

PACIFIC UNION RECORDER

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Delegates Share

Personal Accounts of the World Congress

With the Pacific Union's delegation returned from General Conference, personal accounts of the 52nd world congress of the church are becoming widespread.

Adding to the *Review's* printed reports, the 84 Union representatives can describe how it feels to be in a congregation where prevailing words of the hymn or special music are not in English, where sharing bus or tram or hotel with God's other children was a foretaste of heavenly fellowship.

And they are able to tell of services in England, Scotland, Norway, Sweden, Germany and Jerusalem where they went at their own expense after the session.

Obviously these 84 will have difficulty giving the message themselves in all of the Union's 475 churches and companies.

And soon to help you know how it was, Audio-Visual Services at the Adventist Radio, Television, Film Center in Thousand Oaks, California, has put together a slide program with narration, even excerpts of the music. Now you may have a look at the costumes and hear of the customs in your own MV meeting or Sabbath school gathering—for \$24.95 plus postage. (Order from AV Services.)



Learning that Berea and Thessalonica are real places were Hawaii President Lawrence Davidson and Treasurer Mun On Chang, meeting Revel and Peter Papaionou.

Delegates able to add personal touches to this account of how it is with the family of God—including Inter America where a new church of 125 members is organized daily and South America where someone is baptized every 15 minutes (on the average)—include Sally Torres and Joanie Carle, secondary and elementary teacher representatives. Mrs. Torres is a member of the La Sierra Spanish Church and Mrs. Carle at Vallejo Drive. Vernon Winn, Pacific Union College.



Bud Joe Haycock, Navajo intern in Hawaii, had to buy a "typical" American Indian costume, though his wife, Frieda, was dressed typically Navajo. Seeing Moisés Condori in a western business suit at all times other than picture-taking sessions, one imagines he might have had to buy his dress to satisfy the "typical" image also.



Spanish Coordinator and Mrs. Eliezar Benavides met one of the four Cupertino pastors and his wife from Sicily.

was the college teacher; Harvey Voth, Monterey Bay Academy principal; and J. W. Casel, Jr., PUC president.

Representing literature evangelists was Charles Eddy of Eureka. Dorothy Womack of Fullerton was the Bible worker delegate, and Clifton Walter, Northern California evangelist. Clarence A. Miller, St. Helena Hospital administrator, was the health-care representative.

Other laymen were Olaf Blomquist, M.D., Modesto; Henry Bruner, Phoenix; David Calkins, St. Helena; Warren Danforth, Walnut Creek; Milton Fredricksen, M.D., Bonita, Calif.; W. D. French, D.D.S., Oxnard; Alfred Hampton, Pasadena; Herman Sensano, Papee-keo, Hawaii; and Van Unger, Loma Linda.

Pastor delegates were Joseph Apigian, Rolling Hills; Burton Boundey, Pomona; Antonio Cabrera, San Fernando Spanish; George Coffen, Honolulu; A. C. Cortez, Inland Spanish at Colton; George R. Ellstrom, Fresno; Merlin Foll, Lodi Fairmont;

Gary D. Gifford, Victorville; Leslie Hardinge, Glendale City; Stanley Harris, Sonora; Floyd Hilliard, Van Nuys; W. A. Hilliard, Fortuna; William Lovell, Loma Linda University;

Don L. Mulvihill, Auburn; Leslie Neal, Phoenix Central; Hideo Oshita, Los Angeles Central Japanese; Carlos Pidoux, Sacramento Spanish; James L. Pogue, St. Helena; Clayton Pritchett, San Bernardino K Street;

Walter T. Rea, Alhambra; J. J. Robertson, La Sierra; E. D. Rudley, San Francisco Philadelphian; S. S. Rutan, Hanford; Marvin Seibel, Sunnyvale; Foyd Smith, Carson City; R. K. Tilstra, Carmichael; John Todorovich, Vallejo Drive, Glendale; Ronald Torrano, Azure Hills;

H. G. Vences, Santa Maria Spanish; E. W. Voyles, Escondido; Carl B. Watts, Anaheim; and J. L. Williams, Pittsburg, Calif.

Local conference officers and departmental representatives were M. O. Chang and Elmer Schmidt, treasurers of Hawaii and Northern; Earl A. Canson, Southern associate secretary; J. B. Chrispens, Southern lay activities; E. D. Clifford, Arizona education superintendent; Clay R. Farwell, Southeastern MV; G. H. Friedrich, Central Sabbath school.

All Union conference officers and departmental directors and all local conference presidents also made the trip.

Assigned as delegates-at-large were the managers of The Voice of Prophecy, La Voz de la Esperanza, Faith for Today, It Is Written, and the Pacific Press as well as the president of Loma Linda University. Most of those institutions also had other staff members in attendance.

Navajo Bud Joe Haycock represented North American Missions.



H. M. S. Richards was awarded a special plaque for his more than 40 years in broadcasting.



Symbolizing the session was the likeness of the dove which descended upon Jesus—and upon God's children today—as He sought to influence many people as many waters.

Adventist Vegetarians Break World Record

Seven Adventist vegetarians broke the World Marathon Record on August 26 at Santa Monica City College, running 258 miles, 1,248 yards to break the old record (listed in *Runner's World*) of 257 miles, 470 yards. Average time per mile for the team for the 24-hour marathon was 5 minutes, 34.1 seconds.

Since the previous record was set by the Appalachian Athletic Club in 1972, 100 relay teams have tried to break it.

Because Adventists do not participate in regular track and field events (these usually fall on Friday night and Sabbath) it is felt that they can conscientiously compete against an established world record.

It is hoped that future Adventist teams of both men and women will attempt to break other records on the same basis and demonstrate what sound living habits and a vegetarian diet can do.

Los Angeles Channel 4's news announcer summed it up when he said, referring to their achievement, "It goes to show what clean living and a vegetarian diet can do. It causes men to run faster and longer."



All Marathon runners were from California except one. L-r: Dennis Parrish, 34, Tujunga; Darren George, 25, St. Helena; Heinz Weigand, 26, Collegedale, Tenn.; Dr. David Parker, 45, Sylmar; Dietmar Oberhoessel, 38, Los Angeles; Dennis Reeder, 24, Angwin; and Kent George, 23, St. Helena.



Alfred Hampton, Pasadena layman, was fascinated by the flute of Moisés Condori, pastor in Juliaca, Peru.

The event was coordinated by Tom Neslund, health services director of the Southern California Conference. Dr. U. D. Register, head of the nutrition department of the School of Health, Loma Linda University, supervised the diet for the runners just before and during the event.

Fruits, juices, low-fat milk, cottage cheese and water were freely used. Five physiotherapists, also from Loma Linda University, were on hand to help the runners during their rest periods.

Miller Brockett, Director, Union Health Services.

See
Monument Valley
Adventist Hospital
and Mission
AFTER 25 YEARS

September 14
Tours 10 a.m.-4 p.m.
Rededication Service
4 p.m.

Family Life Seminar Coming to Fresno Central

Fresno Central Church, Central's largest congregation, is sponsoring a Family Life Seminar September 13-15, to be conducted by Walla Walla College's Guidance and Counseling director, Lyle Cornforth.

