

JANUARY 3, 1983

# GLEANER

NORTH PACIFIC UNION CONFERENCE



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# LETTERS

Letters are welcomed for publication. The editor reserves the right to reject letters and where necessary, to edit for continuity and space requirements. Letters must be signed and should not be over 250 words in length except, where, in the editor's discretion, more space is available. Address letters to Editor, Box 16677, Portland, OR 97216.

## More About Rings

On the question of the validity of a wedding ring in the Nov. 15 issue, I appreciate anyone's reasons for wearing a ring and I certainly would not censure on such a personal decision. But I would like to express my reasons for the opposite viewpoint.

As for the embarrassment involved when you are asked for a date, a lot depends on how you respond. Some girl asked my husband out once and he just told her he'd have to go home and ask his wife first. If you can get someone to laugh they're not going to feel embarrassed. And if some guy really wants to harass a woman he's usually the type to ignore a wedding ring anyway.

As for the "appearance of evil," if Ellen White did not hesitate to advise against wedding rings in her day — and for ministers, no less! — then why should we feel we need them today? I haven't worn a ring for six years and I don't think I've instigated the first scandal. I seriously doubt if there's even been a rumor! Anyone who knows us half-well knows we're married, ring or no ring.

The casual observer isn't going to know you believe in marriage just because you wear a ring. About all they'll know for sure is that you believe in rings. If that kind of reasoning were true though, maybe some of us who have them should start wearing our class rings so people would know we believe in education.

Teresa Thompson  
Idaho Falls, Idaho

In response to the letter asking about the rings, I feel that as a response was voiced on one side of the issue in the Nov. 15 issue, it is only right and fitting to address the other side of the issue as well.

Many of us have become confused as we see the world coming into the church, and seemingly taking over in some areas. I would recommend for further study the book *Creeping Compromise* by Joe Crews of the Amazing Facts ministry, as this forthrightly addresses the real issues.

As to whether a ring is a fitting symbol for a Christian, I'll let a spokesman for the product speak as to the real issue. "It satisfies the urge to adorn and beautify the body, and for mortal man it symbolizes the concept of immortality, made tangible by the use of materials which, by their durability and eternal youth, seem to preserve something of the mystery of creation and immortality. Precious stones and precious metals, distinguished by this classification from other substances, have, throughout the ages, stood for power and wealth." *Jewelry* by L. Giltay-Nijssen. No wonder in one place Ellen White pleads with her sisters to take these idols off their fingers.

In our era, a certain brand of cigarette has been associated with manliness and the outdoors. If we follow the rationale that Christians can at will take symbols to tell the world something, it would be fitting for me to display a package of this brand of cigarette in my shirt pocket, so I can let those I meet know I'm that kind of person. In reality, it's not what we display, but how we act and dress that will tell others what response we expect from them.

Brad Bushey  
Anaconda, Mont.

In response to "A Wedding Ring Is Valid," I think this was an interesting observation, and apparently very rational. Many of us know where this writer is coming from, for it is difficult to know, for instance, in college, who are married students and who are single. Like an RN pin, it is meaningful and designates a person's status, professionally, or marital. However, when we learn the origin of the wedding ring, an entirely different light is thrown on the subject. Two hundred years ago only nuns wore the wedding band, indicating that they were married

## From the Editor

\*\*With this issue of the GLEANER we begin a series of short articles on the topic of Bible study. We feel the author Diane Forsyth has put together some ideas that will be of help to our readers.

\*\*We seem to have the "writingest" readers anywhere. At least we are

overwhelmed with letters at the present time. We have some excellent responses on the topic of "Spanking Children" that we hope to print in our next issue.

\*\*We always welcome materials for the GLEANER but some comes to us typed single spaced. It helps our eyestrain considerably if you will please double space all materials.

## GLEANER

NORTH PACIFIC UNION CONFERENCE  
(USPS 394-560)

Member Associated Church Press  
Address all correspondence to:  
GLEANER.

North Pacific Union Conference  
P.O. Box 16677, Portland, OR 97216  
(503) 255-7300

January 3, 1983 Vol. 78 Number 1

Editor, Morten Juberg  
Assistant Editor, Ed Schwisow  
Published by the North Pacific Union  
Conference of Seventh-day Adventists

Please Note—Every reasonable effort is made to screen both editorial and advertising materials and to avoid error in this publication. But the North Pacific Union Conference GLEANER does not accept responsibility for categorical or typographical errors, nor for advertisers' claims.

Litho U.S.A. CP32968

Second-class postage paid at College Place, Washington. Published semi-monthly at Color Press. Subscription, \$6.25 per year.

POSTMASTERS: Send form 3579 to North Pacific Union GLEANER, P.O. Box 397, College Place, Washington 99324.

## GLEANER Covers Are Used For Many Unusual Projects

What happens to GLEANER covers after the magazine is read?

We hear reports of their being framed and being used in Sabbath school work. We also saw one example of a greeting card using a portion of the cover.

In the accompanying picture photographer Paul Joice, Jr., obligingly poses with another unusual way in which covers are used.

We received this example which now hangs in our office. The picture of the hen and chicks which appeared on the cover of the May 3 GLEANER has been cut out and mounted on a flat board. Some padding has been placed under the hen to give it a three-dimensional effect.

Some pieces of actual straw and real eggshells have been glued on. The whole thing is in a frame which is covered by chicken wire.

Our secretary, Genevieve Gyes, did some research and supplied this informa-



tion. The sample we have came from Dorothy Eastman of the College Place Village Church, and she got the idea from Darla Brown, who is now in Hermiston.

The project using the pictures was used in Vacation Bible Schools at the Village Church and Hermiston. Many people helped do some of the preliminary work, with the boards being furnished by Harris Pine.

## About the Cover

Photographer Ken Stewart of Mukilteo, Wash., calls the cover picture "Clark's Nutcracker." In our ignorance of birds, we assume this is the official name of this particular one. Stewart uses a Canon EF Camera equipped with a 200 mm. lens for this shot. It was taken at the top of the Crystal Mountain ski area at the entrance to Mt. Rainier Park. Other details: f. 5.6 shutter opening, 1/250 of a second, KR 64 film.



to the church. This tradition originated in paganism when virgins were dedicated to temple worship to the god of fertility, and were actually temple prostitutes. A gold ring was placed on the third finger of the left hand representing the round disc of the sun.

With a knowledge of that background, it becomes very evident that this tradition, originating in paganism, should not be adopted by Christians, though we might reason the meaning has changed.

In Australia and Europe the wearing of the wedding ring has not been frowned upon. But now the younger generation reason that the engagement ring is also very meaningful. The next step is necklaces and even earrings. A mother in Australia asked us if we were having this problem in America, the young people being so enamored with jewelry. Yet she was wearing the wedding ring, not realizing that this is just the entering wedge that opens the door for a "creeping compromise."

We believe Jesus' coming is very near, probably in our lifetime. God is waiting for a people to be ready. We are told that we should strive to be among the 144,000. We may not be entirely enlightened as to who makes up that number, but we are told of their characteristics, and it is a high and holy calling. To strive to be among that group we must discard anything that was originated by Satan, as pagan worship was.

We have found that a pin with our name, designating whether we are Miss or Mrs., fills the need to identify our marital status.

Anne E. Davis  
College Place, Wash.

### Silent Prejudice

After reading the article . . . "Silent Prejudice in the Church," I agree with the author. Everything is geared to love, marriage and courtship. Every time I brought a friend of the opposite sex to church when growing up, there was the question, "When are you getting married?" I was turned off fast.

I finally married . . . lost my husband 16 years ago. Since then, I have been busy getting my training as an LPN. . . . I hear this comment, "Too bad you didn't have children." To this I reply, "To care for other people's children is divine. . . ."

As church librarian, my main priority is finding good books which are interesting to fortify the minds of children. I enjoy caring for little ones when their mothers are busy with other tasks. . . . What a thrill to hear, "Aunt Jackie, find Mama," from a bashful little lamb at camp meeting or a church outing.

I want to say this to my friends who are married and have children: I thank you for the privilege of sharing your child, for inviting me to your home and to camp meeting and helping me in a time of need. These are things you do to ease the single lonesomeness. . . .

Everyone should read the book, *So You're Single*, by Margaret Clarkson. This book reveals much about the trauma a single person faces in a married world.

Jacqueline Piatt  
Baker, Ore.

### Whose Responsibility Is Education?

The Oregon Conference leaders are much perplexed over the finances in our academies. And rightly so, for without sufficient money we cannot give our children a

Christian education during the most crucial time of their lives.

While spending 20 years in our Adventist schools, I've noticed a trend that I don't really understand.

When I was seven my father died, leaving five children, ages from two to 10. My mother, who had been an isolated church member, moved us to Clear Lake, Wisc., one mile from the 10-grade church school.

Her parents wept as they thought of this young mother trying to make a living for her family on this 40-acre dairy farm during those depression years. They begged her not to do it, but she saw it as the opportunity she had prayed for.

We children were excited as we went down to the barn and learned the names of all those cows: Cherry, Spot, Goldie, Betsy Dell, Daisey, Dinah, Brownie, Floppy Ears, Lady and Katrinka — from "Uncle Alfred," the local church elder who was helping us get started.

I'm not certain during those years whether it was sacrifice or faith that played the biggest role in keeping us in church school. If it was sacrifice, we weren't much aware of it because we always had plenty to eat. And thanks to "Grandma Nelson" and those dear Dorcas ladies, we always had hand-knit socks and mittens and other warm clothing to wear.

I know there were times when mother got behind on tuition payments, but we belonged to the Clear Lake Church family and no one seemed overly concerned about it. When big brother Vernon was in the service he got the bills all caught up.

I remember crying on the way home from school because all the other girls in the second grade had daddies. But there were "Uncle Andrew," "Uncle George," "Uncle Ben," and all the other men who came with their manure spreaders, hay wagons and corn binders to do the heavy work. They thought Mom made the best cinnamon rolls and blueberry pie in the neighborhood.

Do our church schools now still belong to the local church? It seems to me we have left the financial burden to the parents and conference administration long enough.

The One Percent Plan is ideal, but if the schools belong to the church, shouldn't the individual churches make up the lack in their own church families?

Let's not just try the One Percent Plan. Let's do it as local churches and prove that God's hand is not short.

Harriet Douglas  
University Park Church  
Portland, Ore.

### Today's Need

I awoke to another day's dawning.  
"There's so much for me to do,  
I must be up and about it  
While the day is still fresh and new."  
Then a word came ever so gently,  
"First, kneel before Me and pray,  
Asking My wisdom and guidance  
To accomplish what is needful today."

Mabel Latsha  
College Place, Wash.



## Question Asking — I

By Diane Forsyth

Students who work their way through college don't find every job interesting. One such student whose job it was to read copy out loud to the Color Press proofreader didn't think most of the copy was worth her attention. So she found a way to handle it. She learned to read, even out loud, and plan supper at the same time. Read one thing, think about another. That's what it amounted to.

Unfortunately that is a common skill. In fact, it is a major frustration of Bible students, even seasoned ones. If you are one of those who finds themselves reading the Bible but thinking about something else while they do it, here's a suggestion. Ask yourself questions while you read. By the time you get to the end of a chapter, you will have a better idea of what is in the chapter because you make yourself account for it.

For your personal devotions this week, select a Bible chapter each day. You may want to pick a Psalm or a chapter from the Gospels. Then ask questions like the following as you read:

- What does this passage tell me about God, my relationship to God, to other believers, to unbelievers, and to myself?
- Is there an example here for me to follow?
- Is there a sin to shun?
- Is there a duty to perform?
- Is there a promise for me to claim? Is so, what are the conditions?
- Is there a prayer for me to echo?

Diane Forsyth is associate pastor of the Walla Walla College Church.



# Arctic Area Pastor Uses Variety of Travel Methods to Meet Appointments

By Morten Juberg

A 300-mile plane trip, a mile ride in a skiff around the bend of a river, and a half-mile hike are all part of a typical Sabbath for an Alaska pastor.

For Jim Kincaid, pastor of congregations in Kotzebue, Selawik, and Shungnak, the work begins the day before, when he fills his plane with gas. For me, an interested observer, it starts at 6 a.m. with the buzz of the alarm clock.

Fortified with a hearty breakfast, because lunch will come seven hours later, we shiver in the raw wind of the early morning. The sun is a red ball of fire on the cloudy southern horizon, but patches of blue sky to the northwest give promise of a good day. To the northeast I see snow capping the tops of the Brooks Range, even though it is still early in the fall.

My meditation is broken by the crackling voice of the Kotzebue flight service. Visual flight rules prevail — it's a good day for flying. We taxi to the end of the runway and the Cessna 206 responds to Kincaid's careful touch. Soon we are cruising at 155 mph. It's 150 miles to Shungnak, our first stop, a small native village of 200 located well above the Arctic Circle.

Flying in the North isn't without its perils. We fly over an inlet where an air taxi went down a few days before, crashing into the murky waters when it apparently ran out of gas. Four of the six aboard died. Kincaid watches the water, hoping to see the outline of the plane, but he isn't successful. Below us we see the temporary camp of searchers for the plane. They have been searching without success for several days.

"See that plane over there?" Kincaid points out a silvery outline on the tundra. "That plane is from the same company and it ran out of gas, too." I'm glad our plane is full of fuel.

I watch the plane's instruments. A digital computer blinks out the miles from Kotzebue. Out the window I see where three meandering rivers flow into the Hotham Inlet and Kotzebue Sound. They wander like a snake with a stomachache, winding all over the flat delta.

The landscape is bleak, barren and brown, and we gain altitude to soar over

a snowy range of hills dotted with scattered clumps of spruce trees. To the south I see an unusual sight, a vast area of beige.

"These are the Kobuk sand dunes," Kincaid replies in answer to my question. They stretch out for miles, a desert in the midst of river and trees.

We drop down to 500 feet to look for wildlife, and in a few minutes Jim spots a pair of moose. He banks the plane to get a better look, but they have disappeared into the protective brush. However, I spot a lone moose mottled with a change in color, that was giving the plane a questioning look as we fly by.

"We'll see caribou soon," Jim announces. "They're migrating south from their summer range on the north slope of the Brooks Range." In a few minutes we see scattered groups of

caribou, their magnificent antlers glistening in the early morning sun. They are part of a herd of 175,000 that migrates some 300-400 miles each spring and fall.

In a few minutes Jim points to a gravel bar on the Ambler River. "This is where we had junior camp this summer." I look in vain for any signs of life, and in a moment we bounce to a stop on the rock-hard bar.

"We had our tents over here," he says, pointing to a flat area. "We used two planes to fly in 20 kids and 11 others who helped in the five-day camp." I have no doubt that this was one of the most remote Adventist junior camps in North America.

Our plane is airborne again and Jim unhooks his CB radio. "This is Jim in the Seventh-day plane. Church will be starting at 10 o'clock." I look at my watch and remember that Shungnak is in another time zone east. Members hear the announcement and start for church.

On the ground, Jim takes his guitar from the back of the plane. He will furnish the music for the small congregation. I grab my cameras and we begin a half-mile hike to the church from the airstrip.

Jim discusses the first three commandments in his sermon. Everyone listens attentively. With the service over and goodbyes said, we are on our way to Selawik.

The airstrip at Selawik is across the Kobuk River from the village. Two bridges have been recently built, span-



A Sabbath day's itinerary begins on Friday afternoon with Jim Kincaid refueling the conference plane.



Jim and Linda Kincaid and their sons by the plane that has been their major means of transportation. The plane has since been sold and replaced by another one.

Morten Juberg is editor of the GLEANER.



ning the river, but we go to a small motorized skiff tied on the riverbank. A few pulls of the rope and the motor coughs into action. We head down the river around a bend where we will double back to the church.


In the middle of the river the motor suddenly stops. Jim pulls the starter cord repeatedly but there is no response. After a few minutes he finds the trouble — ice in the gas line. We are on our way again.

Seven years ago when I first saw the Selawik Church, my first inclination was to pray for a windstorm to blow it down. It is no credit to our denomination to call this a house of worship.

Windstorms have come, I learn, but they have only blown off some of the roofing. The building still stands. It is no wonder that the Alaska Mission has plans for the future to build a new house of worship here. It is needed, as the accompanying photo will testify.

After the service we wing our way to Kotzebue, idly watching the wandering herds of caribou. A few miles away from our destination Jim calls flight service to announce his arrival. His wife Linda hears the call on a small transistor radio. When we come up the stairs to the parsonage at 2:20 p.m., a hot lunch is on the table.

There is still one more service, the 3 p.m. meeting in Kotzebue. Many visitors are present for the meeting in the recently constructed church which houses the parsonage on the upper level.

At five that afternoon after a long 10-hour day, we drop wearily into easy chairs to think about the blessings of the past hours. It's been a good day and an opportunity for me to see how the work of the church goes forward north of the Arctic Circle. 



The Shungnak Church located well above the Arctic Circle is in good repair and is representative of the Adventist faith.



Any resemblance to a church is purely coincidental but, unfortunately, this is the Selawik Church. The Alaska Conference has plans to replace this worn-out building with a new sanctuary.

## Victory in Surrender

Each day I rise to fight the foe.  
Onward I march to battle, against an enemy  
I cannot see, and whose power I cannot match.  
While a still, quiet voice inside me says — Take  
My breastplate, take My sword — My armor I  
freely give.  
But no! I can fight my battle! I'll defeat my foe!

Over and over again I try — while pride,  
it marches on. Oh! Foolish heart, will you let this  
Offer slip away — Why do you fight alone?  
Tired and weary, all strength gone,  
In defeat and misery I say  
"O Lord, I surrender all to Thee," and only  
Then do I see —  
My surrender is my victory.

Wanda Snyder  
Selah, Wash.



# Renton, Wash., Members Gather Supplies for Missionary Doctor

By Marian Forschler

We're familiar with the idea that missionaries go overseas and dedicate years of their lives to the service of God and church. Occasionally we catch a glimpse of the work and valuable support provided so quietly behind the scenes by family and friends.

The Renton, Wash., Church recently witnessed and participated in such an effort to help Dr. Tami Sleeter begin her work in Bangladesh.

