu.

UNION COLLEGE SEEKS

Adventist nursing instructor for Maternal-Child tenure track position. Doctorate with teaching experience preferred. Must have MSN with teaching and/or clinical experience. Submit CV, cover letter and three references to Jeff Joiner, Union College, 3800 S 48th St., Lincoln, NE 68506 or jejoiner@ucollege.edu.

SOUTHERN ADVENTIST UNIVERSITY

seeks an instructor in the School of Journalism & Communication. Courses will include photography, video production and media convergence. Candidates should have demonstrated success in college teaching and/or professional work experience, with a strong commitment to Seventh-day Adventist education. A master's degree in the field is required, and a doctorate is preferred. Send CV to Dr. Greg



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Migraine • Meniere's Disease

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Gas or Air Embolism • Acute Traumatic
Peripheral Ischemia • Crush Injuries
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Chronic Refractory Osteomyelitis
Osteoradionecrosis • Soft Tissue
Radionecrosis • Cyanide Poisoning
Actinomycosis • Diabetic Wounds

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Rumsey, rumsey@southern.edu, PO Box 370, Collegedale, TN 37315.

SOUTHERN ADVENTIST UNIVERSITY seeks two instructors in the School of Journalism & Communication to teach public relations, public speaking or other communication courses. Candidates should have demonstrated success in college teaching and/or professional work experience, with a strong commitment to Seventh-day Adventist education. A master's degree in the field is required, and a doctorate is preferred. Send CV to Dr. Greg Rumsey, rumsey@southern.edu, PO Box 370, Collegedale, TN 37315.

LA SIERRA UNIVERSITY seeks two Adventist physical educators for fall 2009. Ph.D. preferred. Rank and salary based on degree, experience and scholarship. Duties include: teaching pedagogy theory and activity courses, advising students, scholarly activities and serving on university committees. Send cover letter (including philosophy of teaching), CV, three

course syllabi and three professional references with telephone numbers to: Desiree Fawn Noah, Human Resources, La Sierra University, 4500 Riverwalk Pkwy, Riverside, CA 92515; call 951-785-2088; fax 951-785-2087; e-mail dfnoah@lasierra.edu. See additional details at www.lasierra.edu/jobs.

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EVENTS

"WHY?" are we so driven to self-survival and selfishness? Find the answer with Ron and Nancy Rockey, April 4-5, 2009. Register online at www.yourlri.com; call 1-888-800-0574 or local contact Audrey Woods: 503-252-2112.

2009 NATURAL REMEDIES AND HYDROTHERAPY WORKSHOP. Andrews University Seminary

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Sunset Schedule

January	2	9	16	23	30
ALASKA CONFERENCE					
Anchorage	3:55	4:09	4:25	4:43	5:03
Fairbanks	2:59	3:18	3:40	4:04	4:28
Juneau	3:19	3:31	3:45	4:00	4:17
Ketchikan	3:29	3:39	3:51	4:04	4:19
IDAHO CONFERENCE					
Boise	5:20	5:27	5:35	5:44	5:54
La Grande	4:22	4:29	4:38	4:47	4:57
Pocatello	5:07	5:14	5:23	5:31	5:41
MONTANA CONFERENCE					
Billings	4:42	4:49	4:58	5:08	5:18
Havre	4:35	4:44	4:53	5:04	5:15
Helena	4:53	5:00	5:09	5:19	5:30
Miles City	4:29	4:36	4:45	4:55	5:05
Missoula	4:59	5:07	5:16	5:26	5:37
OREGON CONFERENCE					
Coos Bay	4:53	5:00	5:08	5:17	5:27
Medford	4:51	4:58	5:06	5:14	5:24
Portland	4:39	4:47	4:55	5:05	5:15
UCC CONFERENCE					
Pendleton	4:23	4:31	4:39	4:49	4:59
Spokane	4:10	4:18	4:27	4:37	4:48
Walla Walla	4:20	4:27	4:36	4:46	4:56
Wenatchee	4:23	4:30	4:40	4:50	5:00
Yakima	4:27	4:34	4:43	4:53	5:04
WASHINGTON CONFERENCE					
Bellingham	4:26	4:34	4:43	4:54	5:05
Seattle	4:30	4:38	4:47	4:57	5:08