Seminar sessions for husbands and wives start Saturday evening, September 13, at 7, and continue Sunday and Monday evenings. Each program will run 2½ hours.

Host pastor George Elstrom says Dr. Cornforth will use current testing materials to add to the seminar's effectiveness.

Comments Pastor Elstrom: "I attended one of these seminars in Oregon a few years ago and I received much profit. Delicate subjects are handled frankly and in true Christian grace."

Vegetarian Seminar Held in Downtown SF in the Heart of the Financial District

Eddie Logan, Central California's specialist in delightful vegetarian cookery, met enthusiastic response at a recent "Fun with Natural Foods" seminar in the heart of the downtown San Francisco financial district.

More than 115 business men and women attended the three-day lunch-hour session held in the Bank of America World Headquarters' Auditorium. Many others stopped to pick up materials and sample food on display.

Of those attending, none were Adventists, and 40% were men.

One lady mentioned that she had once attended the Adventist school in Lima, Peru. Detecting a note of wistfulness, Eddie invited her back to "our family" and she requested the address of the San Francisco Adventist church. A secretary standing nearby overheard the conversation and said, "I think I would like that address too."

Fifty persons asked to be informed of future Adventist-

A per-person registration fee of \$10 will apply. "This could be one of the better investments many will make in a long time," says Pastor Elstrom.

Fresno Central is making the

Cambrian Park VBS Features Bible Heroes

Moses, Daniel, Noah, Esther—great people of the Bible, with Christ the greatest of all! Now, how to put across to 130 eager youngsters the fact that at some time, somehow, the image of God reflected with great luster in their lives?

Under the leadership of Do-reen Salvage, teachers and story-tellers used many devices for teaching this year's theme of Bible heroes at the Cambrian Park Vacation Bible School.

John Shafer, storytelling

sponsored health programs. A number asked if the church maintained a health center in San Francisco where information and continuing programs on healthful living could be obtained.

It was evident to all who were involved in presenting "Fun with Natural Foods" that health evangelism truly is the "door" to the cities and that door is open now as never before.

Clyde Mundy, Director, Health Services.

Central California Conference

Earl W. Amundson, president; Charles F. Cook, secretary; Marshall Chase, treasurer; (Box 580) 1691 The Alameda, San Jose, California 95106. Phone (408) 297-1584. Wills, trust agreements and annuities should be made in favor of the legal association rather than the conference, for more information, write to E. J. Royer, director, at the above address.

Cornforth Family Life Seminar available to all who are in driving distance of the church, located at 2980 East Yale, just off First between Clinton and McKinley.

principal of West Valley School, found a way to bring the primary division a lesson in Bible hero perseverance which will not soon be forgotten.

Walking into the classroom with a stuffed shirt, literally full of Bermuda grass, he began to pull out tuft after tuft of the "insufferable weed." The wide-eyed children couldn't believe what they saw.

Then he explained: "See this grass. Some people call it a stubborn weed. Nothing, nothing, it seems, will kill this grass. Pull it out, and it comes back.

"Determination in keeping God's commandments must be as strong as this grass. It takes faith and strong will.

"Yet when we insist on keeping God's commandments some people will look upon us as stubborn when actually we are being loyal to God. Like this Bermuda grass that refuses to die, we are to be loyal to God.

As he talked, he pulled more grass. "Remember," he summarized, "Bermuda grass can be a garden's unrelenting pest, or it can be an effective ground cover."

Other areas of the VBS also brought learning and pleasure to the children. Virginia McConnehey led them in enthusiastic singing. Especially rewarding this year were the crafts. Mrs. Savage and her husband went to Eureka to collect odd pieces of driftwood for box arrangements which the children created with dried flowers.

For the very young kindergartners, the teachers made nature book markers. Craft leader Leda Floyd directed the making of pinch pot ceramics and macramé hangers for pots. Nurseryman Lynn Robinson donated the plants for the hanging pots.

Finally, because Vacation Bible School's ultimate aim is to win souls, parents' as well as children's, a follow-up program by Keith Tetz made contact with the families of the 55 non-Adventist children who attended. They were invited to attend Evangelist Fordyce Detamore's series which followed at the church. Many attended.

Is Vacation Bible School really worth the effort? While its influence is not always readily visible, the reward for Cambrian Park came when Robert Acker, 13-year-old junior who had been coming to VBS for three years, was baptized. His only church contact had been VBS.

Does VBS pay? Yes, in souls! Vinnie Ruffo, Com. Secy., Cambrian Park Church.



THE NORTH FORK CHURCH is growing. The last glued beam has been raised and the downstairs rooms have been enclosed. It is expected that the whole church will be closed in before the rains start.

Helen Eickman.

C. E. Bradford Will Speak at Seaside

A number of people who attended Soquel camp meeting have expressed a desire to again hear Elder C. E. Bradford, associate secretary of the General Conference.

That desire can be fulfilled Sunday, September 14, at 7 p.m., when El-



C. E. Bradford

der Bradford will address Area 3 Adventists in a meeting at the Seaside church, Broadway and Yosemite streets.

Members of the Pacific Grove and Salinas churches, as well as each church in the Monterey Peninsula area are cordially invited to this special meeting.

Also, Concert organist Harold Hare will present a recital of sacred music.

Norman S. McLeod, Pastor, Seaside Church.

Habrá Una Serie de Conferencias English Version

Las iglesias hispanas de San Jose y Mountain View han invitado al evangelista mexicano, pastor Pedro Arano Molina, para una serie de conferencias en la Escuela Mayfair, 2000 Kammerer Avenue, San Jose, los domingos, lunes, y martes, a las 7:15 p.m.



Pedro Molina

desde septiembre 14 hasta octubre 14; y en la Academia Adventista de Mountain View (esquina de Bailey y Dana streets) los miércoles, viernes y sábados, a las 7:15 p.m. desde septiembre 13 hasta octubre 15.

Apreciaremos sean invitados los amigos e interesados latinos del Condado de Santa Clara.

The Spanish churches of San Jose and Mountain View have invited the Mexican evangelist, Elder Pedro Arano Molina, to conduct a series of meetings. They will be held in the Mayfair School, 2000 Kammerer Avenue, San Jose, Sundays, Mondays and Tuesdays at 7:15 p.m. from September 14 to October 14; and in the Mountain View Adventist Academy, corner of Bailey and Dana streets in Mountain View, Wednesdays, Fridays and Saturdays at 7:15 p.m., from September 13 to October 15.

Invite your interested Spanish Spanish-speaking friends and loved ones in Santa Clara County to attend these meetings.

Pathfinder and Youth Leaders' Retreat Slated

The annual fall retreat weekend for Pathfinder Club staff members and Senior Youth leaders will be held at Camp Wawona on September 19-21. Fellowship, worship, planning sessions and training await all who will attend.

Special attention will be given to the 1975 Pathfinder Fair with all events and program studied in detail, as well as senior youth activities and programming on the church and campus levels.

Use the following form to make your reservation or secure one from your church.