Dr. Sleeter since arriving in Dacca has been busy opening a medical clinic in the same building where Dr. Jon Pitts, formerly of Renton, operates a dental clinic. She is also reopening a hospital in Golpagong which had been closed because no physician was available. Golpagong is a 12-hour trip from Dacca when the roads are wet.

In order to set up and run these facilities, Dr. Sleeter sent a call for help to her mother Margie Altman, who is a Renton Church member.

Margie Altman and her other daughter Juli Sleeter spent months ordering equipment, medicines, supplies, and personal items to ship to Bangladesh.

Dr. Glenn Patchen of the Valley Women's Clinic in Renton and a Green Lake member, is a second cousin of Dr. Sleeter. He helped determine what supplies, medicines and equipment

would be needed. His nurse Pluma Wright, who is a Renton Church member, did much of the necessary ordering.

Zoe Mattson, also a Renton member, arranged for International Aid to donate 600 pounds (\$4,000) of medical and cleaning supplies which she and her husband George stored in their garage until the entire shipment was ready.

Another Renton member, Joy Altman, asked for the privilege of paying the packing fee that International Aid required.

The \$99 freight bill to ship the 600-pound crate from International Aid was paid from funds Ken Hooker and the Renton Church raised several years ago for a Central American project. Due to political complications the Central American project had to be abandoned, so the Renton Church members gladly redirected the money to Bangladesh.

Margie Altman also received a request from her cousin Gloria Pitts in Dacca for a piano for the church there. Gloria stipulated that only \$300 was available for a piano.

Mrs. Altman checked a couple of leads on pianos but they didn't work out. One day she and another employee of the Valley Women's Clinic went across the street to Valley General Hospital on clinic business. While waiting for her coworker to finish her business, Mrs. Altman waited just outside the office door which was beside the


hospital employees' bulletin board. With nothing else to do, Mrs. Altman idly read the notices. An announcement for a \$500 piano caught her eye. In spite of the price, she took down the information and called the owner, who offered to call back if she couldn't sell the piano and was willing to sell it for \$300.

"I didn't expect her to call back," Mrs. Altman said, "but one day I got a call from her offering us the piano for Gloria's price."

Dr. Patchen, George, Ed, Eric and David Mattson moved the piano and Judy Cook, another Renton member, stored it until shipping time.

In the meantime, Margie Altman and Juli Sleeter spent countless hours working in two rented self-service storage rooms packing, labeling and listing supplies to meet shipping and customs requirements.

It was a big day in Renton when the Oregon Conference van rolled in to collect and load the piano and 99 boxes from their various locations.

One might think that Juli and her mother indulged in some deserved rest after all that. But it was not to be, as Juli had less than two weeks left to make all her preparations to get ready to begin her college career at Pacific Union College. In spite of putting aside her personal needs and working until just four days before leaving for school, Juli made it, though things were pretty hectic. 

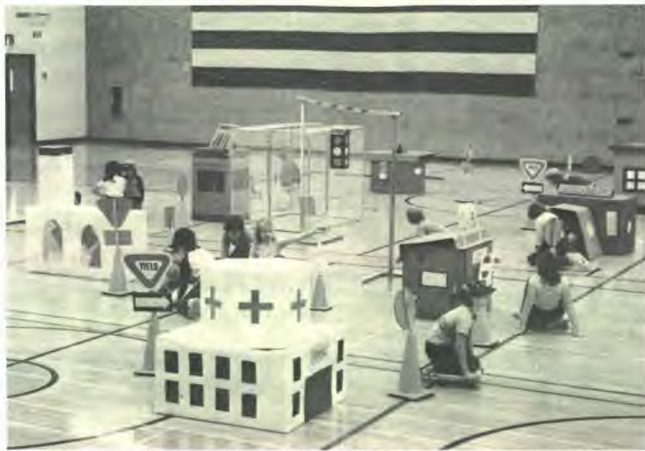


Juli Sleeter sorting, organizing and stacking boxes at the end of a long day of work.



Pluma Wright, left, and Dr. Sleeter's mother, Margie Altman, share a bit of humor as they apply some last-minute tape to a box.





Scootertown U.S.A. forms a part of physical education classes at Portland Adventist Elementary School.



Two "policemen" and an "ambulance attendant" help a "traffic accident victim" to the hospital at the PAES Scootertown.

## Play Village Teaches Motor Skills to Portland Students

By C. Elwyn Platner

Coasting up to a cardboard stop sign, a student pauses to count to five, signals a left turn with his arm while another student crosses in front of him and then proceeds through the intersection along an avenue which passes the city jail.

At the next intersection he pauses while another student wearing a helmet with a green visor zooms past with his "siren" blaring. He is in pursuit of still another student seen driving the wrong way on a one-way street.

The scene is all part of a child-sized village spread out in the gymnasium at Portland Adventist Elementary School which was constructed by Mr. and Mrs. Ron Cronk for his physical education classes.

His students in kindergarten through fourth grades have been experiencing the responsibilities of driving and what is involved in being a good citizen. Part of the objectives Cronk has incorporated in his class is to learn proper values, cooperation, social skills (getting along with others), and how to follow instructions. He's named his creative play village, "Scootertown U.S.A."

Gathering cardboard boxes from local furniture stores, the Cronks made a variety of buildings and highway signs. The town is composed of such buildings as a gas station (Sammy's Super 66 Service) and P.A.M.C. Hospital. Near the hospital are tumbling mats

which double as hospital beds for "accident" victims.

There are also a Vegeburger King, a school, a church, Smack Donalds and a Super Scrub Scooter Wash.

Streets are marked with speed signs, a stoplight, directional signs and other traffic guides. P.E. class scooter boards serve as "cars" for the village.

Scootertown traffic offenders spend one, two or three minutes in the jail according to the seriousness of their of-

fense. The citations are issued by other children who take turns serving as policemen. But some drivers' licenses have been revoked temporarily for reckless driving (loss of scooterboard).

Asking students what they have learned in Scootertown, one may receive a variety of answers. "But the one which stands out in my mind," says Cronk, "is that you can't talk your way out of a traffic ticket once you have broken the law."

Cronk says that elementary school physical education is wide open for all kinds of games and activities for teaching motor skills. This is another way he has found for combining physical activities with developing personal values. 🌿

## Springfield Pathfinders Help Beautify Camp Areas

By C. Elwyn Platner

National forest trails and city parks in several Oregon areas are better serving the people who visit them now because of recent help from Pathfinder Club members.

Two such areas include the Willamette National Forest and the city of Forest Grove.

In March the Springfield Pathfinders planned a campout at Sutton Creek Campground near Florence. To cover the cost of camp fees the club leaders and members offered to provide volunteer workers for the Park ranger and camp host.

After spending Friday evening and Sabbath at the campground the 25 club

members and leaders spent two and one-half hours cleaning up closed sections of the park.

Both the camp host and the district ranger at Mapleton expressed their appreciation for the work and deportment of the children and invited them to return and do more work at any time.

So in June four clubs from Pathfinder District Four joined in Sutton Creek Campground for a second workbee. Working in groups, they scraped and painted rest rooms, cleared trail, mowed grass in group camping areas and repaired two washed-out areas of a trail.

C. Elwyn Platner is communications director of the Oregon Conference.



Later the Springfield club went to a forest camp near Oakridge and worked on a pathway designed to serve handicapped hikers on the Buckhead Nature Trail. This included spreading base gravel four inches deep.

"Through your help we were able to further a project that is unfunded," wrote district ranger Ron L. Thompson of the Lowell District. "During these times of tightened budgets and reduced personnel, it is gratifying to know that there are still individuals and groups interested in helping to maintain or better our natural resources."

A similar beautification project was undertaken in Forest Grove when club director Paul Ballard learned from the

Chamber of Commerce that community flower beds needed some attention.

Ballard, his deputy director Myron



Pathfinder Eddie Neves, right, is assisted by Frank Chung in clearing a trail in the woods.

Banek, and two counselors, Irene Phillips and David Ballard, led seven club members in the all-day project one Sunday. The members included Rod, Lonnie and Jennifer Bratton, Kelly Phillips, Joseph Ballard, Misty Ann Wright and Robyn Lewis.

"It is the community-spirited groups such as your own that make Forest Grove such a worthwhile place to live," wrote Chamber of Commerce manager Dorothy Reeve in her letter of appreciation to the club.

These and other clubs serving throughout the Oregon Conference are providing an excellent ambassadorial service for the Seventh-day Adventist Church.

## Orchards Church Adds 32 New Members by Baptism

*By C. Elwyn Platner*

"By God's grace and His continual blessings, the Holy Spirit added 32 more members to our beautiful congregation," reports Al Oetman, pastor of the Orchards, Wash., Church following a series of evangelistic meetings there recently.

This brings to 62 the number of new members added to the church during 1982, he noted. Orchards spawned a new congregation at the nearby community of Hockinson last year, but with the addition of these new members at Orchards, its membership is now more than before the Hockinson group was formed, he added.

Held in September and October, the meetings drew an average nightly attendance of about 225, Oetman reports. Speaker for the series was Evangelist Ben Green from the Upper Columbia Conference. He was assisted by his wife Naomi and their daughter.

"From the opening night we could feel God's presence at our meetings," Oetman recalled. "And many of the church members prayed for the outpouring of God's Spirit."

"With Evangelist Green's spirit-filled messages from night to night we saw victories won and families unite with God's commandment-keeping people," he said.

The congregation is looking forward to bringing another six or seven families into fellowship who are now attending a "Profiles of Faith" class being taught by Dutch Savage, and the pastor's class in Daniel and Revelation.



Danita Kennedy was recently baptized into the Orchards Seventh-day Adventist Church.



Evangelist Ben Green, right, and wife and daughter teamed up with Pastor Al Oetman, left, at the recent Orchards evangelism crusade.



Some of those baptized at Orchards pose outside the church.



# Spokane South Hill Church Votes to Begin Building

By Susan E. Holmes

Recently, the Spokane, Wash., South Hill Church congregation voted to begin building Phase I of their new church sanctuary. Groundbreaking is scheduled for April 6. By that time the group hopes to have raised \$130,000 toward their project.

Five years ago the newly formed congregation of 78 charter members bought 4.79 acres of scenic land on the Palouse Highway about two miles south of Spokane. Within a year it was paid for and they began saving for their new church building.

Phase I consists of a Sabbath school wing and a fellowship hall capable of seating more than 300 people. "It will have more than 10,000 sq. ft.," says Swanie Swanberg, the resident designer and draftsman who, at present, is work-

ing on the design of Phase II — the main sanctuary. He is hoping that by seeing the plans people "can keep their excitement going as they look to the future of a finished complex."

In preparation for the April 6 groundbreaking, the enthusiastic members have already had cleanup days to get the land ready. A group of workmen, using borrowed Upper Columbia Con-



As Spokane South Hill members began excavation on their church property, they discovered a buried Buick automobile.

ference heavy equipment, have been leveling the building site. During one such effort, they unearthed a 1952 Buick complete with engine and license plates.

When reported as a possible stolen vehicle to the Spokane Police Department, they were told the records didn't go back that far and they were entitled to keep it as a memento of their building project, compliments of the Spokane Police.

According to Pastor Wayne Searson, the group is planning to use volunteer labor from church members, and Maranatha has promised to come and lend its expertise. Searson says the only way to describe his feelings is "excitement."

After five years we are finally going to build. My members are very tired of renting and are really enthusiastic about finally being in their own building where they will have a base for utilizing their outreach program."

"We are a young church with lots of potential growth. We extend an invitation to those who feel impressed to get involved with a young, viable church and give of their labor, money, and especially, their prayers to extend God's love out to the Palouse Prairie south of Spokane." 🌿

*Susan Holmes is communication secretary of the Spokane, Wash., South Hill Church.*

# Community Services Center Opens Doors in Beaverton

By Angie Fuller

The recent opening of the Beaverton Adventist Community Services Center marked the 51st center in the Oregon Conference.

The new center houses eight clothes racks, a large shoerack, more than 20 handmade cabinets, sewing machines, a quilting rack and other items serving various needs. The cabinets and shoerack were handmade by church members Roy Hamlin and George Heusser.

Beaverton Pastor Dave Schmidt and Bible Instructor Eric Kreye opened the ceremony. Special guest Ron Watts, conference personal ministries director, presented the opening sermonette. Emphasizing the importance of leaving a person's self-respect intact and using empathy to deal with people's needs, he pointed to Jesus as an example for all to follow.

Sunny Liu, who was Beaverton

pastor when the new Community Services Center was built, cut the ribbon for the official opening ceremony.

Other guests, Luella Van Tassel, state Dorcas Federation president, and Florence Bell, Portland Federation president, added their thoughts and best wishes.

"We can express sympathy for those

who are in need and are hurting, but if we do nothing to relieve the hurt, it means nothing," Mrs. Van Tassel said.

The Beaverton Community Services Center leader Myrtle Nielson said the center would now be able to amass more in quantity as well as continue to uphold the important quality service necessary for a successful center. 🌿



Former Beaverton Church Pastor Sunny Liu cuts the ribbon for the opening of the new Community Services Center with Ron Watts and Pastor Dave Schmidt at the left and Bible Instructor Eric Kreye, Myrtle Nielson, local Dorcas leader and other Center workers to the right.

*Angie Fuller is communication secretary of the Beaverton Church.*





# liberty

January, 1983

North Pacific Union Conference of Seventh-day Adventists  
10225 East Burnside Street, P.O. Box 16677, Portland, Oregon 97216  
(503) 255-7300

**LIBERTY  
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Dear Fellow Believers in the North Pacific Union:

We face a challenge unmatched in many years concerning Liberty magazine. Why? Because of the recession and the unavoidable subscription price increase to \$3.

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In these crisis days of earth's history, Liberty magazine is a vital strategic weapon in the battle to preserve religious freedom. We must keep every high priority name on the subscription list. Our danger is that we fall asleep at the Liberty wheel and lose our freedoms by default! The enemy of souls is wide awake.

"While men are sleeping, Satan is actively arranging matters so that the Lord's people may not have mercy or justice . . . . The leaders are concealing the true issues . . ." TESTIMONIES, VOL. 5 p. 452.

Pray much and let God lead as you make your plans to sponsor Liberty magazine.

Sincerely yours,

Arthur R. Lickey, Director  
Department of Public Affairs  
and Religious Liberty,  
North Pacific Union





# Lay Bible Ministers: Christians With a Hobby to Share

By Ed Schwisow

Fifteen years ago it was called "doing your own thing." Though the phrase now dates any middle-aged person even more precisely than the external memos of graying head and spreading middle, the sentiment persists.

A tinge of guilt always seems to accompany the time and money spent on hobbies (and sometimes hobby horses). From the hardcore jogger with his \$60 set of flexible soles to the wifely "materialist" who "saves the family money" by sewing her own clothes, the lowly hobby outgrows its name and becomes a passion, consuming "spare time" one never knew he had before.

For centuries, though, many Christians have been known for a lifestyle that somehow merges "my thing" with "His thing." Young men so moved often felt called to full-time ministry, usually at great personal sacrifice.

Today, among Northwestern Adventists, laymen feel that call. God's spirit has always worked among lay evangelists, but hundreds are finding a new outlet for their zeal.

Physical fitness and a penchant for home sewing reserve a place in some schedules. But something else comes first, ahead of what easily could become self-serving, introverted pursuits.

Gaining new friends and the study of Scripture take precedence. Time which a more secular mind could label "my time," becomes "our time."

They have become part of what is



known as the Lay Bible Ministry. In all Northwestern conferences, seminars are held up to three times each year to bring them together by conference. This is their formal training.

For Scripture and the writings of the church founders abound with admonitions for church members to search out and teach others. For years the denomination has recognized that without lay outreach, the church mission would be thwarted.

In the Lay Bible Ministry program, a new, more organized approach is given to lay mobilization. Richard Fearing, North Pacific Union Conference president, feels that the Northwestern conferences must devote greater energy to preparing this workforce.

A lay member who feels an impulse to teach and win souls will do so regardless of what the church calls him. So, what bearing does the term Lay Bible Minister have on his outreach?

To begin with, the Lay Bible Ministry training is available to those church members who *already* feel called to touch others' lives. The recent convert often senses this urge keenly; yet, he needs support and instruction as he plans to let the Good News in his life flow out to others.

At a Lay Bible Ministry seminar, for example, he will be introduced to seasoned lay Bible workers, many of whom have worked for many years and may have lost count of how many Bible students have been led to baptism.

The new term Lay Bible Minister will add no special effect to the work the veteran has been doing intuitively for years. But by meeting periodically — the novice and the veteran, the newcomer and the conference personal ministries director — all learn and are encouraged.

Some see yet another benefit. For example, a literature evangelist may sense that a client needs personal help in his spiritual search. Whose "job" should it be to follow through on that need? Should the LE add that Bible study to his busy door-to-door work? Or does a telephone call to the pastor of that parish absolve him of further responsibility?

Today, because of the growing group of Lay Bible Ministers, he has another option. For the certified Lay Bible Minister is recognized as a specialist in one-on-one evangelism. He joins his local church outreach team as a volunteer with a proven calling and the interpersonal skills to match. Besides giving Bible studies, he can also serve as an on-the-job instructor to his fellow members. The Lay Bible Minister will merit recognition as a full colleague in ministry, further blurring the artificial distinction between clergy and laity.

Certification as a Lay Bible Minister is encouraged as an added assurance to all that the member is recognized as a cooperative, fruitful lay worker with the experience and commitment necessary for God's blessing.

What are present trainees learning at the conference-sponsored seminars? One assurance they have early on: they do not stand alone. In several conferences, the applicants for each session number in the hundreds. At a recent Washington Conference seminar, all available assembly space was taken, and dozens were asked to apply for a later session because of overcrowding.

Instruction also includes studies on territorial assignments, working for the backslidden, answering objections, opening a Bible study series and working with the evangelist in reaping the results.



Large groups such as this one at Washington Conference's Sunset Lake Youth Camp are attracted to three-day Lay Bible Ministry seminars. All conferences hold seminars for their members.



But some of the church's most active, loyal lay ministers have trouble meeting one of the requirements for certification, one of which is to attend at least one seminar each year.