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

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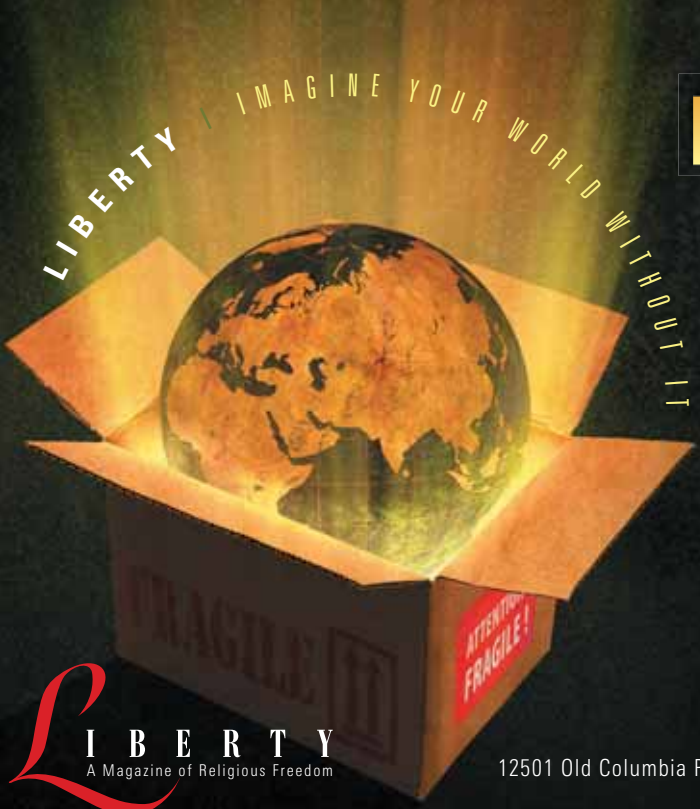
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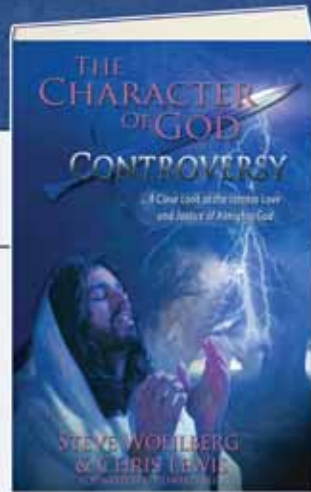
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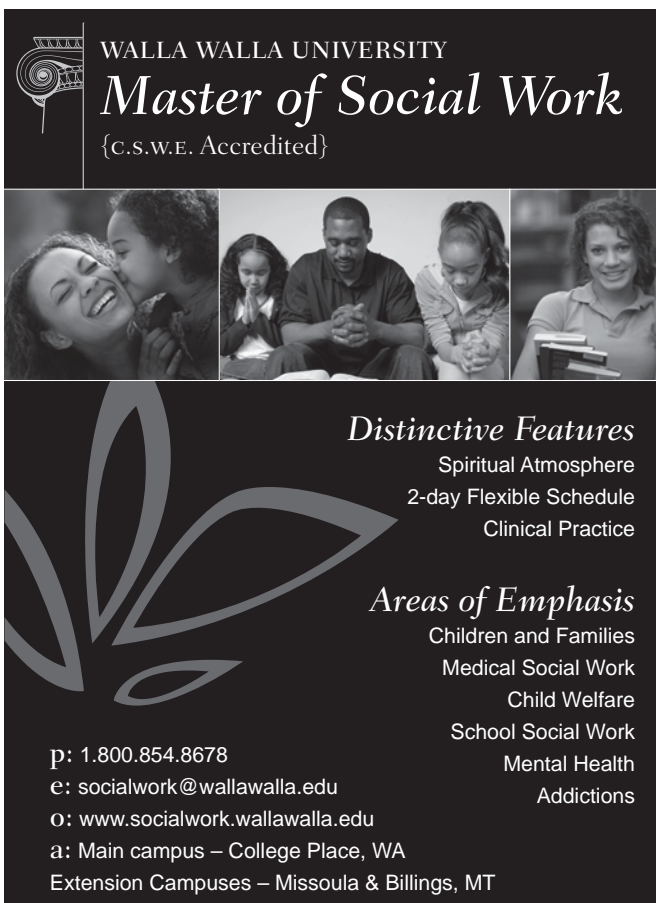
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Things I've Learned