FOR OFFICE USE ONLY

Please fill in this form and return to
Youth Department
P.O. Box 580, San Jose, CA 95106

Amount Received \$ _____
Receipt No. _____ Date _____
Cash () Check () Money Order ()

Church _____ Club _____
(This form should be returned by September 15)

Name _____ Address _____

City and State _____ Zip _____
Payment should accompany reservations. Fee: \$15 per delegate
Please bring own warm bedding (sleeping bag is best)

Signed _____

PACIFIC UNION RECORDER

The Pacific Union Recorder is the official newspaper of the Pacific Union Conference of Seventh-day Adventists and is published weekly, 50 times a year, at Angwin, California 94508. Editorial office is at 1545 North Verdugo Road (Box 146), Glendale, California 91209. Second-class postage is paid at Angwin, California.

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NORTHERN

A 'Summer of Blessings' Seen in Ministries Program

A "summer of blessings"—seen and unseen, expected and unexpected, told and untold—was experienced by the 31 students participating in the Summer Ministries Program.

Working under the direction of the church pastors, these young people saw firsthand the joy of sharing Christ with others. To be sure, there were difficulties along the way; however, victories far outweighed the disappointments.

Our sincere appreciation goes to the student-pastor teams for all that was accomplished for God this summer (also, a large measure of appreciation to our president, Elder Helmuth C. Retzer, who believes in this program!).

A wide variety of youth-witnessing has been enjoyed by these young people: Bible studies, youth booths at fairs, Vacation Bible Schools, inner city ministry, Branch Sabbath Schools, evangelism and much more.

New Elementary Schools and Teachers Added

The communities of Altaville and Mount Shasta will have, for the first time in years, a Seventh-day Adventist school in each community for their young people this year.

The addition of these two schools gives Northern a total of 38 elementary schools, besides the 10 junior academies and five senior academies, which will be opening their doors to students in just a few days.

To date, elementary and junior academy teachers new to our conference this year are:

- Janie Aguilon—Novato
- Kathy Bissember—PUC Elementary
- Edmund Blair—Orangevale
- Linda Brinckerhoff—Stockton
- Daniel Bryant—Southgate
- Tom Buller—Napa
- Jack Cornwell—El Dorado
- James Crofoot—Cloverdale
- Steve Davis—Red Bluff
- Robert Donesky—Fortuna
- Anna Beth Dye—Redding
- Charlene Fessler—Sacramento
- Penelope Follett—Livermore
- Richard Goetz—Paradise
- Vickie Hamilton—Pine Hills
- Sharon Hoarsma—Willits
- Janelle Koch—Mission Hills
- Eileen Kurtz—Echo Ridge
- Charles Lewis—Westlake
- Clarence Lindsay—Foothills
- Terry Loeffler—Paradise
- Sarah Lloyd—Stockton
- Doug Macaulay—Pleasant Hill
- Ruth Maddox—Yuba City
- William Maddox—Willows-Orland
- Robert Martin—Redwood Jr. Academy
- Marilyn Nieman—Strawberry Valley
- Tom Osborn—Pleasant Hill
- Rose Perry—Lodi
- Gerald Pfeifle—Altaville
- Rachel Pierce—Sacramento
- Terry Pratt—Woodland
- Donald Sahly—Lodi
- Robert Sandford—Sacramento
- N. H. Sutphin—Richmond

A primary goal, hope and prayer for these teams is that, along with the overall success, young people, and others in the churches where they ministered, will be inspired to carry on the fine work begun this summer.

A fitting climax to this summer's experiences was being present at the Ministerial Council held at Pacific Union College

Early Childhood and Childhood Seminars Slated

A series of four, two-day, 12-hour seminars in teaching/learning and child development are planned by the Sabbath school department for the Northern California Conference.

Sabbath school teachers, division leaders and parents of children from the cradle roll through the earliten divisions who are serious about child nurture are invited. The theme of the seminar is: "Teach as Jesus

- Donna Tungesvik—PUC Elementary
- Bonnie Vixie—Stockton
- Dennis Warner—Redwood Jr. Academy
- Debbie Wigget—PUC Elementary
- Larry Young—Paradise
- April Youmker—Redwood Jr. Academy
- Robert Mead, Supt. Education Dept.

Continuous Progress Education Continues at Pine Hills Junior Academy in Auburn

Pine Hills Junior Academy in Auburn is proud to be able to follow Mrs. E. G. White's counsel in education.

As one of four pilot schools in the field of continuous progress in education, Pine Hills is able to place students where they can function best. This means students can have more of the teacher's personal attention at the place they most need it.

Under this program all students, with the help of the teacher, are able to progress from a place where they can best learn—to as far in advance as they are capable.



Pine Hills Junior Academy ninth- and 10th-grade boys are learning construction skills while building the new vocational arts structure.

August 26 and having an opportunity to share with all ministers their enthusiasm for the Summer Ministries Program.

We hope to have 50 young people serving in our churches next summer. In the meantime, please remember our youth—for they are praying for you!

Winston C. De Haven,
Director, Youth Dept.

Taught." The teaching techniques of Jesus as they relate to children will be examined, and practical applications shared.

The program will be directed by Elder Charles Betz and Dr. Dan Burrow. Elder Betz, director of the Sabbath school department for Northern, holds the bachelor of divinity degree and the master of religious education degree. Dr. Burrow, professor of education at Pacific Union College, holds a doctor of education degree from the University of Maryland. He is also leader of the junior division at the PUC Church.

Seven specific objectives of the seminar are to help teachers and parents: (1) Understand the age-level characteristics of their learners; (2) Know how to choose and use effective Bible-learning activities; (3) Be able to formulate and use learning objectives; (4) Handle behavioral problems; (5) Un-



AFTER YEARS OF PLANNING, Yuba City members saw the realization of their dreams as they watched recent ground-breaking ceremonies for their junior academy gynasium. Completion of Phase I (enclosed facilities) is scheduled for late this fall. Pictured from left are: Verlin Leer, principal; Norman Sharp, pastor; Ollie Scheideman, Lorrell Smick, E. P. Heinrich and Gene Ward.

derstand their role in the teaching/learning process; (6) Experience and be skilled in using new methods, resources and media; (7) Become God's instrument of change in the spiritual life of their pupils.

Methods based on the Bible and Spirit of Prophecy will feature some of the latest training techniques, such as the use of video and group interaction. Certificates will be awarded to those who complete the course. One hour of college credit will also be available.

Classes will be conducted Sabbath afternoons from 3 to 8 o'clock and Sundays from 9 a.m. to 5 p.m. Locations will be Pleasant Hill church—October 4 and 5; Sacramento Central church—October 11 and 12; Elmsaven church—October 18 and 19; and Chico church, October 25 and 26.

Preregistration of \$4.50 is



Elder Charles Betz and Dr. Dan Burrow discuss plans for the upcoming seminars.

requested. This will pay for a textbook, a syllabus and a Saturday evening snack. If you come from a distance and need a place to sleep, please indicate this on your application form. We will try to find accommodations for you.

Please clip and mail your application immediately as attendance is limited.