Retired architect Henry DuBois can see the results of his craft in many church arches in the Northwest. Now 77, he seems hardly the candidate for Lay Bible Ministry.

But God has not ruled him out. Impressed that he should meet others and help them understand their Bibles, DuBois set out knocking on doors.

Today, following an evangelistic series in the Issaquah Church near Seattle, several of his students have requested or have already received baptism. His studies continue as he knocks on new doors, often in the company of those who learned of the church through his lay ministry. DuBois believes in apprenticeships.

Loren Nelson, Washington Conference personal ministries director, and speaker for the Issaquah evangelistic



Dan Knauf, associate pastor of the Edmonds Church north of Seattle, explains how to organize an outreach program in a populated area.

series, has learned to know DuBois as a personal friend. But despite this friendship, DuBois has still not joined the Lay Bible Ministry team. Why?

"He's a proven soulwinner and he's giving studies. He's qualified. But we can't get Henry to come to our seminars because he's too busy giving Bible studies. If you ask me, that's a pretty good excuse," says Nelson.

The true Lay Bible Minister knows that his calling far surpasses the scope



Perry Pedersen from the General Conference Personal Ministries Department was guest speaker at a recent Lay Bible Ministry seminar sponsored by the Idaho Conference. Union Conference and General Conference personnel often serve as instructors during the weekend seminars.

of a new denominational program. With or without the name, the call is the same. The privileges of taking hold of the organized training are seen as new members are inspired, veterans gain new insights, and all rejoice in making God's work "their thing." It's an enthusiasm they find contagious.

## PEOPLE IN TRANSITION

### WWVA

Three new faculty members are at WWVA this year. Jeff Schroeder is teaching Industrial Arts courses. He is a graduate of Walla Walla College. He is married to Sheila Yates Schroeder, a teacher in the Office Administration Department at Walla Walla College.

Susan Gardner is teaching English and Speech and Journalism at WWVA. She returns to WWVA after having studied at the University of Michigan on a two-year doctoral study leave. This year she is chairman of the WWVA Curriculum Committee, as well as sponsor of the newspaper.

Walter Meske, principal at WWVA, comes from his former position of dean of men at Walla Walla College. He has a wide range of experience in administration and education. He has taught at the

elementary, junior academy and academy levels.

### Washington

Walter R. Vyhmeister has moved to Bellevue as associate pastor of the church to serve the Spanish-speaking congregation. He served as interim pastor of the Bellevue Church until the arrival of the senior pastor and has also been associate pastor of the Port Townsend and Puyallup churches.

Vyhmeister was born in Chile and moved with his parents to the United States in 1973. He is a graduate of Walla Walla College and Andrews University, where he received his master of divinity degree.

Tom Adams and his wife Nancy, with their two children, Jeremy and Chad, have come to Washington Conference

to serve in the Auburn City pastorate.

Adams grew up in Paradise, Calif., and attended Rio Lindo Academy and Pacific Union College. Before graduation from PUC, they were married and spent a year as student missionaries in Nicaragua, Central America, at a mission hospital.

The couple spent one year of their ministry in Modesto, Calif., before attending Andrews University, where Adams received his master of divinity degree.

They continued their ministry in Central California Conference until 1978 and then served in the Hawaiian Mission. They were pastoring the Hilo Church prior to their move to Auburn in September.

Anton and Marlene Fritz have arrived in the Washington Conference to pastor the Bellevue Church. They have two



Jeff Schroeder



Susan Gardner



Walter Meske



Walter R. Vyhmeister



Tom and Nancy Adams and sons Jeremy and Chad.



sons who are students at Pacific Union College.

Fritz is a graduate of Pacific Union College and Andrews University.

They have pastored in Iowa, Arkansas-Louisiana and Minnesota conferences. Prior to their transfer, they were at the St. Paul, Minn., Church.

**Maylan and Shelley Schurch** have come to the Washington Conference as associate pastor of the Auburn City Church. He has just completed his ninth quarter program of his seminary train-

ing from Andrews University, through the Northwest Ministries Training Center, and will receive his master of divinity degree.

Prior to attending Andrews University, he was assistant professor of English at Union College in Lincoln, Nebr., when he felt he was called to the ministry. He is a native of Redfield, S.Dak.

Mrs. Schurch served for five years as an elementary schoolteacher in her home state of Alaska following her graduation from Pacific Union College.



Marlene and Anton Fritz



Shelley and Maylan Schurch

## CONFERENCE NEWS

### MONTANA

#### Several Baptized After Mandigo Meetings in Libby

The Libby Church and community have been enriched by the Prophecy Seminar presented by Wally Mandigo, Montana Conference evangelist. Book incentives were offered for regular attendance.

Several people from a previous stop-smoking clinic returned to enjoy the evangelistic series. One of them, Ray Bonney, not only gained the victory

over tobacco but has accepted Christ and has embraced the full message as he has immersed himself in an earnest study of the Bible. Before the series was over he had completed both the Encounter and the New Life Bible courses.

Two of those baptized were the products of the sacrifice of Christian homes. Philip Kovalenko's parents, Gary and Marva Kovalenko, have been committed to his receiving a Christian education. The satisfaction is great to see their youngest join the rest of the family in following Christ in baptism.

Vonnie Redd will have an annual reminder of her new birth. Her parents, George and Veronica Redd, are committed to Christian education, and are committed to seeing that Vonnie receives the support of a Christian school in her walk with Christ. She was born on Jan. 29, 1971. She is looking forward to her next birthday, which will become an annual reminder of her commitment to Christ, when she will be baptized.

Christine Greene has been going to an Adventist church in California for about five years. This summer she found herself in Libby. Marion Hayden, one of the Libby Church members, took her under her wing to see that she got to the Troy multimedia evangelistic series, and Christine didn't miss one. Now she is rejoicing in her Lord.

The Libby Church is grateful to Pastor Mandigo for his prophecy seminar and to the Lord for giving the increase.

#### Ronan Church Adds Twelve

Twelve persons were baptized as a result of evangelistic meetings held in the Ronan Church by Montana Conference Evangelist Wallace Mandigo.

One of the features of the series was a Five-Day Plan held towards the close of the meetings under the direction of Pastor Brad Gardner. Several of the baptismal candidates got over the tobacco habit. In addition, three boys aged 10, 12 and 13 attended the stop-smoking clinic.



**BAPTISM IN HAMILTON.** Friends and relatives gathered at the Bitter Root River in Hamilton, Mont., recently to witness the baptism of two sisters and their husbands.

As Winston and Barbara Hayden and Myron and Marlene Johnson entered the water with Pastor Richard Knapp, friends began singing hymns, including "Amazing Grace" and "Shall We Gather at the River?" It was a beautiful baptism, bringing the two sisters back to the church that they knew as youngsters.

Barbara and Marlene's parents, Clayton and Helen Jenkins, have also recently transferred their membership to the Hamilton Church. This makes the baptism special not only to the immediate family involved, but to the entire church family.

In the picture from the left are Winston and Barbara Hayden, Pastor Richard Knapp, and Marlene and Myron Johnson.

Bonnie Hicks  
Communication Secretary

## REVELATION SEMINAR

**Great Falls, Montana,  
Adventist Church  
Beginning Saturday night,  
Jan. 8, 7:15 p.m.**

Featuring the Ben Green Family  
Opening night topic: "How to  
Survive the Armageddon."

Send names of interests to  
Pastor Gerald Schultze,  
Box 745, Great Falls, MT 59401.





## IDAHO



**GSA STUDENTS WIN SCHOLARSHIPS.** Gem State Academy is proud to announce that Patrick Pancoast of Hammett, Idaho, and John Walden of Neskowin, Ore., have placed as commended students in the 1983 National Merit Scholarship Program. This means that they have placed in the top five percent of more than one million students who took the qualifying test in 1981. As commended students, they will receive \$300 in scholarship money during their first year in college. This scholastic attainment is certainly worthy of recognition, and we would like to congratulate Patrick and John for this achievement.



**CHILD DEDICATION.** Three couples presented their children to the Lord at a recent dedication service in the Emmett Church. In the picture above are Steve and Samadella Rine with Jeremy and Dustin, and Vaughn and Sharon Spiker with baby Louis. Shown below are Randy and Connie Vance with Misty and Timothy.

Ilse Stelzreid

## Idaho Pathfinders Meet in Eagle for Bible Conference

Nearly 300 Pathfinders from 11 clubs throughout the Idaho Conference met at the Eagle Church recently for a Bible conference. Pathfinders from Boise, Caldwell, Cambridge, Eagle, Hailey, Idaho Falls, Kuna, Mountain Home, Payette, Twin Falls, and Vale clubs participated in the weekend program hosted by the Kuna Cougar Pathfinders.

Pathfinders attended a church of their choice on Sabbath, returning to the Eagle Church for a fellowship dinner.

Guest speakers for the occasion were Jack Sequeira, pastor of the Nampa/Kuna Church, who spoke on last-day events, and John Jaspersen, temperance secretary of the Caldwell Church, who spoke on drugs, health problems and solutions.

The afternoon program concluded with a Bible quiz on last-day events given to 30 Pathfinders. The winner was Stephanie Terrell of the Kuna club.

After a spaghetti supper, the Pathfinders and staff motored to the YMCA for the four-event swim meet, hosted by the Golden Eagle Pathfinders. Winners of the bobber swim were Kenny Mason, Eagle, first; Jason Mayer, Kuna, second; Tricia Fitzpatrick, Boise, third; and Eric Larson, Idaho Falls, fourth.



Stephanie Terrell, winner of the Bible quiz.



Some of the persons baptized in connection with the Scherencil crusade at Coos Bay were, from left, Earl and Beverly Hempstead, Debra Morgan, Cher Travis, Terry Rooke, Beverly Pinkston, Lavon Fish, Marcy Summerfield, and Coos Bay Pastor Phil Welklin.

Taking first place in the free swim event was Sam Gardner of Vale, with Greg Alekel of Eagle second. Winning the tube race was the Caldwell club, with Payette second and Eagle third.

John Rada and Chad Rada of Kuna won first and third place respectively for the counselor-director race, with Carl Cox of Payette placing second.

Dorothe Johnson

Eagle Communication Secretary

## OREGON

### Newport Church Events

\* An old-fashioned auction at Newport, Ore.'s, Naterlin Center Sept. 18 raised \$200 for the church's Sabbath school Investment program. New and used goods as well as flowers, vegetables, baked goods and popcorn were auctioned off by Roy Andre, church schoolteacher.

\* Newport Church conducted several community service activities recently. The conference mobile health van was at Newport at the Lincoln Junior High School to provide free blood-pressure checks, function of the lungs and computerized health profiles. More than 100 persons were screened.

Two people were aided at a Five-Day Plan to Stop Smoking.

The Community Services Center workers have been busy, with five ladies working every Thursday preparing clothing and bedding for local needy persons and for overseas delivery. The center distributed nine food baskets to the needy at Thanksgiving time.

Freda Sellers

Communication Secretary





TOTAL HEALTH

# IMPACT

Volume 5 Number 1

Magazine of Total Health Foundation

## YOUR LAST DIET

By Janet Wilkinson, B.S.

- ☐ Do you eat when you're not hungry?
- ☐ Are you always on a diet; gaining, losing, and then re-gaining?
- ☐ Do you look forward with anticipation to the times you can eat alone?
- ☐ Do you feel guilty and angry with yourself after you over-eat?
- ☐ Do you eat to escape worries, stress, and troubles?
- ☐ Are you giving up hope that you'll ever lose those detestable, seemingly immovable, pounds of fat?

If you answered "yes" to any of these questions, then this article is for you. There is hope for the compulsive overeater and the perpetual dieter. Get ready to go on your last diet.

The reason this is your last diet is because it involves a sensible, balanced way of eating that you can continue for the rest of your life. Also, it deals with the underlying causes for your being overweight (it's more than just what you're eating).

Most people decide to go on a diet on an impulse (an upcoming vacation, a new dress, a friend's decision to diet) using the latest diet plan torn out of this month's magazine. What they really need is an understanding of what is making them overweight and knowing

the proper tools and skills to help them lose. They need to learn how to eat and think, not how to diet.

First of all, let's find out what losing weight will involve for YOU. Take the time now to write down your answers to the following questions.

A) Why are you overweight?

1)

2)

Do you eat too much, eat the wrong kinds of food, or get too little exercise? Or does your problem run deeper than that? Do you have bad eating habits that you may not even be aware of . . . that sub-consciously keep you overweight (eating when you work in the kitchen, eating and watching television, picking at food when you cook, eating late at night, etc.)? Or do you eat in response to stress (your work, the boss, financial pressures, children, boredom, loneliness)?

B) Why do you want to lose weight?

1)

2)

Now ask yourself if your reasons are motivating enough to keep you from snacking, or from eating that high-calorie food, or over-eating. In other words, is losing weight a high priority on your list of goals? Remember that anything in life that you want to do well requires some honest preparation

and effort. Whether it's learning to drive a car, building a home, or raising children; if you're going to do a good job, you have to bring something to the task beyond the initial impulse to do it. Only YOU can provide the motivation. And isn't it worth a little time and effort to achieve all the tremendous health benefits, in addition to looking and feeling better?

C) What barriers have kept you from losing weight in the past?

1)

2)

Did you REALLY want to lose that weight? Were you willing to change those harmful eating habits? Did you just like to eat? Was there no time? Not enough energy? Or did you get to the point where you just didn't care? Circle the biggest barrier from question C, and put a solution beside them. Stop and really consider what changes you need to make in your life or thinking in order to have the time and energy to follow through.

D) Are you willing to make changes in your lifestyle? How willing? You need to determine right now that you will put forth the effort and the planning; and maintain a positive spirit necessary to implement this program. If you follow carefully the guidelines suggested, you will lose weight.

E) How often do you think about



food (what you just ate, what you wished you'd eaten, what you'll eat at the next meal, what's in the refrigerator, or what you'd like to bake right now)? If you think about food a lot, what is going to happen? You will EAT! Whatever gets your attention, gets you! Many overweight people seem to be obsessed with food. On the contrary, a thin person doesn't seem to be so controlled by food. For example, imagine two people flying at 10 a.m. Both ate breakfast at 8 a.m. When snacks are served, the thin person refuses, saying he just ate. But the overweight person will happily indulge. Have you noticed at a potluck, the difference in the amount of food eaten by the thin and the overweight person? Stop regarding food as one of life's greatest pleasures. Learn to think of food simply as a necessity of life. Begin to value exercise more and food less. Why not become "obsessed" with creative plans for work, home, your family, or your health? When you start dwelling on food (dreaming about your next meal), switch to something enlightening, fun, and creative. There is much more

to life than being a slave to food.

Before we look for some answers, you need to collect some data. Observe your eating patterns to learn the habits, stressors, and cues that affect your eating. Write down everything you ate the last two days and so far today. (If you can't remember, do this for the



**Do you really want to lose that weight?**

next three days). Also include when and where you ate, how much, and how you felt when you ate (hungry, bored, lonely, frustrated, or tired). It will take some time, but the insight you gain will be invaluable to your success.

Now that you know why you want to lose, what has kept you from losing before, and the real reasons you are overweight, let's turn to the solutions. Each of these factors is a vital link in reaching your goal. The factors include 1) the food you eat and how much, 2) your eating habits, 3) the way you think about yourself; your attitude, 4) exercise, and 5) stress.

First, let's look at how the stress and tensions in your life affect your weight. Do you ever eat when you're worried, frustrated, depressed, bored, tired, or lonely? These situations can create an inner craving that is often hard to determine, and an attempt is made to satisfy it in a quick, easy way. Food is used as a crutch to achieve that feeling of well-being

that satisfies for the moment. If you're hungry for more food than your body needs, it's not food you're craving. Filling your stomach will not satisfy that need.

What are you really hungry for? Peace and happiness are something for which everyone searches. Are they gained by putting food in your mouth to enjoy the taste for 30 seconds? Are they obtained by working harder, trying to do better? Real peace and contentment are possible through knowing and accepting Jesus PERSONALLY. This involves taking the time to "wait on the Lord to renew your strength." What does it mean to wait on Jesus? It means sitting at His feet every day in meaningful, close communication.

You need to enter into a covenant with God to lose weight His way. You know very well that your own ways to lose weight will bring disappointment and failure. But God won't disappoint you. He is working with you on it. Before you begin your program, prayerfully commit yourself, your will, to doing it God's way. When you claim His promises to help you and follow His way, seeking His leading, He will guide, encourage, and see you through to success. Your spirit and will joined with His should be the controlling power in your life. For if your body tells your spirit what to do ("eat"), you're out of order and you will fail. With God in command, your spirit responds to the power of God. Make your covenant with the Lord right now. (Choose Jesus as Lord of your life, and give Him your body, soul, and will to lose weight by His power and strength. Sign your name and the date.)

That is the first step to stress control. The second step is to learn to accept yourself as the unique, special person God made you to be. You are valuable just as you are. You don't need to achieve impossible goals, push yourself to your limits, or have a perfect figure to be valuable as a person. Jesus loves and accepts you just as you are. And you can, too. Certainly you will want to grow and progress in certain areas. Discover and cul-

## Your Body

By Carla Gober, R.N.

Hey! What are you doing? You ate just a few hours ago, and now you're eating again. You can't be hungry. Let me guess . . . you're upset, nervous, frustrated, or just plain bored. Stop and listen to me. I want to be thinner and healthier, but you've been ignoring me lately. You think no one notices. But have you stepped on the scales lately or looked in the mirror? What about your blood pressure that is getting too high, the chest pains, and the labored breathing you have when you walk up hills? You are destroying me. Please do something about it. Don't ignore me any longer.

Concerned,  
Your Body



tivate your talents, your positive points, and do your best with those qualities. But be satisfied with yourself now. Don't continually dwell on your weaknesses, or criticize your-

## There is hope for the compulsive overeater and the perpetual dieter.

self for what you should have done, or should be. Accepting yourself, loving yourself will give you a new freedom to be the special person you are. Criticizing yourself will only cause you to despair and drive you to food to make you feel good . . . momentarily. (An excellent book on the subject of self-esteem is **How to Feel Like a Somebody Again**, by Dale Galloway.)