"No matter how big the challenge or daunting the enemy, those chariots of fire are still there."

I don't often tout this fact, but I was an early advocate of gender equality. My chubby 3-year-old fingers turned page after page of our family's heirloom photo album, blue ballpoint pen in hand. The irreplaceable, stern visages therein, male and female, looked far better, I thought, with big bold blue ink mustaches.

The album still exists. I pull it out from time to time and wince. In faded 8-by-10 black-and-white repose, my great-grandmother glares reproachfully at me from behind her custom-designed goatee. I learned early on there is a time to rejoice and a time to repent.

I was also a youthful champion of honesty. When just a lad of 4, I overheard my mother despairing of advancing age, and blurted out immortal lines now etched in family lore: "You're not old!" I remonstrated. Then added reassuringly... "You just look old." I learned early on there is a time to speak and a time to remain silent.

When I entered seventh-grade, I and my scrawny pals realized with a start that the girls were suddenly bigger, stronger, faster and smarter—especially the new girl, Shirley. Shirley was twice as big as us, sang tenor in the choir, and could hit a softball into orbit. But as we watched from a safe distance over the first couple months, we realized Shirley's physical size and prowess belied another reality: She was also one of the nicest girls around. Fear retreated. Respect blossomed. I learned that reality is often very different than our first fears.

What have I learned in the intervening years that will help me chart a thoughtful course through this

uncertain new year? I turn to the media and see fear plastered there like the goatee on grandma. "Economic Fears Drive Stock Market Down," the headlines shout; "American Workers Fear for Their Jobs;" "Terrorism Strikes Fear in Holiday Travelers," shrieks another.

I look to those around me and see battles with cancer, struggles with finance, conflict in relationships. Fear is written there too.

Yet I remember words penned by a dear lady who had learned their substance in the deep, dark valleys of hard experience.

"Man's extremity is God's opportunity," she wrote.

That simple, profound statement was true in the great old story: Elisha's servant in Dothan overcome with despair until God opens his incredulous eyes and vast angelic forces come into view outflanking the enemy with chariots of fire.

It was true for King Jehoshaphat as he sang his way to victory over an unbeatable enemy. It was true for Peter as locked prison doors swung silently open.

It's still true today, in spite of the headlines.

And it brings me to a choice I must make at the start of this uncertain new year.

Will I walk by sight, or by faith?

No matter how big the challenge or daunting the enemy, those chariots of fire are still there. •