Please check: Early Childhood Childhood

Name _____

Address _____

City _____ Church _____

Bill me Bill church Check enclosed

Need Overnight Accommodations

Mail to: Sabbath School Department
P.O. Box 23165
Pleasant Hill, CA 94523

Pre-registration Fee: \$4.50 Late Registration \$5.00



PINE HILLS STUDENT PROJECTS—Believing that "part of a child's school duties should be manual training" (Counsels to Teachers, p. 146) and that "Children and youth should be given practical industrial training" (Ministry of Healing, p. 402), Pine Hills Junior Academy has set aside time each day for students to learn to work with their hands.

Much of the landscaping and upkeep of the school plant is cared for by the students. Pictured are two students who have chosen as their project construction of a stone-walled planter box.

Milton Kindrick, Principal.

SOUTHEASTERN

Betty Ahnberg Speaks for Federations

Last January, Mrs. Betty Ahnberg was the speaker at the Community Services workshop at Pine Springs Ranch. Her presentation was received with such enthusiasm that it was unanimously voted to invite Betty for the fall Federation meetings.

Betty is the leader of the Community Service Center in Medina, Ohio.

Pastors and members inter-

ested in a ministry of love and mercy in their neighborhood are invited. Meetings will be at the following locations:

Orange, Riverside and San Bernardino counties—La Sierra church, Sunday, Sept. 14, 9-3.

Imperial and San Diego counties—Paradise Valley church Monday, Sept. 15, 9 a.m.-3 p.m.

Kenneth H. Livesay,
Director, Community Services.

Southeastern California Conference

Max C. Torkelsen, president; Warren C. Heintz, secretary; Sylvester D. Bietz, treasurer; (Box 7584) 9707 Magnolia Avenue, Riverside, California 92503. Phone (714) 689-1350.

Wills, trust agreements and annuities should be made in favor of the legal association rather than the conference. For more information, write to J. F. Hamrick, director, at the above address.



SEPTEMBER AND TIME FOR SCHOOL AGAIN. Above, Principal Wallace Slattery at Orangewood Academy Elementary School counsels parents on registration day. Did you register your child in a Christian school this fall? It isn't too late yet.

Convocation Parking Can Be Paid Ahead

Arrangements have been made for the purchase of parking tickets before the Annual Convocation if you prefer to not purchase them on the Sabbath.

Parking at the Center is \$1 a day. For \$2 in advance, you can purchase a ticket that will take care of your parking for Friday night and all day Sabbath.

If you desire the \$2 ticket you can purchase it at the switchboard at the conference office. If you would like to write for a parking ticket, send \$2 to Parking, 9707 Magnolia Avenue, Riverside, CA 92503.

The \$2 ticket gives you the privilege of in and out parking. No \$1 tickets are available.

Come Alive Needs Audience for Taping

You can assist us by being a part of the "Come Alive" studio audience on the next two days that it is video taped, Wednesday, September 17 and Thursday, September 18. On each of these days three telecasts will be taped.

A youthful audience is needed between the ages of 15 and 45 but none will be turned away. Directors prefer that small children not be brought to the studio.

If you can assist us, please phone us or write us for the amount of tickets you need. Please do not ask for tickets unless you will use them. Directions for getting to the studio will be sent with your tickets.

The conference number is

(714) 689-1350. Ask for the communication office. Address your letter to Come Alive, 9707 Magnolia Ave., Riverside, CA 92503.



Come to the Annual Convocation September 12 and 13

Anaheim Convention Center
800 W. Katella Avenue

Ordination Service
Friday, 7:30 p.m. Anaheim Room

Sabbath Morning

- 9:00 a.m. Adult Sabbath School - Arena
- Spanish Sabbath School - Anaheim Room
- Cradle Roll S.S. - Orange County Room (9:15-11 only)
- Kindergarten S.S. - Garden Grove Room
- Primary S.S. - Santa Ana Room
- Junior & Teenage S.S. - California Room - North
- Youth S.S. - California Room - South
- 10:20 a.m. Lay Activities Period - Kenneth Livesay, Betty Ahnberg
- 11:00 a.m. Worship Service - Arena
- Speaker - Elder R. H. Pierson
- President of the General Conf.

- 11:00 a.m. Spanish Service - Anaheim Room
- Elder Arturo Schmidt
- Associate Secretary, GC Ministerial Department
- 11:00 a.m. Youth Service - California Room - South
- Elder Clay Farwell
- Director, Conference Youth Dept.
- 11:00 a.m. Junior Service - California Room - North
- Elder Lawrence Maxwell
- Editor, Signs of the Times
- 11:00 a.m. Primary - Santa Ana Room
- 11:00 a.m. Kindergarten - Garden Grove Room

Sabbath Afternoon

- 1:30-3 p.m. Arena - Musical Program
- Heritage Singers
- It Is Written
- Faith for Today
- Breath of Life
- Miscellaneous Groups

- 3-4 p.m. Arena - Introduction of "Come Alive"
- Southern California's Newest Telecast
- Roy Naden - Heritage Singers
- 3-4 p.m. Orange County Room - Cradle Roll
- 3-5 p.m. Garden Grove Room - Kindergarten
- 3-5 p.m. Santa Ana Room - Primary
- 4-5 p.m. Arena - Betty Ahnberg
- 4-6 p.m. Anaheim Room - Spanish Meeting
- Voice of Prophecy
- Al Dia
- Soul-winning Experiences
- 4 p.m. California Room - Youth & Juniors
- Sing Along with the Heritage Singers and other musical groups
- 5 p.m. Arena - Vespers with the Voice of Prophecy

COMING TO SOUTHERN - A NEW

Come

with Roy Naden and

Starts in San Diego - Sunday, Sept. 14

Sunday - 9 a.m.

Channel 10 KGTV - TV

Invite Your Friends to Tune In

Produced to Appeal



Heritage Singers

SPONSORED BY THE SOUTHERN AND S

SOUTHERN

Church Goes in Search of Unhealthy People

The 36-foot mobile trailer, "Health-on-Wheels," was used three days in Tujunga recently.

A crew of doctors and nurses who staffed the unit in the evening were searching for early signs of breast cancer in women and hypertension in both men and women.

Some 27 million Americans suffer from high blood pressure and don't know it. Only half of them have been diagnosed.

Among the 357 who stopped at the van, 50 came for information only while 40 were interested in nutrition and the Five-Day Plan. Of the 263 who were examined, 80 were referred to their doctor because of high blood pressure and six for possible breast cancer.

The trailer was in service

starting at 1 p.m., August 18, in the parking lot of Von's market at 7789 Foothill Blvd. in Tujunga.

Doctors and nurses gave the free examination and took the blood-pressure readings from 7 to 9 p.m. Other staff personnel during the afternoon acquainted visitors with the trailer's other free community services.

All costs incurred during the examinations were paid for by the local Adventist church.

The trailer, though put into action by the conference health and temperance department only three months ago, has already seen service at the Litton Guidance and Control Systems Company in Woodland Hills and Litton Data Systems in Van Nuys.