The last step to stress control is to find ways to cope with your stress. Take a piece of paper and list your worries, fears, and frustrations. Then brainstorm for solutions to solve or eliminate them. Include two practical steps to help you resolve that problem (when, where, or with whom you will work on it). Sometimes we keep rehearsing a problem and allow it to continue bugging us. But if we would sit down, and make a decision for solving it, we could possibly eliminate it.

A few other hints you might try are to: 1) talk out stress with a level-headed person, 2) reorganize your priorities to allow time daily for quiet meditation with your God, 3) don't dwell on your past mistakes and failures; live for and enjoy today, and 4) do something for others; we get discouraged by looking at ourselves.

A second and tremendously important factor in weight control is exercise. Without it, losing weight is much more difficult. The greatest benefit from exercise is how great you feel! When you finish a brisk walk in the fresh air (and while you're doing it), you'll feel invigorated and will gain a new zest for living.

How does exercise help you lose weight? It channels more food en-

ergy into working tissue for fuel. Thus, less of your fuel is stored as fat. Also, exercise increases your body's basic metabolic rate. When using diet alone, your metabolism slows down to preserve your present weight. Finally, exercise increases muscle mass. This also increases your metabolism because your body works overtime to replace muscle energy stores. In dieting alone, your body has a tendency to break down muscle, not fat, to give added fuel. Therefore, exercise helps you continue losing weight even when you're not exercising. Plus, it decreases your de-



sire for food (by getting the appetite in your brain under control), so that you will eat less.

How do you get started? 1) Check with your doctor, 2) choose an exercise you'll enjoy (walking, cycling, and swimming are excellent); 3) purchase a good pair of walking shoes and warm clothing (if you choose to walk); 4) pick the best time for yourself and determine to go every day, rain or shine; 5) learn your target heart rate ( $220 - \text{your age} \times .7$ ) and attempt to reach that rate and keep it there for 20 to 30 minutes (after you've gradually built up to that point); 6) be sure to warm up for 10 minutes and cool down for 5 minutes.

Decide to get involved with

exercise today — a decision that will help you feel good. But watch out; you'll probably get addicted!

The next IMPACT will conclude this article. It will include 1) what to eat and how much, and 2) good eating habits you can form to make losing weight easier. One last tip. Weigh only once a week. Weight loss will be a lot easier to achieve if it is de-emphasized. Weight loss should not be your goal, but a byproduct of a completely different set of attitudes and habits that make up your lifestyle. Think of developing these skills as an enjoyable learning experience.

Becoming a more slender you will add more enjoyment to your life and help you feel better about yourself . . . more than you ever dreamed possible.



## TOTAL HEALTH IMPACT

**TOTAL HEALTH IMPACT** is a publication of the Total Health Foundation/Northwest, P.O. Box 5, Yakima, Washington 98907.

The Total Health Foundation is a Christian organization which functions as a part of the worldwide medical work of the Seventh-day Adventist Church.

Believing that many modern degenerative diseases, such as hardening of the arteries, maturity onset diabetes mellitus, obesity, hypertension, etc., are caused by faulty habits of life, the Foundation's primary emphasis is on instructing and treating the whole person. The results of this Lifestyle Medicine are remarkably successful. If you would like more information on the services offered at Total Health Foundation, write to the above address or call (509) 965-2555.

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Color Press, College Place, WA 99324

Litho U.S.A. CP32981



# Water Instead of a Pill?

By Carla Gober, R.N.

"My feet are always so cold!"

"Oh! I have a headache."

"If I could only relax."

"Oh, no, I think I'm coming down with a cold."

Do any of these comments sound vaguely familiar? If so, maybe what you need is a good hot footbath. Sound too simple? You just might be surprised.

The hot footbath is one of the most basic water treatments included in the term "hydrotherapy." Hydrotherapy makes use of various simple hot- and cold-water therapies to improve the circulation and promote healing. Although it is considered to be an old form of treatment, it is as effective now as it was hundreds of years ago.

Today, hydrotherapy is not being used as frequently as it once was, probably due to our never-ending search for solutions that are quicker and easier. We seem to be constantly on the lookout for a new therapy that cures all ills or a new pill more effective than the last. It seems that medications are considered the cure-all. As one lady confided, "I had a cold last spring and went to the doctor for some help. He told me to go home, drink lots of water, and get plenty of rest. What! ... no cough syrup ... no antibiotic ... no nothing! I walked away from that office downright mad. If that's the kind of service he offered, I decided that was one office I would never revisit." Such reactions too often display the attitude of many people. If it doesn't come in a quick, easy-to-take pill, it isn't wanted.

But what do we really desire? Do we want the ease of taking medications that only cover over our self-inflicted pains? Do we recognize that medications bring on their own problems by certain side effects? But, on the other hand, is it possible to find healing apart from many of the traditional drugs used today? Most certainly! It only takes a little time and en-

ergy to discover the true joy of vigorous health, and hydrotherapy is one means of accomplishing this. It incorporates natural laws to assist the body in healing itself without the destructive side effects! It not only prevents the excessive use of medications, but it also encourages family members to spend more time with each other. Hydrotherapy is also inexpensive and readily available, and most important — it works!

Here is a short experience to illustrate: A journalist from a large subscription magazine got off the plane in Yakima for the purpose of writing an article on the Total Health program. She arrived just in time to take in a lecture on the ill effects of caffeine and other toxic substances. Although a coffee drinker, she was impressed that to really understand the program she should experience it. So, she made a decision — no more coffee. That was fine, but the next day she had a severe headache. "Nurse," she said, "I have a terrific headache. Could I have some aspirin?" "Well," replied the nurse, "let's first give you a hot-and-cold footbath. What do you say?" She agreed to try. It worked! Her headache was gone. She had symptoms for a couple of days, but the hot footbath was the key to managing without a toxic medication. Several months later she wrote back, "I'm still not drinking coffee. Many thanks to you all."

## The Hot Footbath

How it works: When hot water is applied to the skin of a certain area, it affects the blood vessels directly under that area. This is easily observed when a person places his feet or hands in hot water and they turn red. They turn red because the blood vessels are dilating. The heat also reflexly affects blood vessels located some distance from the area treated. This results in blood being drawn from other congested areas of the body.

This is known as derivation.

## Indications:

1. To prevent or shorten the common cold
2. For internal congestion, chest or pelvic
3. Headache — migraine or congestion
4. To warm the body
5. To aid relaxation
6. To produce sweating (requires prolonged footbath).

## Caution\*:

1. Diabetes — poor circulation to feet could lead to burns from hot water or to the development of blisters
2. Circulatory problems from clogged blood vessels
3. Loss of feeling in legs or feet

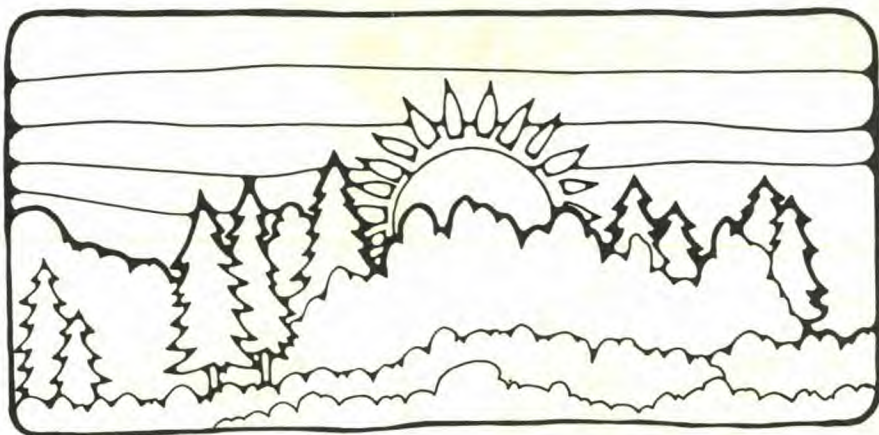
\*The hot footbath should not be used at all if cases are severe.

## Treatment:

1. Room should be warm and free from drafts.
2. Patient may be sitting or lying down
3. Place feet in a tub or pail which contains water deep enough to cover the ankles
4. Water temperature should be gauged for each person:  
Average person: to tolerable level (100°-110°)  
Poor circulation: normal to warm (94°-101°)
5. Have patient properly draped, with the drape covering patient and pail. (A sheet may be used for the drape.)
6. Add hot water frequently to keep the temperature up to the desired level.
7. Continue 10-30 minutes.
8. Apply a cold washcloth to head to keep patient comfortable.
9. When finished, hold feet up and pour cold or ice water over them (or place in a cold water bath for 15-20 seconds).
10. Dry thoroughly. Patient should lie down or rest quietly for 15-20 minutes.







# You Can Delight in the Sunshine

By Gloria Duncan, R.N.

Why do you feel so refreshed after a sunny day at the beach, or in the mountains? Because "all His gifts tend to life, to health, and joy." **Education**, p. 197, by Ellen G. White.

Scientific research shows that moderate, consistent sunbathing significantly decreases cholesterol and triglyceride blood levels, stabilizes blood sugar, lowers blood pressure and increases white blood cell count and phagocytosis, and heals and prevents disease. Sunshine also increases thyroid function, brightens the mental attitude, strengthens the eyes, helps the body to throw off toxins, changes cholesterol into vitamin D, and produces more male and female hormones.

"But what about skin cancer?" you may ask. Good news! It is almost impossible to produce skin cancer if one is on a diet low in fat and protein. And senile keratosis (or brown aging spots) are most likely to disappear with a combination of regular sunbathing and a low-fat diet.

Sunbathers, for best results, remember these points:

1. Gradually increase your exposure time as your skin tans. Start with 15-20 minutes on each side and build up to 60 minutes. Damaged skin areas should have only limited exposure.
2. Beneficial effects occur just before the skin turns red. The more skin exposed the better. For long exposures (2 hours or more) use protective clothing and sunblock lotions. Products that contain Para-

aminobenzoic acid (PABA), salicylates, or benzophenone are good for sun-sensitive skins.

3. See your physician right away if you develop any growths or abnormal discolorations on skin.
4. During poor weather conditions the sunlamps that give safe exposure of ultra-violet rays are the Westinghouse fluorescent tube sunlamp or the General Electric ultra-violet sunlamp.
5. Window glass stops more than 95 percent of the ultra-violet rays from penetrating the skin. So, get outside for the beneficial rays from the sun. The best times to sunbathe are from 9 a.m. to 4

p.m. in the summer, and from 11 a.m. to 1 p.m. in the winter.

6. For a feeling of exhilaration after sunbathing, try a cool-down shower or a refreshing dip in the river or the ocean. From personal experience, I can guarantee that you'll tingle and feel on top of the world.

"With God is the fountain of life." Psalm 36:9. "It is **His** life that we receive in the sunshine, in the pure sweet air. . . . It is by His life that we exist, hour by hour, moment by moment." **Education**, p. 197, by Ellen G. White.

So that's why one of the most healing agents of nature is sunshine. Why not share with vegetation its lifegiving, health-enhancing power?



Vernon Mund, Ph.D., University of Washington professor of economics, was a recent guest at Total Health. His enthusiasm for the program was contagious. At the THF graduation he presented his thoughts in a short talk "Aligning Myself With God."



# Faith Healing

By Jay Randall Sloop, M.D.

Today, interest in faith healing is gradually increasing. Scientific medicine, with its sterile abstractions and complicated chemicals, is hard put to compete with faith healing performed by healers in primitive cultures. Even our culture is filled with healers who compete with the more scientific approaches. People believe in these healing methods and their bodies respond to them. However, is this faith healing? If a man believes strongly enough, will he heal himself? Is there power in believing? Is there really the power within us that will work the wonders of health when released?

As Christians, we have been guilty of fuzzy thinking and often have no concrete verbal definitions for religious principles. Faith is one of these principles that has been hard to grasp for many people. Bread is a good illustration. You could define bread by describing its aroma, texture, color, taste, price, nutrition, availability, and location. But does that really tell you about bread? These are all things you need to know, and would promote bread if you were selling it. But would it help you to make bread? No. You also need to know the ingredients. You need to define bread as whole-wheat flour, yeast, salt, milk solids, vegetable oil, water and glucose. So it is with faith. Many people have tried to define faith by its results, but if one is to truly understand faith and faith healing one must have a knowledge of the correct ingredients.

To understand the ingredients of faith let's start with Scripture and find out what God calls faith. Hebrews 1:1 gives a definition of faith, but this definition is so broad that it is difficult to comprehend. However, if we take the examples given within the chapter it's possible to discover the basic ingredients. The first ingredient evident in all of God's dealings is that nothing happens without the WORD.

Nothing! So, in a faith transaction, first look for the Word. For example, when the universe was made there was God's command (the Word). When Abel brought his sacrifice, it was based on God's direction (the Word). Before Noah built the ark, God warned and instructed him (the Word). Before Abraham went to the new land, God called him out (the Word).

Throughout Scripture there are examples of faith that include God's Word. Before Peter stepped out of the boat, he waited for the Word of invitation from Jesus. The wonderful example of Naaman, the Syrian leper, illustrates the same point. The little maid who worked for him knew about the Word in Israel and sent him there. Naaman went to Israel's king for more information, but the king didn't know anything about the Word. Elisha sent a note to the king and reminded him of the location of the Word. Naaman went to Elisha's house and was met by the servant who gave him the Word. He didn't like the Word for two reasons. One, it was given in an unacceptable manner; and two, it told him to do an unacceptable thing. But when he followed the Word, he

was healed. First comes the Word, God's Word. Look for it.

Once the Word has been spoken, then what? Let's return to the illustration of Naaman. Naaman went to the prophet's house, received the Word, and promptly rejected it. His friends were able to stop him as he angrily headed home, and were able to convince him to try the simple recommendations made by the Word.

There is no evidence to suggest that it was his extremely strong belief or a wonderful warm feeling toward the Word that produced his miraculous healing. The evidence is that the power for the healing was in the Word, but the power was not effective until he did what the Word said. This is also true in the healing of the blind man. Jesus treated the man's eyes with mud and sent him to wash in the pool. There was no miraculous power in the mud, or in the pool; but there was miraculous power in His Word. When the man washed off the mud in the pool, he was able to see. Therefore, the first ingredient is faith in God's Word and the second is the act, or response, to the Word. Nothing happened to Naaman until he washed in the

## ***You owe it to your family . . .***

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water. Abraham would have never received the land, had he not moved out. Noah would have drowned had he not built the boat. This illustrates true, biblical faith healing.

There is a difference between this and false faith healing. False faith healing is self-centered, while true faith healing is centered on faith in God and His Word. False faith healing often works because a person can believe something so strongly that it actually happens. Word-centered faith healing diligently searches God's Word regarding the subject at hand. As soon as the applicable Word is found, one begins to apply that Word so that it can accomplish its goal. Self-centered faith or presumption is based on the power within one's self and has no conditions. True faith healing is based on the power from above and operates only when the conditions are fulfilled.

Now, what is faith healing for 1983? God has given a large amount of information (the Word) regarding natural methods of healing and He stands ready to make those natural methods effective when they are systematically applied in an intelligent manner. At Total Health Foundation, we see clinically measurable improvement for diabetes, hypertension, obesity, hypercholesterolemia, and depression with the use of simple uncomplicated methods. These methods include the use of a simple, unrefined diet, regular exercise, adequate rest, simple water treatments, exposure to sunlight, deep breathing, drinking water, and eliminating the use of chemical toxins such as alcohol, tobacco, and caffeine.


These are the beginning of God's plan for healing. In James, chapter 5 (Word). God outlines another healing method to be used in conjunction with the health laws. His plan is that when someone is sick the elders of the church should be called to anoint the sick person with oil, and pray for God's special work of healing. It would not be appropriate to use only the prayer of faith without following

the health laws, and neither is it appropriate to use the health laws without the prayer of faith. God's method for healing, prayer, and action go hand-in-hand.

We are certain that this is the reason for the outstanding effectiveness of the Total Health Foundation program. It supplies faith healing at its very best by: 1) looking for God's Word; 2) looking for intelligent, scientific, simple ways which comply with that Word; and

3) special prayer and anointing by church elders.

From our experience we recommend that the special healing prayer be only for those interested in developing a new lifestyle. God has answered the prayers for spiritual growth and physical healing in ways as varied as the problem prayed for, but each person is healed in God's way, not ours.

Thank God for the renewed interest in true faith healing. 



**This cheerful, smiling group warmed our hearts as well as the hearts of their companions.**

## Is It Worth It?

By Kelly Ferris, D.H.Sc.

Thirty-three hundred dollars! That's too expensive. I can't afford it! Is it really worth that much?


This is what some people have said about the Total Health Foundation program. People sometimes have a hard time placing a higher value on their health than on money or material things. They ask, "Are 24 days of intensive health care worth more than \$3,000?" What do you get for \$3,300?

The guests reside in a beautiful, parklike setting. The accommodations are comfortable and homey. All the meals are prepared in delicious vegetarian style, using international menus. A complete physical examination is done by licensed physicians. This includes several special tests that are not provided by most private physicians or hospitals. Special treatments such as steam bath, whirlpool, or massage are given

five days per week. Classes and workshops are held each day to teach health concepts and principles. Reasons for certain health practices and "how to's" are explained. Supervised exercise sessions are held daily along with nursing coverage, private counseling, nutrition consultations and physical therapy. All this for less than you would pay in a hospital for just a bed.

Let's make an analogy. If someone were to offer you a 1964 Ford for \$3,300 you'd say, "That's too expensive." But if someone were to offer you a brand new Mercedes Benz for \$3,300 you'd say, "That's inexpensive, I'll buy it."

The Total Health Foundation health program is like buying a brand new Mercedes Benz for \$3,300. It's an investment in your future health that will last.

Because . . . you are worth it. 



## NEWS BRIEFS

**Over 200 Miles!** During a recent 24-day session, one of the THF guests walked 226 miles. The 27-year-old from Portland walked more than 10 miles per day, which broke all previous THF records for the 100 Mile Club. She did it without even missing one lecture or one treatment.

