

#### Homecoming



HENRY WRIGHT
Executive Secretary
Columbia Union Conference

here was something particularly conviction-filled that showed on Pastor Bruce Koch's face in October of 1988 when he invited me to come to York, Pennsylvania, the following February for the York church's first homecoming.

"We are organizing ourselves," I remember him saying, "to visit all the former members we can find. And then he used another phrase that caused me to add this appointment to an already full schedule. "We are expecting the Lord to do something very special."

I had this prickle on the back of my neck that said the folks in York were thinking big and God would supply. You see, I recalled reading somewhere: "small plans, small results; small prayers, small answers: small investment, small return.

Therefore, it was no surprise to me when the parking lot was full. The receptionists were warm. The Sabbath school program inspiring. The music "glad." The lesson study deeply convicting.

But while the pews were filling to capacity, another drama played out. The lady in front of me kept looking back at the rear entrance of the sanctuary. Anticipation was in her eyes. Suddenly her anticipation turned to elation. She saw a group of people making their way toward her. They filled the whole row. It was her family. Some of them were former believers.

We stood together at the close of the service, the altar surrounded by people who had been called forward to make a new start: members, former members and visitors. Through the quietly whispered prayers, the tears, the feelings of brotherhood and acceptance and people holding onto one another, I knew afresh that big plans, prayers and faith bring big responses from heaven.

And I thought about you. That's right, you, my friend.

When's the last time you were home? What caused the separation? A broken marriage, an unkind word? Maybe you started working on the Sabbath again, or you just lost that early fire and real

We really miss you at church, you know. We miss you at Sligo or Ebenezer, York or Ashtabula. Maybe you should come home. It's time.

COVER: A coloring contest! Color the cover of this issue and get your entry printed on the cover of the Visitor. The cover introduces the 1989 Visitor coloring contest. You can color the picture on the cover, one created for us by Mary Bausman, an artist in Smithsburg, Maryland. Or you can contact the ABC at campmeeting to get a larger copy of the cover and then color it. Posters of the cover will be available at children's divisions at campmeetings as well. The Visitor will print the best coloring in the August 15 issue. To submit your entry, simply turn it in to the ABC at campmeeting, or mail it directly to Columbia Union Visitor, 5427 Twin Knolls Road, Columbia, MD 21045.

#### VISITOR STAFF

Editor:

Kermit Netteburg

Managing Editor: Charlotte Pedersen Coe

Editorial Assistant:

Communication Intern:

Cover Designer: Meredith Herzel

Circulation/Advertising Mgr: Dianne Liversidge

Pasteup Artist:

The VISITOR is the Seventh-day Adventist publication for people in the Columbia Union territory. The different backgrounds and spiritual gifts of these people mean that the VISITOR should inspire confidence in the Saviour and His church and should serve as a networking tool to share methods that members, churches and institutions can use in ministry. Address editorial correspondence to: Columbia Union VISITOR, 5427 Twin Knolls Road, Columbia, MD

#### 21045. One-year subscription price—\$7.50

COLUMBIA DIVIS	NA COLAR PRETACE
(301) 596-0800	(301) 997-3414
President	R.M. Wisbey
Secretary, ASI	
Treasurer	
Undertreasurer	R.J. Jensen
Assistant	
Church Ministries	
	ements, B. Manspeaker
Communication	K. Netteburg
Data Processing	
Associate	N. Lamoreaux
Education	
Associates,	F. Hoffer, A. Westney
Ministerial	W.D. Eva
Publishing-HHES	
	aGrone, G. Sunderland
	D. Griffiths
	N. Lee
Religious Liberty	
Trust Services	J. Lastine

#### COLUMBIA UNION CONFERENCE

ASSOCIATION	
President	
Secretary	R.J. Jensen

#### LOCAL CONFERENCES

ALLEGHENY EAST: Alvin M. Kibble, President; Robert Booker, Visitor Correspondent; P.O. Box 266, Pine Forge, PA 19548. Telephone: (215) 326-4610.

ALLEGHENY WEST: Willie J. Lewis, President; Walter Wright, Visitor Correspondent; 1339 E. Broad St., Columbus, OH 43205. Telephone: (614) 252-5271.