THEY DID IT—Seven Adventist vegetarians at the Santa Monica City College track broke the seven-man, 24-hour relay record by running 258 miles and 1,248 yards—almost a mile-and-a-quarter farther than the distance by the Appalachian Athletic Club in 1972. The race, which got under way at 9:30 a.m., August 25 (Monday), was led by Dr. David Parker (Sylmar) who had turned 45 the day before. He also ran the final lap. Pulse rates reached as high as 180 beats per minute and five physiotherapists raced the clock during each man's 30-minute rest period to put him back on the track. Hope faded at 4:30 a.m. Tuesday when an old "football knee" forced Dennis Reeder (Angwin) to drop out after completing 30 miles. Dr. Parker and the remaining five men carried the race the rest of the distance. A small birthday cake was presented to Dr. Parker after the measurement was declared official.

Southern California Conference

Harold L. Calkins, president; Richard G. Wertz, secretary; Earl A. Canson, associate secretary; Leonard Webb, treasurer; (Box 969) 1535 East Chevy Chase Drive, Glendale, California 91209. Phone (213) 240-6250.

Wills, trust agreements and annuities should be made in favor of the legal association rather than the conference. For more information, write to Leonard Gaspie, director, at the above address.

ABC Modifies Room

Several modifications have been made in the Glendale Adventist Book Center showroom. They were made for the efficiency and convenience of the customers.

Aisles have been widened, displays lowered for supply ease and eye appeal.

Some departments have been more adequately stocked. The music section now carries sheet music and visual aids. A more complete line of tape recorders, sound equipment and single greeting cards has also been added.

Checking has been streamlined to serve the customer with speed and efficiency. Management is very interested in customer relations and invites you to come see for yourself. William Otis, its manager, will appreciate your observations and good counsel.

Next Convocation in Southern

October 3 and 4—Lancaster
October 17 and 18—Newbury Park
Plan to Attend



For free tickets to next **Come Alive** taping session

(September 17 and 18)

call 240-6250, Ext. 275.

Children must be 13 years of age or older. Come for morning, afternoon or both. Tickets will be mailed promptly.

In a Nutshell

ELDER THEODORE CARCICH, former vice-president of the General Conference, will be the weekend speaker for the Santa Barbara Church on September 12 and 13. Elder Carcich will speak Friday evening, at 7:30, and on Sabbath afternoon, at 3:30. He will also report on his recent trip behind the iron curtain. The church is located at 425 Arroyo Road in Santa Barbara; take the Turnpike turnoff to reach the church.

TO BE INTERVIEWED ON SAM YORTY'S TV SHOW—Elder Roy Naden, newest conference evangelist in Southern, will be one of the guests on former Los Angeles Mayor Sam Yorty's hour-long TV show. Naden's appearance is scheduled between 8-9 p.m. on September 21. He will discuss the conference's newest TV series **Come Alive** and probably answer questions covering the Bible and current events.

CONCEPT IN ADVENTIST TELECASTING

Alive

The Heritage Singers

Starts in Los Angeles - Sunday, Sept. 21

Saturday - 9:30 p.m. Sunday - 9 p.m.

THURSDAY - 1 a.m.

Channel 13 KCOP - TV

The Youthful Mind



Host - Roy Naden

THE EASTERN CALIFORNIA CONFERENCES

Theology Students Arrive for ASU Evangelism

La Sierra campus theology students Hamilton Avila and Steve Zeller have arrived in Tempe to begin a unique new ministry on the campus of Arizona State University.

As a part of the total outreach ministry to community and campus developed by Tempe pastor, Elder J. Gordon Paxton, these MV taskforce volunteers will be living with church members and working through the Adventist Student Koinonia (ASK) to win students to Christ on this secular campus.

The Adventist campus club is an extension of the lay activities committee of the Tempe Church located just across busy Apache Boulevard from the largest state university in Arizona.

Hamilton, who comes from Riverside, California, is a junior theology major at Loma Linda University, La Sierra campus. His father is employed at Loma Linda Foods as assistant treasurer.

Steve, also a junior theology major at La Sierra, calls Anaheim, California, his home. Both young men, assisted by ASU Professor Dr. Jack Bregar, a recent convert to Seventh-day

Adventism, will be manning a booth on the university mall during registration week. The attractively decorated booth will enable students for the first time to secure free literature and information about Adventists.

"Regular club meetings open to the general student population as well as advertisements in the student newspaper will be among the ministries of the club," says its president, Glen Masden, a doctrate student on leave from Walla Walla Col-

Agriculture Program Planned in Curriculum

An experimental agricultural program, in which students and faculty will work together, is part of this year's planned curriculum at Thunderbird Adventist Elementary School.

"Study of nature is second only to Bible study in teaching about God," says Principal Robert Midkiff. "The children will receive valuable training in food production, and each will have an opportunity to supplement his family's table with food he has grown himself."

"We plan that each student will plant and care for his own

6x16-foot, irrigated plot, with help as needed from the staff and from Mrs. Diane Droze, a Camelback Church member and a trained horticulturist."

Mrs. Brita Bursey is the new Home and School Association leader. A new teacher, Miss Harriet Echols from Glendale, California, is taking over grades three and four from Mrs. Forestyn Laspe, who will be assisting in the conference education department. Miss Echols has 28 years' teaching experience in Adventist schools. Mrs. Alice Johnson will again teach grades one and two; Mrs. Tillie Werth, grades five and six; and Mr. Robert Midkiff, grades seven and eight.

Total enrollment will be about 110 students for the current school year.

Booth Introduces Vegetarianism to Fairgoers

Lassen County fairgoers had the opportunity to try vegetarian products again as the Un-Burger Hut made its initial appearance for the third year at the Fairgrounds in Susanville, California, on August 13.

Despite lower prices and greater costs, the booth netted over \$500 in the four days of operation. More than 800 burgers, 700 corn dogs, and 1600 juice drinks were served.

The booth was sponsored by the Susanville Adventist School and proceeds are to be used to purchase new equipment for the school. Roy Ingham, school principal, with his wife, supervised the booth, with the help of many church members and friends.

One non-Adventist lady, who had patronized the booth each

year, approached one of the workers and after expressing her admiration for the booth and tasty food, made a \$50 donation to the school-improvement fund.

Another visitor, a young man, approached the booth and said, "Vegetable protein, ah, I've found the Adventists." To many, vegetarianism means Adventism. Unburgers, corn dogs, pure lemonade and orange juice were the only products sold at the booth. Free literature and recipe books were distributed. Another visitor remarked that this food was the best served on the fairgrounds.

Already the fair officials have asked us to come to the fair again next year.

Ada Wilkinson,
Susanville Church.

Lone Pine Church Members Renovate Church

A vote of thanks is due to Elder and Sister Bentz and the church family at Lone Pine for effecting an almost total transformation in the appearance of the house of worship in Lone Pine.

The renovation program was begun almost a year ago and since that time the congregation has sacrificed and worked hard to make the church inviting and pleasing to members and visitors alike.

The project is basically completed and today a very happy congregation worships in a building that is representative of the high principles and standards of Adventism.

The attendance on Sabbath has increased through the recent months and now the members are ready to launch out into other forms of missionary work.

Las Vegas Church Is Well Under Way

After years of hoping, praying and planning, the new house of worship in Las Vegas is well under way. The new church is located on a five-acre tract adjoining the Las Vegas Junior Academy and is situated in an area where a large measure of growth is developing.