**Training Center.** For the last four years, THF has been serving as a student training center for undergraduates. Students who are wanting to take time out from school to get practical experience have assisted the THF staff under the term "Taskforce." Approximately 10 students have worked in the THF program in the nursing and nutrition areas. They continue to be a vital part of the THF program and find that they become true medical missionaries — right here at home!

**No Bypass Needed Now.** A recent THF guest came with extreme chest pain and orders from his doctor to have coronary bypass surgery. Twenty-four days later almost all his chest pain was gone, he's off his heart medication and he's feeling like a new man. "My doctor said, 'Well, THF can't hurt,'

but I didn't know it would help that much!"

**Diabetic Cuts Insulin in Half.** The proof of the THF program was in the pudding when a recent THF guest had to cut his insulin down daily until it was less than half of the original dose. Through proper diet and exercise he continued to have low-blood sugar reactions until he found a leveling-off dose. This shows the tremendous protective

ability of the THF program. Anyone a diabetic? You can learn the program too! Come and try it for yourself.

**75 Miles on One Leg.** A 53-year-old man came to get in shape, hoping to avoid a possible stroke. The fact that he had had one leg amputated as a child didn't stop him. In 24 days, with the help of his trusty crutches, he walked 75 miles. Sound easy? Just try it!



## From Our Mailbox . . .

Dear Friends,

It was so good to hear from you and to hear about the exciting activities that continue at one of my favorite places.

I know I would do much better on the treadmill, for I am in much better physical condition due to daily exercise, daily time with my Lord, and adhering to a more nutritious diet. I have gotten some of my neighbors and my niece out walking every day.

There is no way to tell all of you just how much I have appreciated the time I spent at THF. I can't thank you enough for all you did for me. Without the help I received at THF, I

fear I would never have been able to cope with the problems I experienced the past year. The Lord had foreseen my need long before I realized it. Before I went to THF I didn't have anything to live for. Now life is worth living if all I do is keep my body a healthy temple for the Lord.

Once again, thanks to THF for those lessons in communication. As a result of putting those lessons into practice, we are so much closer now than we ever were.

May the Lord richly bless each of you.

Signed,  
M.H., Idaho

## IS POOR HEALTH MAKING LIFE A DRUDGERY?

Total Health Foundation has good news for you! Our medically managed conditioning program is designed to restore you to your optimal health. Our next three sessions are scheduled for Jan. 23-Feb. 1, Feb. 6-Feb. 22, Feb. 27-March 22. For further information write Total Health Foundation, P.O. Box 5, Yakima, WA 98907, or call

**(509) 965-2555**

### A Warm Hearty Vegetable Soup For a Cold Winter Evening

5 potatoes, diced  
4 carrots, sliced  
1 bell pepper, diced  
1 c. brown rice  
1 onion, diced  
1 t. curry powder  
1 c. mushrooms  
1 t. salt  
1 t. Italian seasoning



2 T. Brewer's yeast  
1 quart of water or broth

2½ c. tomato juice  
2 c. of the vegetable soup  
¼ c. powdered milk  
2½ T. unbleached white flour

Bring first 11 ingredients to a boil in saucepan. Reduce heat and simmer covered until the rice is done (about 45 minutes). Just before serving the soup, blend 2 cups of the simmered soup, the juice, milk and flour together. Add to the soup. Return the mixture to a boil over medium heat and continue to boil 1 minute or just until the soup thickens. Serves 8.



## Coos Bay Church Initiated With Evangelistic Meetings

What an exciting time it has been for the members of the Coos Bay Church to have their new church completed after 10 years of sacrificing and hard work.

Even more excitement has been expressed, following the first evangelistic meetings in the new church conducted by Evangelist Arnold Scherencel and team.

On the closing evening of the crusade, Scherencel made a call to all who would like to join the church and be baptized or study further with the pastor and plan to be baptized later. Twenty-eight persons accepted and went forward.

A baptism was scheduled for the following Sabbath, but one small problem arose. The baptistry had to be Fiberglassed and the water heater installed, plus other finishing touches. Thanks to the diligent efforts of the members, it was completed in time to baptize eight new members. Twenty more are studying and plan to be baptized in the next few weeks.

Gene Teal  
Communication Secretary



Left to right are Rod and Lynne Scherencel, ministers of music, and Evangelist Arnold and Margaret Scherencel.



**FORMER ASTRONAUT AT BEND.** Former Astronaut James Irwin of Apollo 15 space flight fame spoke at the Bend, Ore., Church recently. He shared his life's story, told of the rigors of his training, and shared a film on his moon walk. He also testified of God's special help when strains tore at his marriage and told of his recent expedition to Mt. Ararat in search of Noah's ark. His wife Mary, who is a Seventh-day Adventist, also participated. Her sister, Jean Ritchie, is a member of the Bend Church.

## Alumni Attend Columbia Academy Homecoming

Meadow Glade Church was filled to capacity for the recent Columbia Adventist Academy Homecoming Weekend.

Lyle Botimer, who was dean of boys at CAA from 1959 to 1962, presented an inspiring Friday night vespers program. He and his wife Byrna live in New Market, Va., where he is principal of Shenandoah Valley Academy.

Dr. William Loveless, president of Columbia Union College, Takoma Park, Md., was the special guest speaker for the Sabbath morning worship hour. Loveless and his wife Dr. Edna Mae presented an exciting and stimulating program in the afternoon entitled, "Anguish of Change/Growth in the Life Stages of People."

The new Alumni Association Executive Committee officers elected for the 1982-83 year are: president, Rick Jackson; vice president, Carolyn Fleck Stewart; spiritual vice president, Gary Cairns; treasurer, Wes Haynes, executive secretary, Ina Pifer Tichenor; recording secretary, Sharon Strawn



A former dean of boys at Columbia Academy, Lyle Botimer spoke at the school's recent homecoming weekend.



Newly-elected Columbia Academy Alumni Association president, Rick Jackson and his family.

Conn; and member-at-large, LeRoy "Babe" Nelson.

If you are a CAA alumnus and would like to receive the alumni newsletter, write to: Carolyn Stewart, 17505 NE 102nd Ave., Battle Ground, WA 98604.

Carolyn Stewart



Drs. Bill and Edna Mae Loveless spoke at the recent Columbia Academy Alumni Association homecoming weekend.

## Adventist Fireman Thanks Ladies for Help with Toys

At one time a distinguishing mark of the Seventh-day Adventist Church was the work done by those wonderful Dorcas ladies and their dedication to helping those in need.

I'm afraid some today don't know what Dorcas means. The leader of one group, the Beaverton Dorcas Society, is up at 6 a.m. one day a week to catch the bus. She travels all the way through downtown Portland out to the Portland Adventist Community Services Center (PACS) at 66th and SE Powell Blvd. to take her turn helping "man" the center. Sometimes others from her group go with her.

Then Tuesday is their Dorcas day at their own church. Around 30 members show up for their work day. They make quilts, repair and make clothes for children and others. They also make wheelchair covers, shawls and other items for nursing homes in their area as well as items for District 10 Toy and Joy Makers of East Multnomah County.

They also sort and are ready with food baskets if needed. They're always ready to help someone in need. Whatever the need in the community, they try to help, if possible.

About eight years ago I was asked to speak at a Dorcas Federation meeting at the Gladstone campground to tell of the work of the Toy and Joy Makers workers. We provide toys for children of needy families in Multnomah County and gifts for those in nursing homes outside of the city limits and east within the county.

The Beaverton ladies wanted to help, even though they are completely out of our territory. This year the ladies made 67 wheelchair covers, 66 pairs of bed-socks, 62 shawls, 64 caps for children,



and 44 hat and scarf sets. Most of the work was done in their homes. They furnish the yarn and the backing for the wheelchair covers.

Many of those helped in our district would say, I'm sure, that these dear ladies are "saints." I'm proud of the Beaverton Dorcas Society.

Last year we took care of more than 3,000 children and 750 in the nursing homes. Without the help of these dedicated workers, our work would have been much harder.

Battalion Chief Elmer Patterson  
Chairman, District 10  
Toy and Joy Makers  
(A project of firemen)  
Portland, Ore.

## Two Men Added to Cottage Grove Church by Baptism

Two men became members of the Cottage Grove Church recently following baptism in the Coast Fork of the Willamette River south of Cottage Grove.

Finley D. (Dave) King, Sr., and his wife Dee have studied with retired Pastor N. R. (Rudy) Johnson for several years. Mrs. King had become a member some time before.

Dave and Roylee Marlow went forward in the scheduled baptism in spite of pouring rain as the first segment of the Thousand Days of Reaping. Pastor John Littlefield performed the ceremony.

Other candidates are studying in preparation for baptism at a later date. Baptized earlier were Lucile Peart and her daughter, Lynette Schenkel, members of Johnson's Bible study class. At the same time, Littlefield baptized Patricia Gresser, a sister of Cottage Grove Church member Robin Kephart.



Finley D. King, Sr., front left, is flanked by Roylee Marlow, as Cottage Grove Church Pastor John Littlefield, right, prepares to baptize them in the Willamette River on a rainy Sabbath afternoon.

A number of the new members at Cottage Grove in recent months became interested in the church through the various outreach efforts such as Five-Day Plans, stress clinics and nutrition classes.

Edith Hayden  
Communication Secretary

## UPPER COLUMBIA

### WWVA Class Officers Elected

The junior and senior classes have been organized at Walla Walla Valley Academy. Officers of the senior class include the following:

President, Jay Settlemier; vice president, Ken Busby; secretary, Ingrid Fackenthall; treasurer, Pam Garver; chaplain, Elaine Blake; public relations, Cheryl Helein; sergeant at arms, Charon Ricks; music coordinator, Doug Simcock; parliamentarian, Janelle Westerbeek.

Junior class officers include: president, Joey Young, vice president, Charlie Arias; secretary, Renee Shearer; treasurer, Lisa Jervey; chaplain, Jaime Rodriguez; public relations, Shelly Paulson; sergeant at arms, Rodney Hubbard.

Carolyn Czeratski

### Coeur d'Alene Ladies Take Part in 12-Week Course

Since 1977, more than 80,000 people have used the materials of 3-D. This adventure into Diet, Discipline and Discipleship (3-D) is a 12-week trek out of the wilderness of self. The two leaders are themselves members of the group, receiving help and caring from the other members. Such a small group has been formed in the Coeur d'Alene Church.

Meeting once a week, recitation of memory verses, weekly menu preparation and recording of foods eaten are some of the helpful disciplines involved. With the Bible study and daily devotional booklet, the group member has many sources of inspiration and strength to overcome temptation. Sharing and group prayer are a part of every meeting.

The group from the Coeur d'Alene Church has opted to use materials from this national group to become more obedient Christians. Many women, though not noticeably overweight, are victims of food compulsions and fixations. Food becomes their primary thought, crowding out their Christian growth, ministries and families.

Only by using a well-rounded approach can a person truly be healed from obesity or food fixation, and it is this approach that is used by the 3-D materials. The group in the Coeur d'Alene Church is made up of church members, but this would make an effective outreach as well.

Denise Cooper, Assistant  
Communication Secretary

### Pre-Pathfinder News

The Little Leaders Pre-Pathfinder Club in the Walla Walla City Church participated with their older counterparts on the recent Pathfinder Sabbath. They are under the direction of Cheryl Saranto.

In addition to field trips and other activities, they also make crafts which are given away. They have made flower arrangements and scrapbooks which they give to patients in nursing homes and hospitals.

Beulah Griffith  
Assistant Leader



BAPTISM IN YAKIMA. Twenty Spanish-speaking members were added to the Yakima Hispanic Company during 1982. Shown above are the latest candidates: Reyna and Jose Luis Vargas (second and third from left) and young Vicente Garcia (next to end). Pastor Sergio Perelli stands in back of the group near the center. Also shown are lay persons who played a special part in the spiritual lives of the three newly baptized members.





**OMAK PATHFINDER CAMPOUT.** Recently the Omak Pathfinder Club went on a campout at Salmon Meadows for four days. While there they hiked up to Tiffany Ridge and did some tracking.

Mrs. Ralph Miller, grandmother of one of the Pathfinders, Jim Webster, did the cooking for the group, assisted by Mrs. Nellie Hanson, Mrs. Dave Michels, and Mrs. Randy Barlow.

Joyce Barlow



**WHEELING FOR WWVA.** Phillip Bishop, left, joins a fellow student to roll up 36 miles in Walla Walla Valley Academy's second annual 24-hour Relay Run. The race began at 1:30 p.m. Wednesday and ended at 1:30 p.m. Thursday. Bishop, confined to a wheelchair, entered the run as a solo one-man team.

Other students ran in teams of six to 10, with each team member putting in one mile before being relieved by the next team member. If a person missed his turn, he was eliminated from the team and further running. Eight student teams and one faculty team participated this year. Juniors came in first, setting a new record total of 201 miles. The previous record was 200 miles. The second junior team ran 131 miles. Sophomores came in second, running 181 and 145 miles. Freshmen were third, at 158 and 136; and seniors totaled 155 and 91 on their two teams.

The teachers' team, mostly walking the distance, covered 113 miles. Jerry Smith, organizer of the run, put in 53 miles, he said, doing 50 miles in the first nine hours before collapsing. The grand total for all teams was 1,400 miles run in 5,600 laps around the ¼-mile track. Smith said it will be a few weeks before they know how much money was collected from pledges.

Last year, five teams earned \$1,300. Sponsored by area residents, the race's earnings will go toward microcomputers for teaching programming and business courses at WWVA.



**TREATS FOR HOLIDAY BASKETS.** It's a grandstand seat by the kitchen cupboard for one little tad, Brent Hull, who eagerly shared food basket stuffers with the youth who went out Treat Instead of Tricking at Brewster. Sabbath school juniors Michelle Stout and Chip Smith helped in the roundup sponsored by junior department leader Barry Beerman. The boys and girls will have a hand in making up as well as delivering holiday baskets, says Community Services leader Charlene Knoop.

## Students Conduct Classes On Backpacking Trip

Eleven students from grades 5-8 of Grandview Junior Academy, along with four adults, spent four days this fall on an 11-mile backpacking trip, hiking from White Pass across to Chinook Pass.

Each student had a syllabus for their classwork each day. Before leaving for the trip they were divided into groups of two to three and each group planned their meals and purchased and carried the food. Some groups cooked over a fire — others took small stoves.

They had to keep track of daily mileage by miles, yards, feet and inches. They had other exercises to do such as measuring 15 different trees, drawing pictures of each day depicting events of that day, etc. They also completed two honors for Pathfinders, *Fire Building and Camp Cookery* and *Campcraft and Pioneering*.

The first day was a hike of four miles downhill. It was a muscle-sore, tired group that set up camp by a bubbling mountain stream. It was the second backpacking trip for most of the group; however, four had never experienced this type of outdoor life.

The second day the rested group left the campsite early, arriving at the next camp at 2 p.m. They spent the warm afternoon playing in the cold stream. The third day found the group hiking in a drizzling rain, but as children are active by nature, they set up camp around noon, ate lunch and were ready to leave for a nature hike up a steep mountain with their teacher Richard Wilson. On the hike, the group had the thrill of seeing three mountain goats. That night was extremely cold and we found out why in the morning — there was snow





**Backpackers:** (kneeling) Marty Mathison, Kristi Bowlsby, Max Leidig, Kristen Finlayson; (standing) teacher Richard Wilson, Ruthann Lamberton, Loretta Garza, Rick Randall, Hope Hill, Robert Dunham, Mike Wister; (back row) Darrell Lamberton, Chad Nelson, Dean Hall; (taking picture) Ann Lamberton.

on the ridges above camp.

It was a tired, grubby group that finally reached the road where the ride was to meet them. However, due to misunderstanding directions, the ride didn't show. After waiting an hour, Richard Wilson and Darrell Lamberton began hiking the seven miles to the cars. They were picked up by a logger, rode on a road grader, and finally they were taken to the cars by a family out to get firewood.

Even though the group was exhausted, they agreed that they had a wonderful time and enjoyed the beautiful scenery God has provided in His lesson book of nature.

Ann Lamberton  
Communication Secretary

## Evangelistic Meetings

**Omak Adventist Church**  
**Beginning Friday, Jan. 28**  
**7 p.m.**

Voice of Prophecy Crusade associate Dick Rentfro will speak on "The Current Crisis and the Outcome According to Bible Prophecy."



The Impacts from the Tri-Cities will be featured on the opening night and on Jan. 29.

Send names of interests to Pastor Randy Barlow, Route 1, Box 58, Omak, WA 98841.

## WASHINGTON

### "Hello, Saudi Arabia Calling"

When the long-distance operator announced a call from Saudi Arabia, Pastor Wolcott was naturally surprised. Who could be calling him from there? His surprise was increased when he heard the next voice — "Pastor Wolcott, this is Dottie."

His mind quickly went back to a few weeks previous when he had been chaplain at the Live-In Retreat conducted by the Washington Conference. Dottie had attended and was not only proud that she was no longer a smoker, but also had stated that during that week she had felt extremely close to the Lord. She had even said "I was so mad at myself for starting to smoke again, but now I know the Lord wanted me to smoke so I could come here and meet all of you!"

After the retreat, Pastor Wolcott and his wife had continued to keep in touch with Dottie. She had expressed an interest in attending the Seventh-day Adventist church near her home on Whidbey Island, and Pastor Wolcott had given her the name of a local church member to contact. Dottie had also said when her husband returned from Saudi Arabia they would come spend a weekend in Bremerton with the Wolcotts.

But now Dottie was in Saudi Arabia. When she had arrived there to join her husband she had found some stressful situations and had a desire to smoke. So what does one do at such a time? She phones those who have helped her, to seek encouragement — even if that pastor happens to be half-way around the world.

Louise Wolcott and her husband Andy live in Bremerton where they work as a pastoral team.



## Cypress School Conducts Fourth Annual Field School

Cypress Adventist School's fourth annual junior high outdoor field school was held at Moran State Park Environmental Learning Center, Orcas Island, Wash. Five teachers and five volunteers supervised and taught students in grades 7-10.