CHESAPEAKE: J.W. Coulter, President; Tom Lemon, Visitor Correspondent; 6600 Martin Rd., Columbia, MD 21044, Telephone: (301) 995-1910; Washington, D.C., area, 596-5600.

MOUNTAIN VIEW: Randy Murphy, President, Ruth Wright, Visitor Correspondent; 1400 Liberty St., Parkersburg, WV 26101. Telephone: (304) 422-4581.

NEW JERSEY: Robert W. Boggess, President and Visitor Correspondent; 2160 Brunswick Ave., Trenton, NJ 08648, Telephone: (609) 392-7131.

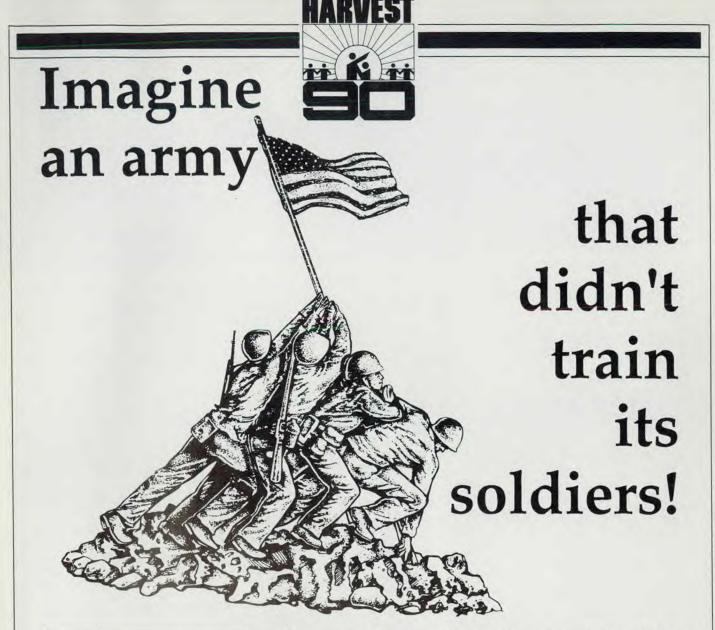
OHIO: Ed Motschiedler, President and Visitor Correspondent; P.O. Box 831, Mount Vernon, OH 43050. Telephone: (614) 397-4665.

PENNSYLVANIA: Jerry Page, President; Gloria Bentzinger, Visitor Correspondent; 720 Museum Rd., Reading, PA 19611. Telephone: (215) 374-8331. ABC, Box 3641, Hamburg, PA 19526. Telephone: (215) 562-5156.

POTOMAC: Ralph Martin, President; Robbi Pierson, Visitor Correspondent; P.O. Box 1208, Staunton, VA 24401. Telephone; (703) 886-0771. ABC, 8400 Carroll Ave., Takoma Park, MD 20912. Telephone; (301) 439-0700.

Printed by the Review and Herald Publishing Association, Hagerstown, MD 21740.

May 15, 1989 Vol. 94, No. 10



#### Harvest 90 Goals

- RENEW: Spiritual growth for every member through Bible study, prayer, fellowship, and worship.
- 2. BAPTIZE: Double the number of people baptized into the Church during the 1000 Days of Reaping.
- **3. ATTEND:** Double the number of people attending church worship services every Sabbath.
- TRAIN: Prepare a majority of members for soul-winning activities.

Training always has been important to Christians. That's why Jesus spent three years with 12 men--to train them. And that training produced the most formidable team of Christian leaders for outreach that has ever

Maneuvers. Bivouac. 50-

mile hikes. That's just training,

the essential ingredient to

defend a country. Just like

businesses, the army knows that

frantic work produces few

results--if it's not smart work.

been assembled.

That's why the North American Division has adopted

training a majority of lay members for nurture and outreach as one of its Harvest 90 goals. Sabbath school workshops. Witnessing seminars. Youth leadership training programs. It's doing our part in Harvest 90.



Copyright, 1988, by Columbia Union Conference

## Real help for emotional crises

VICTORIA BLINCOE

Where can people turn when life gets to be more than they can handle? If they have a medical emergency, they get help at a hospital emergency room—any time of the day or night.