Calvin Harkey, chairman of the building committee, has given many, many hours getting the building plans approved and cleared and the new church under way.

This new church will give additional stature to our work in that growing area of our conference.

Monument Valley Church Hosts ASI Meet

On Sabbath, August 23, Monument Valley Church was host to the Association of Priately Owned Seventh-day Adventist Services and Industries convention members who were meeting in Flagstaff, Arizona.

Three charter buses filled with visitors made the trip to Monument Valley, bringing over 140 worshipers to join with the regular church group.

Following Sabbath school, in which many of the ASI members participated, Elder Caris Lauda, executive secretary of ASI, presented a sermon which included a report of the activities at the General Conference Session.

This large group stayed together throughout the entire Sabbath and joined in a fellowship luncheon. In the afternoon, tours were conducted for visitors. To many ASI members it had been the dream of many years to visit Monument Valley and see the operation of the hospital, the welfare department, fire department, ambulance and the other related activities in Navajoland.

Ogden Aaby.

Church Officers' Weekend

Lay Activities Leaders, Lay Activities Secretaries

Lay Activities Leaders

Lay Activities Secretaries

Youth Leaders

Communication Secretaries

This Is for You!

October 3-5

Camp Yavapines

Prescott, Arizona

Featuring:

Job Descriptions

Newswriting Instruction

How-to-Do-It Information

Church Evangelism

YouthCARE Evangelism

Council in Action

LE Experiences and Testimonies To Be Told

Come where the action is! God is moving in a great way. His Spirit is being poured out upon Arizona Church members with great power and many are accepting the challenge of the literature ministry.



Frank Sherrill

Come and listen to the experiences and testimonies of how God is working in their behalf.

Speaker: Elder Frank E. Sherrill, Conference president

Where: Glendale Seventh-day Adventist Church

When: September 13, 1975

Time: 9:30-11 a.m. & 3 p.m.

You are invited to come where the action is!

Arizona Conference

E. F. Sherrill, president; T. H. Bledsoe, secretary-treasurer; (Box 21147, Zip Code 85036) 322 No. 44th St., Phoenix, Arizona 85036. Phone (602) 244-9851.

Wills, trust agreements and annuities should be made in favor of the legal association rather than the conference. For more information, write to T. H. Bledsoe at the above address.



The 'Review' Should Be Coming to Your Home

By the time Nevada-Utah Conference members read these lines, they will already have received a package of information on special offers on all Review & Herald Publishing Association periodicals.

Special prices on these periodicals begin September 1, 1975, and are effective through November.

It should be emphasized that if one is a perpetual subscriber, he will not need to renew his subscription at this time. He will be billed through the Adventist Book Center at the regular expiration date.

However, if one is not on the perpetual list, by all means, I would urge members to become a Review subscriber and take advantage of this once-a-year opportunity, and also add other Seventh-day Adventist magazines to your reading.

Today we live in a world that is rapidly changing and we have the privilege of being members of a church that is rapidly growing and has an onward program. Every member in our conference certainly should be a subscriber to the weekly visitor, the Review.

The breadth of information that goes into a year's subscription is almost inconceivable. This is information that will

LET
FREEDOM
RING



Nevada-Utah Conference

A. G. Streifling, president; Charles Snyder, secretary-treasurer; (Box 1470) 1095 East Taylor Street, Reno, Nevada 89505. Phone (702) 322-6929.

Wills, trust agreements and annuities should be made in favor of the legal association rather than the conference. For more information, write to Charles Snyder at the above address.

Samoan VOP Crusade Results in Baptisms

The Samoan Voice of Prophecy Evangelistic Crusade recently held in Honolulu has had 37 baptisms to date. Elder S. Neru Nuualii, crusade speaker, has had a real breakthrough for the third angel's message in this, his third such effort. The message was given in the Samoan dialect.

There were over 100 who received Bible certificates at the close of the meetings. Many of these students were baptized. Maluina Tuafolaiva, coordinator for the meetings, commenting on the series said, "The Lord has been good to us. The non-Adventist attendance reached 120 on the first night!"

Let's continue to remember the many Samoan families in Honolulu who need to be gathered in with the harvest of souls before Jesus comes.



Elder Neru baptizes one of the many candidates from the Samoan VOP meetings.



AIEA CHURCH, situated in the cradle of Pearl Harbor, continues to increase through baptisms. (New members and workers are shown above.) Lloyd Herr, newly arrived pastor from Oregon, is thrilled with the potential of the young blood in the Aiea Church and the spirit of the missionary work carried on by many members. Herr reports, "The church is full and overflowing every Sabbath. More baptisms are planned for the future."

Hawaiian Mission Workers Come and Go

From time to time personnel changes take place and we always dislike losing workers who have served so faithfully, but somehow the Lord sends us people in their places who carry on the work.

Elder and Mrs. John Klim are leaving us to take up work in the Northern California Conference. We shall miss this family very much.

For six years the Klims have moved from church to church in Hawaii swelling the churches with new converts. We wish them God's blessings as they move from Hawaii. Elder and Mrs. Edwin Huston, Oregon

Conference evangelist, has accepted an invitation to join us here in Hawaii and should be here in September.

Elder and Mrs. Oliver Stimpson after serving six years in Hawaii have left us to join the Mountain View, California, Church where Elder Stimpson will serve as associate pastor. The Executive Committee of Hawaiian Mission extended a call to the James Pimentel family to take up the work on the island of Maui.

Both James and his wife are young people born and reared in Hawaii. We are really thrilled that Elder Pimentel has accepted this invitation to join us.

Lawrence Davidson,
President.

Hawaiian Mission

Lawrence E. Davidson, president;
Mun On Chang, secretary-treasurer;
(Box 4037, Zip Code 96813) 2728
Pali Highway, Honolulu, Hawaii
96817. Phone 524-3160.

Wills, trust agreements and annuities should be made in favor of the legal association rather than the conference. For more information, write to Lawrence Davidson at the above address.



New pastor for the Aiea Church is Elder Lloyd Herr, shown here with his wife and children, David, Lori and Lisa.

Faculty Members Plan Active Participation in This Year's Campus Religious Activities

Participation by La Sierra's faculty is seen on every level of religious activity for the coming school year.

For instance, during the fall week of prayer, at least 90 faculty members will be actively involved.

Throughout the week of October 20-25, "The Campus as a Redemptive Community" will be explored. During the morning session of Monday, which is titled "Faces of Our Community," different faculty members will act out 10 "need situations" which arise often on a campus such as La Sierra.

Each act will be of only 1-2 minutes duration; using no props, the scenes will include situations such as the student under a lot of pressure (having to work his entire way) who suddenly discovers even more pressure (the news of his parents' divorce); the non-Adventist student who wants to make friends but finds he has no common background socially and therefore feels very much an alien; the foreign student; or the black student on a predominantly white campus.

There will be no answers that morning. They will be sought after that evening where students and faculty (three faculty members and no more than 25 students in a group) will meet informally for discussion and answer-searching. Speakers for the morning sessions will be Ivan Holmes, associate dean of the College of Arts and Sci-



ONE OF THE MANY "happy-to-be-home" youths of college age of the Kaneohe Church is Janelle Smith, daughter of Mr. and Mrs. Wilmot Smith.