Each year the outdoor field school has served to set the tone for Cypress'

school year and to broaden the educational experience. It gives students and teachers an opportunity to work and play together, getting acquainted in a way impossible in the regular school environment. At Moran State Park teachers and students shared lodgings, meal preparation, free time and fun, as

Plant life from a pond is the subject of study for one student at the Cypress annual field school.



## Tacoma South Side Puts Emphasis on Witnessing

The fall season is a busy time of year at the Tacoma South Side Church. Spiritual nurture along with aggressive outreach is under way. The church officers gathered for a weekend of spiritual feasting, prayer, fellowship and planning at Sunset Lake Youth Camp in mid-October. United in purpose and goal, the officers are committed to making the next 12 months a time when God can accomplish great victories and advancement.

Jim and Elizabeth Miller, Personal Ministries directors, are committed to keep 20 Lay Bible Ministers involved in giving Bible studies in the community. Dr. Bryson Ahlers, Health Education director, and his assistants have mapped out a strategy. They plan to reach the community through stop-smoking clinics, a nutrition-cooking class, and stress control class involving many church members as program counselors. These counselors will become personally acquainted with the participants in the health programs.

Pastor Smith desires to effectively bridge across from the health programs to the spiritual. With this in mind, he plans to conduct a series entitled *Five Steps to Know God* immediately following the stress classes. These classes will help participants find Christ.

Spiritual nurture is a high priority at South Side also. The local elders are developing an effective parish shepherding program. Their aim will be to strengthen the bond of fellowship and the spiritual health of each member. The plan was launched Sabbath, Oct. 2, when the worship service closed with each elder's meeting with the members of his

parish for a time of special prayer.

Families and children are also high on the list of South Side's priorities. Every Wednesday night, Pastor Smith conducts a Parenting Seminar in conjunction with a Neighborhood Bible Club, under the leadership of Laura Henry.

Strengthening the church family within, and reaching out for God's children in the community is the two-prong thrust of South Side's autumn activity.

Roberta Sharley  
Communication Secretary

### Witnessing Sabbath

For the past two years, South Side Church has enjoyed what we call "Witnessing Sabbath" approximately every other month. As pastor, I have found it to be an effective means of communication. The entire congregation becomes acquainted with the various church activities. The less active members are encouraged to become more involved.

On "Witnessing Sabbath" the service is the same as usual except for the sermon. I speak for only five or 10 minutes. Then I invite pre-selected members to come to the pulpit to share their soul-winning activities with the congregation. Our



Dennis Smith

philosophy is "not to have everyone do the same thing, but to have everyone do something" for the Lord. Thus the participants range from those giving Bible studies to those involved with community services, health education programs, membership visitation, Pathfinders, letter-writing, etc.

We have found that this emphasis gives the entire congregation a positive feeling about the soul-winning activities of our church. Also, as members see their friends becoming happily and enthusiastically involved in soul-winning, they are encouraged to become more involved themselves. I personally feel that the majority of our church members really want to do more for the Lord. Our "Witnessing Sabbath" is just the spark needed to motivate them to greater endeavors. Following every "Witnessing Sabbath," one or more individuals have personally contacted me or our Personal Ministries director, wanting to become more active.

One activity we always include is our Lay Bible Minister Program. I believe it is the very heart of our soul-winning efforts, and as such it should have a high profile in the church.

"Witnessing Sabbath" has been a real blessing to Tacoma South Side Church. I would highly recommend every church to try it, even if only one or two people are involved. You will be surprised what God can do through one or two consecrated Christians' sharing their faith and enthusiasm in a "Witnessing Sabbath" setting.

Dennis Smith  
Pastor



well as special classes.

The curriculum challenged both teachers and students. It demonstrated a careful attention to the blending of nature study and spiritual values.

Each day Perrie Cobb took a different class on a three-mile hike up Mt. Constitution. The hikes were filled with nature instruction and included time for individual meditation. Afterwards the students wrote their thoughts.

Fibonacci's Sequence, a naturally occurring mathematical phenomenon, formed the basis for Ron Busby's mathematics class. After studying this mathematical concept, the students went out to search for examples in nature, proof that God is also a mathematical entity.

Under the guidance of Ron Busby and Larry Bullock, students studied orienteering, learning to read topographical maps and to use compasses.

Tom Emery taught combined English and Bible, as well as survival. As part of the survival training, students build primitive shelters, and then had the choice of being in or out of their shelter while it was evaluated with the aid of a full bucket of water dumped over each roof.

Mrs. Cobb also taught pond study. The students used seines, nets, microscopes and all sorts of other laboratory equipment in their study of plant and animal life.

Canoeing class was taught by Ed Mangan, a volunteer supervisor. A certified water safety instructor, Mangan's expertise in water recreation was a real asset to the program.

Cypress School's outdoor field school program is the culmination of much planning and hard work on the part of the teaching staff. They have been pioneers in developing a denominational outdoor curriculum. Refined for four years, the Cypress curriculum has served as a model for a number of other schools, and the Washington Conference Department of Education used it when developing the conference curriculum. The program is financially self-supporting. The total cost of the program is paid by the students and their parents, and is not included in the school budget.

The five volunteers who assisted the teachers during the school week at Moran State Park were Hazel Mehrer, Paula Mehrer, Jeanette Mills, Marion Hohensee and Ed Mangan. These volunteers kept the kitchen running and helped in many other aspects of the program.

Pam Tait

## Startup Church Schedules Weekend Dedication

I wonder if the first Sabbathkeepers in the Skykomish Valley, in their wildest musings, ever envisioned a church and congregation of the beauty and size we now enjoy?

Their work first began in the valley in the early 1900s. There were about 10 families, and their first places of worship were in members' homes. The names of some of those early pioneers included Roesler, Schalo, Schroeder, Scheuffele, Diede, Hall, Dwyer, Miller, Schindler and Walcker. If any names have been omitted it is because the early records were destroyed in a fire.

The first church was purchased in 1921 in Startup for \$600. That structure was used until 1977.

To begin the weekend of activities for the dedication there will be a Friday evening vesper service at 6:30 on Jan. 7, 1983. Former Startup Pastor H. C. White will speak on "Personal Dedication."

On Sabbath, Jan. 8, the speaker for the morning worship service will be Richard D. Fearing, president of the North Pacific Union Conference.

For guests and the local congregation there will be a dinner at the Sky Valley Academy in Monroe after the morning service.

Following that, at 3 p.m., the Sabbath afternoon dedication ceremony will begin at the church. The speaker at this service will be Glenn Aufderhar, president of the Washington Conference.

The Startup congregation invites the community to come and share this time of happiness.

R. T. King

Communication Secretary

## Annual Leadership Session Held for Pathfinder Leaders

More than 25 Washington Conference clubs were represented in a recent Pathfinder Leadership Weekend held at Sunset Lake.

Jess Nephew, camp ranger and newly appointed camp director, who also works with Beaver and Pathfinder programs in the conference, led out in the weekend event. One hundred Pathfinder staff members attended.

Featured speakers included Norm Middag, assistant youth director from General Conference headquarters. His practical presentations featured camping, while presentations on Friday night and Sabbath morning addressed the "Keys to Successful Pathfinder Clubs" and the "Challenge of Leadership."

Nathan Merkel, Washington Conference superintendent of education, spoke on "Winning Hearts for Jesus." Loren Nelson, director of the conference Personal Ministries Department, titled his presentation "Pathfinders — the Real Objective."

Nephew spoke on "Nature at Its Best," an area in which he is a recognized expert among Pathfinder leaders.

Leaders and coordinators who spoke at the leadership seminar included Willie and Delores Edwards, Jan Lewis, Ila Zbaraschuk, Fred and Brenda Conner, John and Anita Walker and Dave Lewis.

## WALLA WALLA COLLEGE

### College Library Celebrates Bible Week with Display

A reproduction of the first Bible printed in the United States highlighted a 23-Bible display at Walla Walla College's Peterson Memorial Library during the recent National Bible Week. The 1982 National Bible Week marked the 200th anniversary of the Bible's first printing in America.

The display at Walla Walla College, says Director of Libraries Elwood Mabley, was designed "to call the campus's attention to National Bible Week." The display included a variety of foreign language Bibles, several Bibles with printing dates before 1900, and a large King James Version Bible that was handwritten in 1965 by members of the Missionary Volunteer Society of the North Pacific Union Conference.

One of the foreign Bibles, a Swedish Bible printed in 1810, was a gift to Walla Walla College from Allen and Alice Cerney. The Bible was brought to the United States by the Cerneys' ancestors in 1875.

### Rededication Service Marks 90th Anniversary of WWC

Through songs, speeches and a pictorial glance backwards, Walla Walla College students, faculty and friends from the community celebrated the school's 90th anniversary Dec. 7, exactly 90 years after classes first began. The rededication service closely resembled a dedication program held Dec. 8, 1892, and the platform participants wore 1892-style clothing.

The program included music, Scripture, addresses and prayer. College President N. Clifford Sorensen related a few anecdotes from the school's early years in his address "Ninety Years of





**SENIOR CITIZEN CHRISTMAS PARTY.** Mike Saucedo, Social Work Club social vice president, jokes with Estelle Christensen at a Christmas party at Walla Walla College's Social Work Club hosted for senior citizens. The senior citizens and students ate desserts, listened to music and readings, and played games.

Christian Education." His comments ended on a more serious note as he discussed the 10,000 graduates of the past

90 years and the graduates of the future. "Walla Walla College graduates have gone to virtually every corner of the world. They serve in every walk of life," he said. "Those who have gone before you," the president told the students in the audience, "have set a high standard. But, I have confidence that you will maintain or go above that standard."

Dr. Robert Skotheim, president of neighboring Whitman College, followed Sorensen's comments with an interpretive presentation of a speech given by Rev. Jonathan Edwards, also from Whitman College, at the 1892 dedication service.

The anniversary service ended with a slide program that portrayed Walla Walla College's progression through the years and a dedicatory prayer for the future by North Pacific Union Conference President Richard Fearing.



**PACC employee True Martin extinguishes a fire on Russ Phillips who demonstrated life-saving procedures to workers at the Portland Adventist Convalescent Center.**

the right thing to do wasn't enough. Therefore this program was formulated to provide a "hands-on" experience.

Mr. Phillips had various staff members actually put out a fire on a person lying in bed and sitting in a chair. He stressed that this is done under controlled conditions with special clothing and should not be attempted without professional training.

With Russ Phillips's guidance, the class was given the experience of being "trapped" in a smoke-filled room. In just a few seconds it was very apparent that smoke rises and the air is relatively clear near the floor.

Representatives from other institutions and the local media participated in the demonstrations. After extinguishing the flames set on the chest of a "victim" lying in bed, a newscaster from Portland's KATU-TV said she was terrified. But she was glad to have gone through with it as she now knows how to help in a real clothes fire.

This offers proof of what has been seen in actual crisis situations — that those who have attended the seminars react with skill rather than panic in real-life emergencies.

Don Klopfenstein

## GENERAL NEWS

### GLENER Cover Competition Attracts Many Photographers

Twenty Northwest photographers had slides accepted for the 1983 GLENER covers.

The winners include: Jack Ames, College Place, Wash.; Margaret Annala, Hood River, Ore.; Delma Baker, Lewiston, Idaho; George L. Beckner II, Billings, Mont.; Alan Bishop, College Place, Wash.; Carmen Botti, Hermiston, Ore.; Willard Colburn, Eugene, Ore.; Richard Duerksen, Boring, Ore.; Jan Edwards, Fromberg, Mont.

Gary J. Haynes, Gresham, Ore.; Harvey Hochstetter, Portland, Ore.; Eric Kreye, Aloha, Ore.; Gary Lackie, Anchorage, Alaska; Goral LaPorte, Milton-Freewater, Ore.; Tom and Pat Leeson, Vancouver, Wash.; Bernard

Penner, Gresham, Ore.; Dick Rentfro, Ellensburg, Wash.; Harold Storfjell, Klamath Falls, Ore.; and Harold E. Wilson, Anchorage, Alaska.

A total of 171 persons entered 1,171 slides in the competition. Each slide was studied by the judges on a light table. About 60 transparencies were then selected for more critical viewing in a projection room.

The selected slides will be previewed in a photographic workshop scheduled for the North Pacific Union Conference office on Sunday, Jan. 23 at 1:30 p.m. An announcement regarding this appears in this issue of the GLENER.

### Fire Extinguishing Methods Taught to Two Area Staffs

"Help! My clothes are on fire!"

If you heard those words would you know what to do? The staffs of Portland Adventist Convalescent Center and Tillamook County General Hospital recently had an opportunity to learn these life-saving procedures in a seminar designed to teach skilled reactions to critical fire emergencies.

Similar seminars are being conducted in the US and Canada at more than 150 institutions, including hospitals, dormitories, hotels and nursing homes by Phillips & Associates of Rochester, N.Y.

Company spokesman and instructor Russ Phillips says that after investigating life-loss case histories, he and his associates learned that even knowing



Some of the judges pose with the boxes of slides that were submitted for GLENER covers. From the left are Ed Schwisow, Communications Department assistant; Genevieve Gyes, Communication office secretary; and Eugene Lambert, North Pacific Union Conference Data Processing director.

### Seminary Announces Tuition And Admission Changes

Several changes have taken place in the last few months at the Seventh-day Adventist Theological Seminary at Andrews University, Berrien Springs, Mich. The Seminary is attended by students who have already completed a baccalaureate degree. It offers programs leading to the master of divinity, the master of theology, the doctor of



ministry and the doctor of philosophy in religion (or doctor of theology) degrees.

Out of 388 students registered this year, more than 300 are in the master of divinity (M.Div.) program. This is the basic Seminary program intended to prepare ministers for the Adventist Church in North America. The recent changes in admission and tuition apply exclusively to the master of divinity program.

Students who want to enter the M.Div. program *must apply before Feb. 28*. Acceptances will be sent out no later than April 15. Application materials can be obtained by writing to the office of admissions, Andrews University, Berrien Springs, MI 49104 (or calling, toll free, 1-800-253-2874, 1-800-632-2248 in Michigan).

Classes for first-year students will begin in September with the fall quarter. However, students who have a bachelor's degree but who have not taken all the required pre-Seminary courses must attend the summer quarter in order to clear their deficiencies before they can register for the M.Div. program in September. (Students cannot begin their M.Div. program in the winter or spring quarters.) Information on pre-Seminary requirements can also be obtained from the office of admissions. The general GPA required for Seminary admission is 2.50.

A recent decision of the General Conference changes the cost of tuition for M.Div. students. Instead of paying \$1,545 per quarter in tuition for a full load of 15 credits, the student pays only a quarterly registration fee of \$275. Each M.Div. student pays the same, whether

the course load per quarter is 1 or 15 credits. The only limitation is that all credits have to be taken in the Seminary in the master of divinity program.

Spouses of regular Seminary students (including doctoral students) who qualify academically will have the opportunity, beginning with the winter quarter of 1983, of taking up to nine hours of Seminary credit per quarter paying the nominal fee of only \$15 per credit. Besides, all spouses of seminarians are encouraged to audit one class per quarter, at no cost. The only limitation in both instances is the availability of space in the classroom.

### Training Program to Give Military Service Facts

Since the appeal of military service with its benefits attracts many young people, Seventh-day Adventist youth should be aware of all that is involved. To help church members to become aware, the National Service Organization (NSO) has introduced The Conscience Project. This project includes a training program for draft-age youth that will be available soon in each local conference.

One phase of this training is an NSO computer game called "Pick and Choose," featuring a two-track system. First, a student can follow an intriguing computerized military draft scenario, and by punching the "help" button, find available options for possible problems. Or the user can use the data and get from the computer specific Selective Service information which has been previously programmed and indexed.

The "Pick and Choose" program will be supplied to all requesting academies and colleges having TRS-80-I or III, or Apple-II computers. The latest draft information will then be available to all schools having such equipment.

A new series of NSO leaflets is also being developed. These two-color leaflets, featuring new graphics and format, are targeted to reach draft-age youth. The three completed leaflet titles are: "What Can I Expect If I Join?," "What If Uncle Sam Orders Me to Work on the Sabbath?," "What an Adventist Should Know About the Military."

For further information about military service, contact your local conference youth director.

### TV Host and Five-Day Plan Booster Dies in Portland

Frank D. Bonnema, 49, died in Portland Oct. 5. The popular television personality was best known in the Pacific Northwest in his role as announcer for Saturday night wrestling matches. But a host of viewers knew him as the host on "live" telecasts of the stop-smoking programs which, for five years, featured a smoking cessation team from Portland Adventist Medical Center.

Harold O. Burden, director of health education at the hospital, conducted services for his close friend, at the request of Bonnema's wife Anita. Frank and Anita together graduated from a Five-Day Plan to Stop Smoking conducted at the hospital in 1976.

Bonnema conceived the project of carrying the program to viewers on Portland's educational TV channel, Station KOAP-TV, which made it available to other stations in Oregon and southwest Washington.

The friendship that began with the Bonnemas' participation in the hospital's Five-Day Plan deepened through the years as the two worked together on the telecasts.

In the five years (1976-1980), the telecasts provided 40 hours of prime-time

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Frank D. Bonnema



viewing. There were hundreds of participants in the viewing audience who followed the program with the select groups of participants in the studio.

Bonnema never let an opportunity to praise the Five-Day Plan pass. On the stop-smoking telecasts he fielded many of the questions telephoned in by viewers, and many times during his announcing of sports programs he spoke out with strong endorsements of the Five-Day Plan.

## Worthington Foods Sold To Adventist Businessmen

On Oct. 15, Worthington Foods in Worthington, Ohio, became an independent company once more. The new owner is Worthington Foods, Inc., a corporation supported by a group of Seventh-day Adventist business and professional persons. The business was purchased from Miles Laboratories with whom Worthington Foods has been associated for the past 12 years.

With the acquisition, Worthington Foods, Inc., once again dedicates itself

to the philosophy and policies under which it operated for some 30 years between 1940 and 1970. Application for membership in the church-affiliated ASI, of which Worthington Foods was at one time a charter member, will be made immediately.