But what about mental or emotional emergencies? Most psychiatrists, psychologists and counseling services require advance appointments and are available only in the daytime.

Harding Hospital, Worthington, Ohio, offers emergency help for mental or emotional crises 24 hours a day. No appointment is needed. Trained staff members are always available.

In 1988, 2,214 people visited Emergency Services at Harding Hospital, an average of six visits per day.

To better understand the kind of help Emergency Services provides, let's look at four visitors to the department on a typical day several weeks ago.

Victoria Blincoe, director of public relations for Harding Hospital, took the picture for this feature



#### Monday, 10 a.m.

"I'm having a problem with my son, and I don't know what to do," said Deborah, an attractive, well-dressed woman in her mid-forties. "I have an appointment with a psychologist later this week, but I feel so overwhelmed. I need help today."

"It all began when my 18-year-old son became seriously involved with a 17-year-old girl," Deborah told Clinical Nurse Specialist Georgeann Neuzil. As Deborah continued her story, her voice quavered and she became tearful. "Now the girl is pregnant and my son refuses to take any of the responsibility.

"I wish I could make my son be more responsible. I am so worried about this, but feel so helpless."

As Deborah and Georgeann talked together, Georgeann assured Deborah that she didn't need to feel responsible for her grown son's actions. "Your son has to make his own decisions in life and face the consequences. You can't do that for him," said Georgeann.

As they continued to talk, Deborah revealed that her father had been an alcoholic and in some ways was not a good parent. Deborah felt that her father's alcoholism had impacted her life in a negative way and might affect her feelings now about being a good parent.

Georgeann told Deborah about an organization called ACOA (Adult Children of Alcoholics) that could help her deal with her past experiences. Deborah agreed to contact ACOA and to keep her appointment with the psychologist.

Deborah left at 11:30 a.m. feeling more able to cope with her situation.

#### Monday, 12:40 p.m.

"I need to talk with someone," were the first words 40-year-old Betty said when she burst into Emergency Services.

Betty, a tall woman with light brown hair and glasses, has a form of mental illness which makes it difficult for her to be independent. With no family or friends in the area, Betty finds traumatic times especially trying.

"I've been seeing my psychotherapist three times a week, and he's been helping me," explained Betty. "But now he's out of town for a week. I am scared. I don't know if I can handle my problems all alone. I don't know what to do. I don't think I can cope with what is happening to me."

Georgeann talked with Betty about her situation and gave her supportive counseling. After ventilating her problems, Betty felt better.

Betty agreed to see her regular therapist, when he returned later in the week. Betty left at 1:45 p.m.

#### Monday, 3:20 p.m.

Elaine is a striking, dark-haired, 17year-old girl, but she looked sad and withdrawn when she came to Harding Hospital's Emergency Services on this Monday afternoon.

"Elaine tried to commit suicide two days ago," her parents told Clinical Nurse Specialist Vivian Baber. "She was treated at a local hospital for the physical effects of the overdose. But we're afraid she might try suicide again."

As Vivian continued talking with Elaine's parents, she learned that Elaine had tried to commit suicide twice before. "We just don't understand what is happening to our daughter," Elaine's mother said sadly.

Elaine was a good student and had friends, but she was lonely, depressed and isolated. "I just don't feel like I fit in anywhere. I really don't care much about living," she told Vivian.

Elaine's parents expressed how afraid, frustrated and betrayed they felt because of Elaine's continuing depression and suicide attempts. "We can't trust her to be alone. We're afraid something will happen," said her mother.

As Elaine and her parents talked with

Vivian, they decided Elaine needed to be in a protective place, while she learned how to deal with her problems.

#### Tuesday, 12:30 a.m.

"I feel so depressed, that I can't even sleep," said Harry, a tired-looking, overweight man in his late 50s.

Barbara Portwood, nurse clinician, asked Harry what was troubling him. Harry seemed reluctant at first to acknowledge that anything was wrong, but finally said, "My business is in financial trouble, and my marriage is falling apart. I'm desperate. I've even considered killing myself."

The clinician asked Harry about other areas of his life. They talked for quite awhile, and Harry finally admitted that he had a serious drinking problem.

"I feel so alone," Harry said. "I don't know if I can handle my drinking problem." Barbara told Harry about Alcoholics Anonymous, and Harry remembered a friend who was a member. Harry decided that the friend would be a good person to falk to.