The past year has been a very challenging one for Janelle, because she has been teaching English to Japanese students at the Tokyo English Language Institute in Tokyo, Japan, as a student missionary.

"In a different culture, a student missionary learns the importance of actively serving the Lord Jesus Christ by good example in his or her own behavior," says Janelle.

With the experiences of the past year behind her, Janelle plans to leave in late September to continue her studies at Loma Linda University, La Sierra Campus.

Bernice Kobayashi,
Com. Secy.

ences; Carolann Rosario, instructor in biology; Charles Teel Jr., assistant professor in sociology and religion; Kiff Achord, assistant professor of psychology; and David Osborne, chaplain.

Thursday's evening session will include planning a community service for the next evening where the individual groups will each meet in a faculty member's home to celebrate the Lord's Supper.

Other religious events in which faculty will play a predominant part are the Tuesday chapels, held each week in the church. Each will speak on the theme "God Is for Us," using a particular book of the Bible as a reference. The first speaker (Oct. 7) will be dean of the College of Arts & Sciences, Fritz Guy.

Other speakers will be Lloyd Wilson, residence dean of men; Graham Maxwell, chairman of

the division of religion on the Loma Linda campus; Kenneth Vine, chairman of the religion department; Roberta J. Moore, professor of journalism; and V. N. Olsen, university president.

A special chapel will be held in November just before vacation. The Thanksgiving Festival is being coordinated by two faculty in the religion department, Lynn Mallery and Bailey Gillespie. Included will be choir numbers, litany and sheaves of grain.

Looking ahead to chapels in the winter and spring quarters, the themes will be on "The Elusions of Our Culture" (two topics to be discussed are popularity and fluency) and "Touched by the Untouchable." The latter will be presented by faculty members who will tell how God has personally touched them. Not all will be the spectacular, headline-type of story, but will include "the still small voice" as well.

Home Vegetable Gardening Classes Offered

AVAILABLE: up-to-date practical information on gardening—with special attention given to winter gardens.

The Gardens of the World, now merged with Loma Linda University's department of agriculture, is making available throughout the union—indeed, throughout the country—a number of classes in home vegetable gardening this fall.

For those living beyond driving distance to LLU, five night classes can be arranged. Lecturer is Mr. Rodney Vieau, who has recently held these classes from Minnesota to Northern California. The classes consist of lectures, demonstrations and slide presentations.

Pastors, lay activities leaders, community outreach leaders and others desiring information about fees and dates of Mr. Vieau's availability should contact Mr. Carr, chairman, department of agriculture, La Sierra Campus, LLU, Riverside, CA 92505; (714) 785-2204.

Those living within driving distance of the university will be able to benefit from an eight-week comprehensive veg-

etable gardening course (one evening a week, 7-9 o'clock).

Identical presentations will be given on both campuses beginning Monday, October 6, on the La Sierra campus (agriculture building) and Tuesday, October 7, on the Loma Linda campus (Burden Hall). Registration and fees (\$30) for the non-credit course will be taken care of the first evening of class.

Subjects to be covered by Mr. Vieau include minigardens and greenhouses; planning and preparing the growing area; seeds and transplants; elements essential for proper plant growth; functions of essential elements and plant deficiency symptoms; nutrient sources that supply essential elements; pests and pest controls; and diseases.

Another service offered by the Gardens of the World is analysis of soil, water and plant tissue. Depending on what is needed, a nominal charge of \$5-\$35 is made.

Additional information on any of these classes and services is available by contacting the University's agriculture department.

La Sierra Campus News Notes

Registration is not far away. This year freshman and transfer sophomores will arrive Sunday, September 28. Juniors and seniors transferring to La Sierra will meet for a short orientation Tuesday, September 30, at 8 a.m. in Hole Memorial Auditorium before going on to registration. All returning students, many of whom started the process last spring, will complete their registration that same Tuesday.

A number of building projects are nearing completion. Top priority on nearly everyone's list is the Palmer Hall addition. To be ready October 1 are three large classrooms and a number of equally needed offices for teachers. Just about ready to be moved into are new offices for the educational administration department of the School of Education in La Sierra Hall. The registrar's office has moved to its new quarters in the lower floor of the administration building.

AWR Continues Yet Faces Possible Closing

Despite continued political turmoil in Portugal, Adventist World Radio continues to be unaffected by these events. Manager Allen Steele reports that "not one minute of our multilingual broadcasts has been lost."

Steele further states that "even if AWR were nationalized, it's probable that our broadcasts would continue for some time at least, if not indefinitely. And since we buy air time and do not actually own station facilities, there is no danger of investment loss."

A far more serious problem faces AWR, however, and this is lack of funds. Unless there is a sharp increase in donations for this multi-national outreach of the church, a closedown will be necessary at year's end. The GC treasury reports that there are only enough funds to continue through December.

AWR has just begun a new thrust into the Mediterranean area with a daily half-hour program from Malta. Each evening at 9:15, local time, a program in either Italian, Greek, German, Turkish, French or English may be heard. They are broadcast over a 250,000-watt shortwave transmitter at 9,755 kilohertz on the 31-meter band.

Pacific Union Conference

Cree Sandefur, president; W. D. Walton, secretary; Major White, associate secretary; R. L. Cone, treasurer; (Box 146) 1545 North Verdugo Road, Glendale, California 91209. Phone (213) 241-5173. Telex No. 67-7018.

Sorry! Very Sorry!

Review subscription price inaccurate in August 18 Recorder. Note new prices:
1 year, \$15.95
Perpetual, \$13.95

Advertising Policy

All advertising must be submitted through your local conference office—communication department. The Recorder assumes no responsibility for advertisements.

Advertising is limited to Seventh-day Adventists except where a service may be rendered to our members.

Advertisements are accepted by local conferences for only one insertion at a time and printed as space permits—sometimes up to six weeks before publication.

All advertisements must be approved by the local pastor and sent to your conference office with the \$7 for 50 words or less. Make a \$7 check or money order payable to the Recorder.

The Vegetarian Cookbook from Loma Linda Foods

INTRODUCING "RECIPES FOR LONG LIFE"

- Featuring balanced menu planning.
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- Beautiful hard cover with "stay flat" binding.
- Beautifully illustrated in color.

**BUY NOW!
SAVE 40%**

- Special section featuring diet and weight control menus for the vegetarian.
- Complete menus for the 800, 1000, 1200, or 1500 calorie vegetarian diet.
- Diet menus prepared by registered dietitians.

Excerpt from Recipes for Long Life.
(Recipes shown approximately one-half actual size.)