Officers of the company are: James L. Hagle, chairman and treasurer; Allan R. Buller, president; and George T. Harding Jr., M.D., vice president and secretary. It is the purpose of the company and its management to serve Adventist consumers and institutions in the most effective manner possible. This includes providing foods which meet SDA dietary standards and the needs of a health-minded general public. The company intends to offer superior products and good service along with employment and investment opportunities for church members.

At the present time, there are approximately 20 Adventist business and professional persons who are shareholders in the new corporation. It is anticipated that others will be joining the group in the months ahead.

## Portland Adventist Academy ALUMNI SABBATH Feb. 26, 1983

Featuring: Speaker, Lewis Walton  
Sabbath School (divisions for younger children) and Church  
Potluck Lunch  
Group Meetings by Classes  
4 p.m. meeting by Lewis Walton (public invited), followed by Alumni business meeting  
Benefit Supper  
Benefit film, 7:30 p.m. *Chariots of Fire* (public invited)  
For additional information, contact Dave and Melinda Janke, 760-6136.

a.m., in the Eugene, Ore., Church. Anyone who participated in years past, those who wish to ride in the future or just want to see what happens on these trips are also invited to come and see films of last year's ride.

Trail boss Ray Erwin says he will outline plans for the 1983 ride which will go to the Mount Jefferson high country. Trips are scheduled for Aug. 7 to 14, and Aug. 14 to 21.

A potluck dinner will follow the meeting.

# ANNOUNCEMENTS

## Cave Junction, Ore., Dedication

The Cave Junction, Ore., Church will have its dedication services Sabbath, Jan. 8, 1983. Former pastors, members and friends are invited to attend. A fellowship dinner will follow the Sabbath services. A Friday evening vespers will also be held.

## Mt. Tabor Health Seminar

Staff from the Total Health Foundation of Yakima, Wash., will present a health seminar on Sabbath, Jan. 29, at the Mt. Tabor Church, 1001 SE 60th, Portland, Ore. Meetings will be held at 9:20 and 11 a.m., and again at 2:30 p.m.

Topics will include: "What's Really Happening at Total Health Foundation" — in slide presentation, "Dry as the Hills," and "The Quadraclinic," covering such topics as nutrition, hydrotherapy, stress management, toxic input and spiritual concepts of health.

Everyone is welcome.

## Evangelism in Glide, Ore.

Friday night, Jan. 14, at 7 p.m. the Walter-Paulson evangelistic team will join Pastor Steve Rott and the Glide Church members in presenting Bible prophecies and the plan of salvation to the people in the community.

Meetings will continue each Friday, Saturday, Sunday, Monday and Tuesday at 7 p.m. Special features will include: the best in gospel music, 16mm color film, Bible-in-the-hand, gift for each family, nursery for child-care services, the Scripture presented

with clarity and accuracy, and black light artistry.

Names and addresses of those you wish visited should be sent to Pastor Steve Rott, PO Box 435, Winchester, OR 97495.

## Horse Pack Trip Reunion

A reunion of riders who participated in the 1982 Horse Pack Trips sponsored by the Oregon Conference Youth Department will be held Sunday, March 6, beginning at 10

## TVJA Library Open House

Ribbon cutting for the new library and an open house will be held Tuesday, Feb. 8, at Tualatin Valley Junior Academy, Beaverton, Ore. Open house will begin at 7 p.m. and ribbon cutting ceremony will be at 7:30 p.m. Refreshments will be served.

## Addresses Needed

Addresses are needed for the following individuals: Harold Amarosa, Helen Dow, Dorothy Monteith and Vicki Rodgers. Send information to Church Secretary, Coeur d'Alene Seventh-day Adventist Church, 111 Locust Ave., Coeur d'Alene, ID 83814.

## PHOTOGRAPHIC WORKSHOP

North Pacific Union Office  
Sunday, Jan. 23  
1:30 p.m.

- \* Kodak Program, "The Beginnings of Photo Composition."
- \* Kodak Program, "Photographing People."
- \* Preview and Critique of 1983 GLEANER covers purchased in recent competition.

Everyone welcome, no charge.



## Special Session Oregon Conference

Notice is hereby given that a special constituency meeting of the Oregon Conference of Seventh-day Adventists will be held at South Eugene High School Auditorium, 400 E. 19th Avenue, Eugene, Ore., Jan. 30, 1983, at 9:30 a.m.

This Session is called for the purpose of hearing reports and recommendations with discussion to follow regarding boarding academies in the Oregon Conference, the possible sale of the Gladstone camp meeting site and the possible development of a new camp meeting site outside the Portland metro area. Each organized church in the Conference is entitled to one delegate and an additional four hundred (400) delegates shall be apportioned among the churches of the Conference prorated on the basis of the membership report at the close of the third quarter of the preceding year (Sept. 30, 1982).

E. C. Beck, President  
John Todorovich, Secretary

**PLEASE NOTE:** This special meeting is called in addition to the regular conference constituency meeting which shall be called May 22, 1983, and should not be confused therewith.

## Marriage Commitment Seminar

Learn how to work with families in your area while at the same time enriching your own marriage. Come and enjoy a weekend of couple communication, building relationship skills, and spiritual growth. Join John and Millie Youngberg in their Marriage Commitment Seminar on Jan. 21-23 at Andrews University. Leadership instruction will also be given all day Jan. 24. Lay people are especially encouraged to attend these seminars and find joy in couple ministry. A fee is charged.

Graduate/undergraduate credit is available. For more information, contact Life Long Learning, Andrews University, Berrien Springs, MI 49104, (616) 471-3286.

## Academy Program at Kirkland Church

The Auburn Adventist Academy presents The Band, Wind Ensemble, Choir, Sylvan and the Gymnastics Team at Kirkland Adventist school on Jan. 22, at 7:30 p.m.

The Choir and Sylvan are under the direction of Dixie Ritchie. The Concert Band and Wind Ensemble are under the direction of Bruce Wilson. The Gymnastic Team is under the direction of David Priest. All are invited to share this time of talent and inspiration with us.



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## Brookside Academy Alumni

We are looking for all former students and teachers who attended or taught at Brookside Academy in East Taunton, Mass. We are planning a reunion in the near future. Please send your name and address to Mrs. Ruth (Pacheco) Conant, 114 Middleboro Ave., E Taunton, MA 02718 or Winifred (Pacheco) LaMountain, 79 Liberty St., E Taunton, MA 02718.

## UCA Winter Band Concert

The Upper Columbia Academy music department will present a Winter Band Concert on Saturday night, Jan. 22, 7:30 p.m. in the academy gymnasium.

The 75-piece concert band directed by Jerry Lange will play "Overture for Winds" by Elliot A. Delorgo; "Avantia" by David Shasser and "On Parade March" by John Philip Sousa. Ensembles featured will be flutes, brass choir, saxophones and brass quintet.

A freewill offering will be taken to help purchase needed instrumental equipment.

## Singles Ministries Ski Trip

Enjoy skiing at Whistler Mountain in British Columbia Feb. 27-March 2 and stay at the Fitzsimmons Creek Condos in Whistler Village at the foot of the chairlift. Deposit required by Jan. 20. For more information call Udell Eby, (206) 453-4413 days; or 643-6144 evenings.

## Treasure Valley Alumni Potluck

The Treasure Valley (Boise, Idaho) chapter of Walla Walla College alumni will be having a potluck luncheon and program at 1 p.m. on Sabbath, Jan. 8, 1983, at the Boise Central SDA Church, 4215 Irving. All former students, parents and friends of WWC are invited to attend. For further information call Mrs. DeLona Bell (208) 343-4104.

## Film Showing

The film *Joni*, a powerful story of love and courage, will be shown at the Walla Walla Valley Academy Auditorium on Saturday night, Jan. 29. Two showings at 6:30 and 8:45 p.m. Sponsored by WWVA and Rogers Elementary School. Admission is charged.

## Marriage Seminar Scheduled

A Compleat Marriage Seminar directed by Harry and Nancy Van Pelt will begin Thursday, Jan. 20, at the Orchards Adventist Church, 6415 NE 102nd Ave., Vancouver, Wash.

The four-day seminar is designed to help married couples achieve improvement in a variety of areas. It is also helpful for singles and couples preparing for marriage. Free baby-sitting. Nominal fee will cover expenses. Preregistration by Jan. 15. Call (206) 687-5009.

## Home Instructors' Names Needed

A list of Home Nutrition Instructors is being prepared by the General Conference. If you hold this rank, please send your name and address, the year you became an instructor, and who your trainer was. Also, they would like to know if you have a temporary

or permanent card; have you been active in your work, and would you like to continue?

Information should be sent to Adventist Health Network, Certification Office, 6830 Laurel St., NW, Washington, DC 20012.

# MILESTONES

## WASHINGTON

### Fifty Years of Marriage

A 50th wedding anniversary celebration was held for Bob and Ruth (Lane) Salter at Bothell, Wash. The dinner and surprise party were hosted by their daughter and son-in-law, Glenn and Barbara Aufderhar. The Salter family also includes a son, Gary Salter; ten grandchildren; and three great-grandchildren.

Among those honoring the couple were Marianne Wright of Vancouver, Wash.; Lu Thompson of Pueblo, Colo.; Nina Swain of Pueblo; and Merie Sunderland of Phoenix, Ariz. Personal greetings were sent from relatives in Maine, Pennsylvania, South Carolina, California and Oregon.



Bob and Ruth Salter

## UPPER COLUMBIA

### 60th Wedding Anniversary

Friends and family members gathered recently at Walla Walla, Wash., to celebrate the 60th wedding anniversary of Herman C. and Estelle M. Christensen.

Herman Christensen and Estelle Meade were married at Granger, Wash., on Sept. 5, 1922. They have resided at various places in the Northwest, but they now live in College Place, Wash. Both were born into Adventist homes and were baptized into church fellowship early in their lives. They were active church members until poor health required them to retire. Both have been school-teachers and have many other interests.

They have three sons, Myron of Scappoose, Ore.; John of Willow, Alaska; and Arthur of Clackamas, Ore.; eight grandchildren and 13 great-grandchildren.



Herman and Estelle Christensen



# WEDDINGS

Artie Blake and Esther Pryor, June 6, 1982, in Spokane, Wash., where they are making their home.

Douglas Comstock and Shirley Hale, Aug. 1, 1982, in Salem, Ore., where they are now residing.

Ruebon G. Edgerly and Debra Burkland, Nov. 7, 1982, in Lin-

coln City, Ore. The couple are residing in Elma, Wash.

Cecil Graham and Clara Ensign, Nov. 6, 1982, in Astoria, Ore. They are making their home in Madras, Ore.

Conrad Roger Gren and Barbara June Kyle, Sept. 5, 1982, in

Stevensville, Mont. They are now residing in Portland, Ore.

Stephen Lee Johnson and Barbara Lynn Johnson, Oct. 23, 1982, in Renton, Wash. They are living in Bellevue, Wash.

Roger Le Clair and Julie Pohl, Aug. 8, 1982, in Salem, Ore., where they reside.

Curtis Leker and Angela Shelly, Oct. 10, 1982, in Spokane, where they are making their home.

**Assistant Director, Clinical Dietetics Patient Care Service, Shawnee Mission Medical Center.** Requires three years' experience in clinical dietetics with master's in nutrition or dietetics. Salary commensurate with experience. Call collect, (913) 676-2579, or write 74th and Grandview, Shawnee Mission, KS 66201. (3, 17)

**Heating and Air-Conditioning Tech:** Position available at Shawnee Mission Medical Center. Must have experience in pneumatic, electric controls, air handling equipment and industrial chillers. Excellent wages and benefits. Call collect (913) 676-2579 or write 74th and Grandview, Shawnee Mission, KS 66201. (20, 3)

**Home Builders Needed:** We need competent and experienced home builders to build "Log Homes" in your area. We will supply the logs and train you in log construction. Mountain Gem Enterprises, 12303 N. Division, Spokane, WA 99218; (509) 466-5794; (509) 466-0191. (P 6, 20, 3)

## FOR SALE

**Do You Really Understand the Book of Revelation?** Read *The Revelation of Things to Come* by Ada B. Grant. Easy reading, 183 pages, traditional doctrine. \$4.95 plus \$1 postage at your Adventist Book Center, or write Box 27, Delmont, PA 15626. (6, 20, 3)

**M. P. Moller of Hagerstown, Md.,** offers fine church pipe organs at reasonable cost. Since 1875. For information contact Lanny Hochhalter, sales and service representative (503) 692-5813. (P 20, 3, 17)

**Fresh Fruit:** Texas and California citrus. Supplies to schools, churches, etc., for educational and other promotional purposes. Fruit Direct, 3165 N. Del Rey, Sanger, CA 93657, (209) 292-6245. (PA 3, 7, 7)

**For Battle Creek Thermophore,** or frames for storage sheds or greenhouses, or Soft Rock Phosphate, or the book *All in the Name of the Lord* (available at the ABC) \$97 per 100, prepaid, or Bible on tape, write to Harry Ross, Better Life Books, PO Box 1125, Tualatin, OR 97062, (503) 692-1865. (P 3, 17, 7)

**Measured Successes — Vegetarian Cookbook** with 400+ recipes for family and special meal-planning including appetizers, breads, soups, and salads, a large entree section, pies and cakes, too. Over 3,000 books sold, deluxe book of 256 pages of recipes submitted by the families who use them in their everyday cooking. Available at ABC or mail \$9.95 plus \$1.75 postage to: CookBook, Sacramento Union Academy, 5601 Winding Way, Carmichael, CA 95608. (15, 6, 20)

# CLASSIFIED ADVERTISEMENTS

**Classified Advertisement Rates:** \$9 for 30 words or less; 30 cents each extra word; 10 percent discount per insertion for three or more consecutive insertions without copy changes. Boxed Ads are \$30 per column inch, one inch being the minimum size.

Rates for advertisers residing outside of North Pacific Union Conference: \$17 for the first 30 words; 60 cents each additional word, 10 percent discount per insertion for three or more consecutive insertions without copy changes.

Ads reaching the GLEANER office less than three weeks before publication will appear in the following issue.

Classified advertising for the GLEANER is not solicited and adver-

tising appears as a service to the membership of the North Pacific Union. Advertising in the GLEANER is a privilege, not a right.

The GLEANER management reserves the right to refuse any advertisement. The rejection of any advertisement shall not be construed to constitute disapproval of the product or service involved.

First-time advertisers should include the signature of their pastor or of an authorized individual from the local conference office.

Payment in advance must accompany all advertisements with the exception of established accounts, institutions and perpetual ads.

**Wanted for Summer Months Only:** self-motivated person with management and welding experience, willing to be trained, willing to grow with young company and work long hours. Send resume, Bristol Bay Propeller, PO Box 2756, Dillingham, AK 99576. (6, 20, 3)

**You May Be Seeking Qualified Employees or Satisfying Employment.** Western Employment Services (WES) is working for you. Presently, several available employment positions include dental assistant, janitor, insurance agent, medical transcriptionist, and nursing director. WES can take the difficulty out of job hunting by carefully matching applicants to positions. Contact WES, Havstad Alumni Center, 20 SW 4th, College Place, WA 99324. (509) 525-5542. (3, 17, 7)

## AUTOMOTIVE

**Order Your '83 Model Cars Now.** We lease or sell all makes and models of cars, trucks and vans. Call Tom Wilson, Portland (503) 23-8955. (P 20, 3, 17)

**Invest in lasting diesel Mercedes-Benz or Volvo at factory delivered savings.** Explore Europe as you wish. Contact your SDA franchised dealership, Auto Martin, Ltd., PO Box 1881, Grants Pass, OR 97526, (503) 474-3360. (P 3, 17, 7)

## EMPLOYMENT

**Sales Help Wanted:** Micro-computing systems and vertical market software. Generous commissions. Car and telephone essential. Sales or computing experience helpful. Phone (503) 479-527 during business hours and ask for Glenn. (20, 3)

**Full-Time Position** available for a dependable, Christian woman to live in and care for home and partially disabled wife, eastern Oregon ranch. (503) 932-4417 evenings, or PO Box 235, Long Creek, OR 97856. (3, 17)

## Health Educator Excel In This Healthy Assignment!

Bring your health education experience to our hospital and help motivate people toward greater personal health through creative, effective community health programs. You will identify lifestyle patterns connected with current health problems, design, and then implement educational programs relating these findings to the community. You will be a professional technical resource person representing our medical center in local schools and counseling efforts. Functioning also as a member of our integrated team of health educators, you will also set long-range goals for health education development.

This challenging position requires a Masters in health education (or related field) plus at least two to five years experience in community health education (including two years in management). Excellent public speaking skills also desired.

Find out more about this career opportunity for a bright, highly motivated professional. Call the Employment Manager at (513) 298-4331 or write to:



### Kettering Medical Center

3535 Southern Boulevard  
Kettering, Ohio 45429

An Equal Opportunity Employer



**Moist Heat Battle Creek Thermophore:** Available in three sizes; standard, 13"x27", \$52.50; medium, 13"x13", \$42.50; petite, 4"x14", \$32.50. Add \$2.50 for postage and insurance. QN Health Products, Box 366, Oakland, OR 97462. (503) 459-1244.

(3, 17, 7, 21, 7, 21)

**Gulbranson President Classic II Organ** with Leslie external speaker system. Nearly new. Large enough for a medium-sized church. PO Box 231, Ryderwood, WA 98581, (206) 295-3260.

(3, 17, 7)

**Save on New Church Sign,** Southern Union design. Crated and ready for shipment/delivery. For details write or phone Elder Jim Wood, 2419 NE 104th Ave., Vancouver, WA 98664, (206) 254-9377.

(3, 17, 7)

**Notice: Pop-n-Eat® America's Newest Popping Corn!** So different it's patented! Profits dedicated to SDA Vocational Education. Great in hot-air poppers. 30 lbs., \$22.50; 12 lbs., \$10.50; 16 lbs., \$6.50. Postpaid. Add 15 percent east of Interstate 75. Pop-n-Eat, Box 1089, Moab, UT 84532. Alaska residents write Alaska Book Center for prices. Pop-n-Eat originated with the Russell James family and is an Alaska Academy of Horticultural Sciences introduction.