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Walla Walla University

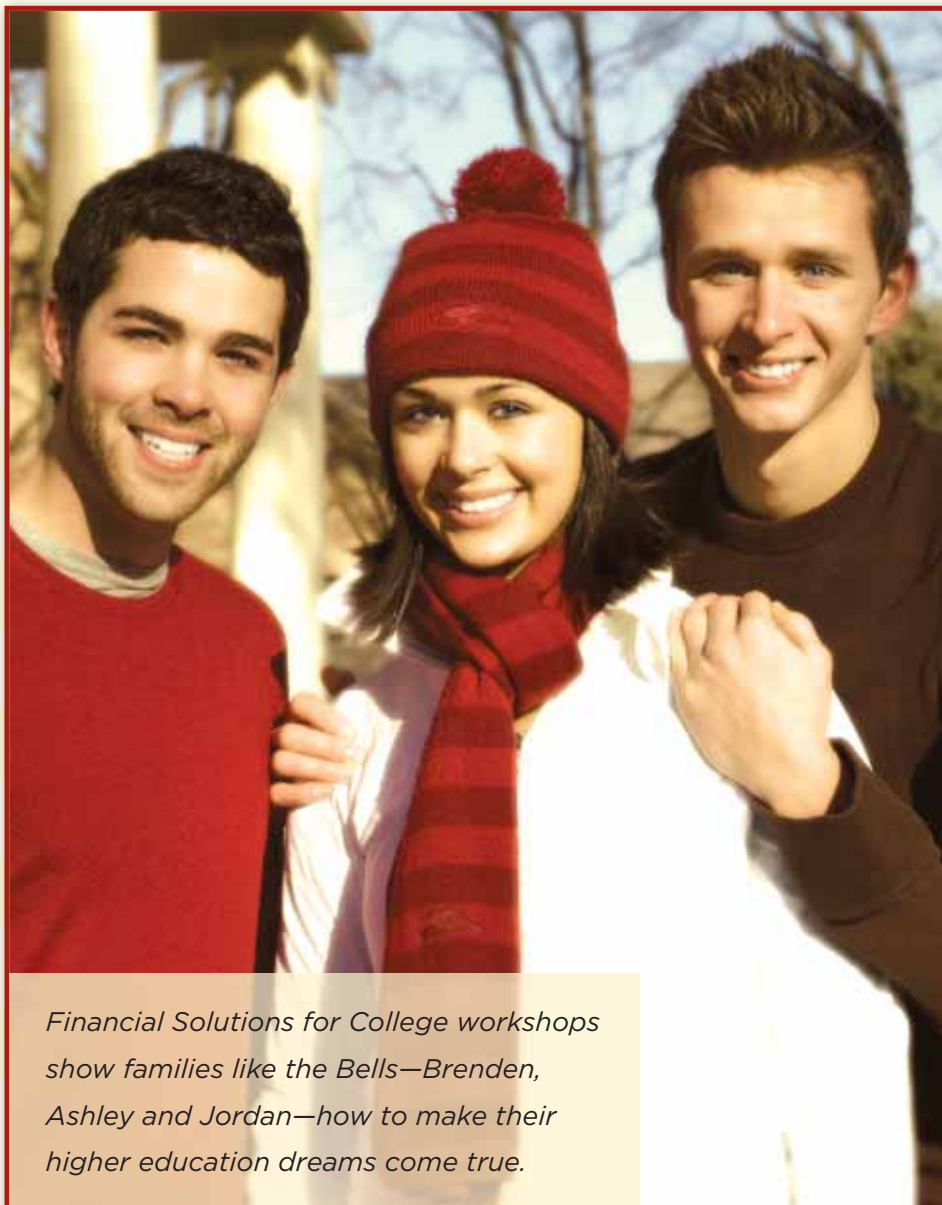
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Thursday, February 19, 7 pm
- Columbia Adventist Academy
Tuesday, February 17, 7 pm
- Gem State Academy
Saturday, January 31, 6:30 pm
- Livingstone Adventist Academy
Thursday, February 12, 7 pm
- Milo Adventist Academy
Saturday, January 24, 5:30 pm
- Mount Ellis Academy
Took place in November
- Portland Adventist Academy
Monday, February 2, 7 pm
- Puget Sound Academy
Tuesday, February 10, 7 pm
- Rogue Valley Adventist School
Sunday, January 25, 10 am
- Skagit Adventist School
Wednesday, February 25, 7 pm
- Upper Columbia Academy
Saturday, February 28, 6 pm
- Walla Walla Valley Academy
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