Entrées

TENDER BITS SCALLOPINI
1 19-oz. can Loma Linda Tender Bits, sliced
1 T. oil
1 T. olive oil
½ C. each onion and green pepper, chopped
1 C. sliced celery
1 carrot, grated
¼ C. flour
1 4-oz. can mushrooms with juice
1 C. water
1 T. lemon juice
½ t. leaf thyme
½ t. sweet basil

SAUTE Tender Bits in oil until slightly brown.
REMOVE from fryer.
SAUTE vegetables in olive oil until limp.
ADD flour and mix thoroughly.
COOK for 1 minute.
ADD mushrooms, water and seasoning, and stir vigorously until thick. Adjust salt.
COOK one-half of Tender Bits in casserole. Then add ½ of the sauce.
ADD balance of Tender Bits and remainder of sauce.
BAKE at 350° F. for 20 to 30 minutes.

Serves 6
(Cal 143, P 8.5, F 7, C 11)

QUICK LASAGNA
½ pkg. lasagna, cooked in 2 qts. salted water for 15 minutes.
1 pt. ricotta cheese or Mashed Tofu (page)
1 T. chopped parsley (for garnish)

Sauce:
1 C. Loma Linda VegeBurger
½ C. vegetables, chopped (onion, green pepper, parsley, celery tops)
1 clove garlic, minced
¼ C. oil (olive oil preferred)
3 C. tomatoes, canned or fresh
½ t. Italian seasoning
1 t. salt
1 T. brown sugar
1 T. paprika

SAUTE vegetables in oil.
ADD VegeBurger.
COOK 3 or 4 minutes, stirring frequently.
ADD remaining ingredients, stirring frequently.
COOK slowly for 10 to 15 minutes, stirring frequently.
PUT layer of lasagna in 1½ to 2 qt. casserole.
ADD ½ the ricotta and spread evenly.
ADD layer of sauce (about half) then another layer of the lasagna, ricotta, and sauce.
SPRINKLE chopped parsley on top.
BAKE 30 to 40 minutes in 450° F. oven.

Serves 6
(Cal 279, P 16.5, F 14, C 24)

1500 CALORIE MENU WITH MILK
Morning:
4 Little Links browned in 1 t. oil
½ C. hot oatmeal
½ C. Loma Linda Soyagen
1 slice whole grain bread with 1 t. margarine
1 medium banana (120 gm.)
Noon:
¾" slice (53 gm.) toasted Loma Linda Nutena
½ C. (50 gm.) cottage cheese
½ C. green beans (100 gm.)
1 C. tossed salad (100 gm.)
1 slice whole grain bread with 1 t. margarine
1 C. fresh pineapple (150 gm.)
Evening:
2 T. Loma Linda Vita-Burger in soup or stew made of 100 gm. vegetables (Group A)
1 medium potato, baked (150 gm.) and 2 t. margarine
½ C. spinach (100 gm.)
1 sliced cucumber (100 gm.)
¾ C. Loma Linda Soyagen
7 oz. (200 gm.) watermelon

LOW-CALORIE VEGETABLES
One serving is ½ C. to 1 C. of vegetables (100 grams or 3½ ounces cooked or raw). This provides an average of 2 grams of protein, 4 grams of carbohydrates, and 24 calories.

artichokes	escarole	broccoli	mushrooms
asparagus	*kale	*brussels sprouts	*mustard greens
bean sprouts	lettuce	*cabbage	okra
		*cauliflower	*parsley
		celery	*green pepper
		chard	radishes
		chicory	string beans, young
		cucumbers	summer squash
		curly endive	tomatoes
		*collards	tomato juice
		dandelion greens	*turnip greens
		eggplant	turnips
			*watercress

*rich in Vitamin C
To avoid wasting essential nutrients, vegetables should be baked, steamed or cooked in heavy kettles with tight lids. Use barely enough water to steam vegetables, cook only to crisp, tender stage.

Excerpt from Recipes for Long Life.
(Recipes shown approximately one-half actual size.)

A \$4.95 Value!

Introductory Price \$2.95.

Just fill in this order to obtain your copy of "RECIPES FOR LONG LIFE" now.

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No. of copies @ \$2.95 ea. = _____
Plus \$.50 per copy for handling = _____
TOTAL ENCLOSED = _____

Send your order and enclosed check to Loma Linda Foods, Department R, 11503 Pierce Street, Riverside, CA 92505, or give to your local Loma Linda Foods representative.

AT REST

Barker, Elda Juanita—b. Oct. 30, 1901, Iowa; d. July 14, 1975, St. Helena. Survivors: daughters, Winona Harding, Velda Crunk and Linda Gilbert.

Culbertson, Ida Mae—b. Sept. 3, 1880, Missouri; d. June 7, 1975, Yreka. Survivors: daughter, Theora Brody; sons, Jerry, Ed, Henry and Max; 10 grandchildren and many great-grandchildren.

Dockstader, Eva—b. June 13, 1880, in Connecticut; d. July 22, Sacramento. Survivors: daughter, Evelyn Draper; sister, Ruth St. Amant; brother, Lawrence H. Crane; granddaughters, Diana Draper and Carole Salas.

Duerksen, Jacob—b. Oct. 22, 1879, Kansas; d. July 21, 1975, Angwin. Survivors: sons, Albert, Elmer and Victor; 10 grandchildren and 24 great-grandchildren.

Goeringer, Conrad—b. Dec. 2, 1898, Europe; d. Dec. 2, 1974, Kerman. Survivors: wife, Julia; daughter, Darlene.

Richards, Robley Alton—b. Oct. 4, 1898, California; d. July 25, 1975, San Francisco. Survivors: wife, Florence I.; brother, Dwight.

Sanders, Harry C.—d. July 13, 1889, Latonville; d. April 29, 1975, Grants Pass, Ore. Survivors: daughter, Dorothy Gibbs; son, Edward H.; sister, Marie Boice; 4 grandchildren and 4 great-grandchildren.

Richardson, Bessie—b. March 3, 1890, Minneapolis, Minn.; d. June 24, 1975, Riverside. Survivor: nephew, Beverly Wilcox.

Zackrisson, Harry A.—b. June 20, 1901, in Sweden; d. July 15, 1975, Mountain View. Survivors: wife, Esther; sons, Edwin H., James W.; sisters, Esther Colson and Harriet Champine.

ADDRESS CHANGE

If you are moving, please send your ADDRESS CHANGE three weeks in advance. Give your new address in the next column, clip out this entire form, including your address below, and mail to

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New Address _____
City _____
State _____ Zip Code _____

New subscriptions must be given to your local church clerk.

SUNSET TABLE

Friday, September 12

Angwin	7:23	Riverside	7:01
Chico	7:22	San Diego	6:59
Eureka	7:32	Phoenix	6:39
Fresno	7:12	Las Vegas	6:53
Lodi	7:19	Reno	7:13
Loma Linda	7:01	Moab	7:31
Los Angeles	7:04	Salt Lake	7:42
Oakland	7:22	Hilo	6:26
San Jose	7:21	Honolulu	6:38

Friday, September 19

Angwin	7:12	Riverside	6:51
Chico	7:10	San Diego	6:50
Eureka	7:20	Phoenix	6:30
Fresno	7:01	Las Vegas	6:43
Lodi	7:08	Reno	7:02
Loma Linda	6:51	Moab	7:20
Los Angeles	6:55	Salt Lake	7:31
Oakland	7:11	Hilo	6:20
San Jose	7:10	Honolulu	6:31

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