(3, 17, 7)

**Save Now on 1982 model Troy-Bilt tillers!** 1983 model prices have jumped, but my overstock of 1982s means savings to you! Details? (206) 887-8049. Willow Darrow, 1017 NW 289th, Ridgefield, WA 98642.

(20, 3, 17)

**Country Life Wholesale Foods** makes it possible for you to eat better for less money. Membership of \$10 per year enables you to buy grains, nuts, seeds, dried foods, pastas, olives, honey, etc., wholesale. For information or price list call Rachel Vrbeta, (509) 466-6961. Box 18523, Spokane, WA 99208.

(20, 3, 17)

**Allen Concert Organ,** full 32 pedals. Excellent church organ. Also Gulbranson organ, full pedals. Contact Jim Monroe, 7540 NW Mt. View Dr., Corvallis, OR 97330; (503) 745-5174.

(6, 20, 3)

**Parents/Grandparents of Preschoolers** — here it is, the perfect gift idea. *Growing More Like Jesus*, by Heather Guttschuss, provides 60 character-building devotionals built on Bible verses. Stories of a young brother and sister teach how to become more like Jesus. From Pacific Press. Now at your ABC US \$5.95.

(6, 20, 3)

## MISCELLANEOUS

**Wanted:** Will purchase *Great Controversy*, 1888 edition; *Empires of the Bible*, *Two Republics*, *Empires of Prophecy* by A. T. Jones. Contact: 1312 NE Hogan Dr., Gresham, OR 97030; (503) 661-7126.

(6)

**Senior Citizen:** Do you need a quality Medicare supplement or Nursing Home coverage? If you are in the state of Washington, phone (206) 653-3654 collect or write Len Pfeifle Insurance Agency, PO Box 1738, Everett, WA 98206.

(6, 20, 3, 17)

**TV Interference???** Have you ever said, "I can't get people away from their television sets?" If you have, LifeSpirit video Bible studies are for you. Make your friend's television receiver into a Bible study tool. LifeSpirit is a product of Life Video Gospel Association, PO Box 395, College Place, WA 99324; (509) 522-0784.

(P 20, 3, 17)

**Magee Aircraft.** Airplanes for sale. All makes and models including jets and prop jets. Financing available. Keith Magee, Pangborn Field, Wenatchee, WA 98801, (509) 884-7166.

(P 20, 3, 17)

**Cut College Costs** with our Computer Scholarship Matching Program. Five to 25 possible sources of financial aid will be located or your small fee refunded. Call toll free 1-800-227-1617, ext. 602.

(P 6, 3, 7)

**Video Club**—Set up a video club and help control your TV usage. Features, instructional, documentaries, wholesome entertainment, religious, etc. Family Video, 2404 N 52nd Ave., Yakima, WA 98908.

(3)

**Wanted:** An elderly SDA couple or elderly man or woman needing "love" and "care" to share quiet home in country and to join in daily activities with small family. Write: Marion Pritchard, Rt. 1, Box 366, Evans, WA 99126.

(3, 17, 7)

## REAL ESTATE

**Sun Valley Bound for Your Winter Holiday?** Sun Valley, Idaho. Church has rooms available with kitchen privileges, to accommodate groups, couples, families. Phone (208) 788-2891 for arrangements.

(20, 3, 17)

**Enjoy a Vacation at the Beach!** For rent: 3-bedroom, 2-bath condominium in Lincoln City, Ore. Good beach access, daily and weekly rates, completely equipped for cooking, sleeps eight. Contact Claudia Blair, (503) 256-1820.

(P 3, 17, 7)

**For Rent in Beaverton, Ore.:** Quiet, adult, oversized, newly decorated apartments. Owned and operated by SDA. Near bus and shopping, (503) 643-2800.

(15, 6, 20, 3)

**Hawaiian Condominium** for rent. Overlooking ocean, island of Maui. One- and two-bedroom units, fully furnished. Pools, tennis, golf, sandy beach. Write or call Nazario-Crandall Condo, 724 E. Chapel St., Santa Maria, CA 93454; (805) 925-8336 or 937-3077.

(6, 20, 3)

**House in White Salmon Area:** Great for retirement. Easy care. Level ground. 1,280 square feet of living space. Three bedrooms, fireplace, and attached two-car garage. Fenced yard, garden spot and relaxing view of Mt. Hood and Mt. Adams. \$62,500. Assumable at 11.5% with no prepayment penalties. (206) 547-0940 or (206) 687-4241.

(20, 3, 17)

**Maui, Kihei:** Condo-Car special for rent. Sleeps 4. Beautiful view, fully furnished. Mrs. Goble, 24208 SE 448th St., Enumclaw, WA 98022; (206) 825-3017.

(6, 20, 3, 17, 7, 21, 7, 21, 4, 18)

**Block to Auburn Academy:** Partially updated one story with basement home on country lot. Garden, fruit trees and greenhouse. Basement needs work. Lots of space for \$63,000. Call Gwen Howard, Realty World-C. Ralph Fleming; (206) 833-2211 or 863-3069 eves.

(6, 20, 3)

**For Sale:** In beautiful southern Oregon, 1.92 acre estate. 5-room house, large 2-car garage, woodshed/storage building. Year-round creek through property. 7½-gallon-per-minute well. Heat with either wood or oil. Fenced garden area, new asparagus bed. .3 mile to I-5. Call (503) 866-2661 or write: Ernest S. Peck, 1179 No. Frontage Rd., Wolf Creek, OR 97497.

(6, 20, 3)

**College Place Specials:** Now is the time to buy — Mobile homes, homes, lots, little farms. 1 Br. house plus small apt., \$49,000; 5 br., 2 fireplaces, full basement, \$62,000; New 3 br., 2 bath, full basement, \$76,000; 4 br., wood stove, hot tub, 3 acres, \$87,500; 2 br. duplex, 1 yr. old, rent, \$375; \$89,500; 4 br., 2 bath, view, full basement, \$98,000; 5 br., 3 bath, 2¼ acres, \$155,000. Jefferis Agency, Inc., (509) 525-7180, ask for Helen Lake. After hours: (509) 525-3624.

(6, 20, 3)

**Sandy, Ore.:** Nice three-bedroom ranch home for sale. Located near church and church school. Wood and electric heat, well insulated; nice garden. \$56,500 with 9½ percent assumable loan. (503) 668-5488.

(3)

**Want to Buy** small irrigated farm in western Oregon. Prefer Willamette Valley. Will sell or trade three-bedroom Coos Bay home on approximately two acres. Write 339 Isthmus Heights, Coos Bay, OR 97420.

(3, 17, 7)

**Kona Coast, Hawaii:** For rent, condo, completely furnished W/D. Beautiful view. Five minutes to Kailua. \$200 per week. Evelyn Walcker, (206) 793-0291.

(3, 17, 7)

**Low Rent,** one-bedroom nice mobile, country property, secluded, close to small church that needs you. Work with us in nutrition and Bible classes. Box 20, Windy Creek Rd., Glendale, Ore., (503) 832-2803.

(3, 17, 7)

**Beautiful View of Columbia River:** Five bedroom, three bath, colonial two-story, 2,733 sq. ft., inground pool, 104'x140' cedar-fence yard, large two-car garage. Built 1979. Pasco, Wash., (509) 547-2959.

(3, 17, 7)

**Quiet Rural Five Acres:** Mostly cleared, fir trees, young orchard, seasonal creek. Approximately nine miles east of Orchards, Wash., and Hwy. 1-205. Easy access to Portland Adventist Hospital. Approved for septic tank installation. \$37,000 cash, \$39,000 terms. Contact: Walker, Rt. 1, Box 213, #48, Baker, OR 97814.

(3, 17, 7)

**For Sale: Branch Book and Bible House.** Escondido, Calif. Yearly gross sales \$65,000. Serves 1 churches, northern San Diego, shopping center/post office. (619) 745-5225 or 749-3297. Write 1643 Valley Parkway, Escondido, CA 92027.

(3)

## SERVICES

**March Opening for Couple.** Two ladies in LPN home. Private bath 24-hour care. Must be congenial and cooperative. Rates very reasonable. A. Manley, 2402 - 11th St., Tillamook, OR 97141.

(3)

**General Contractor:** Save money on construction costs with small Adventist builder. Commercial, residential, remodeling. Nyseth Construction. Doug Nyseth, owner. (503) 668-9237.

(P 3, 17, 7)

**Adventist Hearing Specialist** offers free hearing evaluations to southern Oregon residents. State licensed and bonded. If you want to hear better, call: Penny Mehtarian in Grants Pass, Ore., (503) 476-1537 or 1-800-452-3750.

(6, 20, 3)

**Dr. R. Newman, LPT, DC,** pleased to announce a new and unique service providing licensed physical therapy and chiropractic care. Both services now available at 8750 S.E. Sunnyside Rd. Clackamas, Ore., (503) 659-9972.

(P 6, 20, 3)

**Adventist Orthodontist** offers SMILEMOBILE® orthodont treatment at Walla Walla and College Place schools year round. For information or appointment call Dr. Rolland Woofert, 2640 1st Bruneau Pl., Kennewick, WA 99336, (509) 783-6128. Toll free 1-800-572-1304.

(P 3, 17, 7)

**Fashion Eyewear, Contact Lenses** For the greatest selection and the best service ask for your prescription and take it to Blue Mountain Vision, 5 South First, Walla Walla, Wash., (509) 529-1153.

(P 3, 17, 7)

**Forest Glen Senior Residence** Canyonville, OR 97417 or call (503) 839-4266. Private apartments, meals, vegetarian available, maid service, utilities, etc. all included. Beautiful scenery at complete living.

(P 20, 3, 17)



**Adventist Funeral Director** serving greater Seattle area. Pre-Need and At-Need counseling provided without charge. Reduced rates for all Adventist families using our facilities or the Adventist church for service. L. C. Bromgard, Johnson & Sons' Cummings Chapel, 8760 Greenwood Ave., North, Seattle, WA 98103. Office: (206) 782-3642; Res.: (206) 778-0863. (6, 20, 3)

**Old-fashioned Battle Creek Therapy Treatments**, hydrotherapy massage, steam baths, poultice wraps. We teach you how to enjoy a more complete health program. "European-trained," licensed corrective therapist. C. E. Miller, 9224 S.E. Foster Rd., Portland, OR 97266. Hours 8-6, Sunday-Thursday. Call (503) 771-3333. (P 6, 20, 3)

**Organ Repairs:** Repairs on all types of electronic organs and electronic musical instruments, including public address systems. 30 years' experience. All work guaranteed. Service within 100-mile radius of Walla Walla. J & F Electro-Tek., (503) 276-6621 or (503) 276-0653. (P 3, 17, 7)

**Dr. Martin P. Lavell, RN, ND,** a Naturopathic physician, is pleased to announce the opening of his Naturopathic medical office providing services in family practice. This service is now available at 15938 SE Division, Portland, OR 97236; (503) 760-5603. (3, 17, 7)

**Room for Elderly Person** in family environment, beautiful country setting, Portland area, total care. Includes special diets, attention to individual needs. Gardening, crafts, activities. Licensed RN and physician nearby. (503) 663-6206. (P 20, 3, 17)

**Arenas, Barns, Garages,** all pole buildings and repairs. Free estimate. Excellent references. Fast friendly service. Licensed, bonded, insured. Ron Miner Construction, (503) 667-0484. (P 3, 17, 7)

**Discount Prices on Carpet, Vinyl, Countertops and Tile.** We deal on a direct basis with major mills to give you the best available discount. Labor upon request. Magic Touch Interiors, (503) 256-3013. (P 6, 20, 3)

**Adventist Attorney in Tacoma** available to help you. Barton Lowell Jones, Attorney at Law, 3739 Tacoma Ave., So., Tacoma, WA 98408, (206) 474-9571. (P 6, 20, 3)

**Christian Counseling and Seminars Available.** Conciliation Counseling Associates. Dr. Lyle Cornforth, Director: 1427 SE. 182nd (Dempsey Center) Portland, Ore. (503) 760-2624. Individuals, couples, groups by appointment. Contact for regular or scheduled seminars. (P 20, 3, 17)

**Pole Barns:** Garages, shops, riding arenas, clear spans up to 100 feet. Free estimates. Doug Nyseth construction, (503) 668-9237. (P 20, 3, 17)

**Walla Walla Area Adventist Optometrist** available to serve all your vision care needs. Contact Dr. Allen A. Panasuk, Five South First, Walla Walla, WA 99362, (509) 529-1153. (P 3, 17, 7)

**Seppo's Body and Paint Service** located at 8829 SE Stark is able to handle any job, large or small. Quality repairs at reasonable costs. Come on by. You'll be pleased you did. Open 7:30-5 Monday through Friday. Closed sundown Friday through Sunday. Portland, Ore. Phone (503) 252-6759. Free insurance estimates. (PA 1, 6, 3)

**Adventist Pipe Organ Technician** is available in Oregon and southern Washington for servicing, tuning, rebuilding and additions. Associated with M. P. Moller of Hagerstown. Lanny Hochhalter, (503) 692-5813. (P 20, 3, 17)

**The Village Retirement Center** offers unusually fine fellowship, cafeteria, health plan, church and entertainment facilities, a community of single-story dwellings on 12 beautiful, landscaped acres. Send for free brochure. The Village, 4501 W Powell Blvd., Gresham, OR 97030. Phone (503) 665-3137. (3)

## PERSON TO PERSON

Advertisements for this section are accepted from North Pacific Union Conference single adults only. Each ad must be accompanied by a letter from an NPUC Adventist pastor indicating that the person is an NPUC member in good standing.

The charge for each ad is \$10 per insertion for 50 words or less, 25¢ for each additional word. Payment must accompany the ad. There is no billing.

If you wish to respond to an advertisement, the following rules apply: You must be an NPUC member in good standing and must attach a letter from your pastor indicating this. These letters are kept on file. If a person has advertised or responded to an ad in the past, it isn't necessary to send an additional pastoral letter of approval.

Put your letter to the individual in a stamped, sealed envelope and place the identification number on the outside. Put this letter in another envelope and mail it to Person to Person, GLEANER, Box 16677, Portland, OR 97216.

### #164

Male, in his 30s, 5'6", slim, quiet type, likes outdoors, walking for exercise, dedicated to the Lord, warm, affectionate and sincere, with a steady job. Looking for female of similar qualities and interests. Prefer slender 24-36 age, no dependents. Please send photo when writing. (3)

# SUNSET TABLE

## Standard Time

	Jan.	Jan.	Jan.	Jan.
	7	14	21	28
Anchorage	3:04	3:20	3:37	3:56
Fairbanks	2:11	2:32	2:55	3:20
Juneau	4:27	4:40	4:55	5:11
Ketchikan	4:35	4:46	4:59	5:14
Boise	5:25	5:33	5:41	5:51
Pocatello	5:12	5:20	5:29	5:38
Billings	4:46	4:55	5:04	5:14
Havre	4:40	4:49	4:59	5:10
Helena	4:57	5:06	5:15	5:26
Miles City	4:33	4:42	4:51	5:01
Missoula	5:04	5:13	5:23	5:33
Coos Bay	4:57	5:05	5:14	5:23
Medford	4:55	5:03	5:11	5:20
Portland	4:44	4:52	5:01	5:11
Spokane	4:15	4:24	4:34	4:45
Walla Walla	4:25	4:33	4:43	4:53
Wenatchee	4:27	4:36	4:46	4:57
Yakima	4:32	4:40	4:50	5:00
Seattle	4:35	4:44	4:54	5:04

Add one minute for each 13 miles west. Subtract one minute for each 13 miles east.

# ADVENTIST BOOK CENTERS

**Alaska**  
Country Village Mall  
700 E Benson Blvd.  
Anchorage, Alaska 99503  
(907) 277-9023

**Idaho**  
7777 Fairview  
Boise, Idaho 83704  
(208) 375-7524

**Montana**  
1425 West Main Street  
Bozeman, Montana 59715  
(406) 587-8267

**Oregon**  
13400 SE 97th Ave.  
Clackamas, OR 97015  
(503) 652-2225

**Upper Columbia**  
S 3715 Grove Road  
P.O. Box 19039  
Spokane, Washington 99219  
(509) 838-3168

**College Place Branch**  
508 S College Avenue  
P.O. Box 188  
College Place, Washington 99324  
(509) 529-0723

**Washington**  
20015 Bothell Way SE  
P.O. Box 1048  
Bothell, Washington 98011  
(206) 481-3131

**Auburn Branch**  
5000 Auburn Way S  
Auburn, Washington 98002  
(206) 833-6707  
Tuesdays and Thursdays  
12:00-6:00 p.m. only

Toll-free number for ABC orders Oregon only: 1-800-452-2452.

## NORTH PACIFIC UNION CONFERENCE DIRECTORY

10225 E. Burnside  
Mail Address: P.O. Box 16677  
Portland, OR 97216  
Phone: (503) 255-7300

President ..... Richard D. Fearing  
Secretary ..... H. J. Harris  
Treasurer ..... Duane Huey  
Assistant ..... Merle Dickman

Attorney ..... James K. Hopps  
Communication ..... Morten Juberg  
Assistant ..... Ed Schwisow  
Data Center ..... Eugene H. Lambert  
Associate ..... John Lawson  
Associate ..... Charles Smith  
Education ..... G. L. Plubell

Associate, Secondary  
Curriculum ..... V. H. Fullerton  
Associate, Elementary  
Curriculum ..... Erma Lee  
Certification  
Registrar ..... Elaine Reiswig  
Evangelist, Bilingual

..... Robert Goransson  
Home Health Education Office  
Manager ..... Ron Woodruff  
Human Relations,

Evangelist ..... E. A. White  
Ministerial, Evangelism  
Coordinator ..... William McVay  
Outreach ..... Philip Samaan  
Personal Ministries, Sabbath  
School ..... Lewis A. Shipowick  
Publishing

Home Health Education Service  
Director ..... K. D. Thomas  
Associate/Field  
Associate/HHS Treas

..... Ron Woodruff  
Religious Liberty ..... A. R. Lickey  
Associate ..... Glenn Patterson  
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Director ..... Del Sudds  
Stewardship, ASI  
Trust ..... C. F. O'Dell, Jr.  
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Health ..... Richard Duerksen

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