Barbara also told Harry about Harding's outpatient compulsive disorders program. Harry agreed to call the program in the morning.

Barbara then shared some suggestions that would help Harry cope with the stresses in his life. When Harry left at 2 a.m., he felt he would be able to start getting his life under control.

A mental health emergency is intense, personal and stress-filled. It may be a noisy, angry outburst, but more frequently it's a quietly desperate situation in which a person feels overwhelmed by the circumstances. Often the person or family feel they have "no place to turn."

For people who are struggling with mental or emotional crisis, Harding Hospital's Emergency Services is a safe place to get the help they need.

## Washington First church celebrates centennial milestone

#### ROBERT BOOKER

Not many people or institutions are privileged to celebrate a 100th birthday. But First Seventh-day Adventist Church of Washington, D.C., did just that on the weekend of February 25 and 26 this year.

#### 1989 Celebration

Amid shouts of "jubilate," Pastor Melvyn E. Hayden Jr. led the congregation into a celebration that is scheduled to last a full year.

The weekend celebration began with the Lord's Supper-the Ordinance of Humility services and Communion.

Celebrants were called out to worship early Sabbath morning with Haywood T. Weatherford, pastor of First church in Teaneck, New Jersey. He spoke the to early birds in a "Reflection" service.

Alvin M. Kibble, president of Allegheny East Conference, highlighted the Sabbath school hour with a thought-provoking, challenging and spiritual presentation of the Sabbath school lesson on spiritualism and the occult. Kibble shared God's specific instructions on how His people should deal with the last-day challenges presented by false teachings.

During the worship hour, a host of dignitaries and church leaders brought messages of welcome and commendation. A representative from the office of Marion Barry Jr., mayor of the District of Columbia, told the congregation Mayor Barry had declared February 25 as First Church Day in the District of Columbia.

Others who brought greetings in person

were Neal C. Wilson, president of the General Conference; Kenneth Mittleider, General Conference general vice president; and Ron M. Wisbey, president of the Columbia Union.

C.E. Bradford, vice president of the General Conference for North America, gave the standing-room-only crowd reasons to rejoice as he delivered his sermon, "Second Time Around."

#### History

In 1886, Grover Cleveland was president, federal troops captured Geronimo, the Statue of Liberty was unveiled and the first organized work by Adventists began in Washington, D.C.

Elder Willard H. Saxy and his wife, Elder Charles Parmele and his sister Julia, along with a number of Bible instructor apprentices, opened a city mission at 1831 Vermont Ave. NW. In the first three months, they gave 297 Bible studies, gaining one convert.

By 1888, a Sabbath school of 46 met regularly in Claybough Hall at 1640 14th St. NW. Elder John Corliss conducted evening meetings with the brethren to instruct them in the duties of church membership. Believing the time had come for the perfection of organization, Elder Corliss formed the First Seventh-day Adventist Church of Washington, D.C., on Sunday, February 14, 1889, with 26 charter members.

In the following week, Elders Uriah Smith and Lycurgus McCoy and others from Battle Creek, Michigan, celebrated the ordinances with the new little flock.

In March of the same year, leaders from Battle Creek planned the formation of the Atlantic Conference, which included the District of Columbia. Under the new arrangement, the mission closed and the Saxys left in August. The church membership was then 41. Ellen G. White spent 19 days with them.



Music played an important role in the centennial celebration. Richard Duckett served with Sharon Osborne as directors of the mass choir.

Robert Booker, communication director of the Allegheny East Conference, took the pictures for this Spotlight.

Evangelism was the main thrust of the church, and Elders J.S. Washburn and Charles L. Taylor conducted meetings in 1890, increasing church membership. In 1893, under the leadership of Elder Corliss, who had returned after a four-year absence, a small church was purchased from the Eastern Presbyterian Church on 8th Street, between F and G Northeast.

The congregation was interracial, and among its members was Rosetta Douglass Sprague, daughter of Frederick Douglass, who was no doubt influenced in some way by her father's witness of the falling of the stars and his belief that this event was a 'harbinger of the coming of the Son of Man.'

By the turn of the century, the church was firmly established and involved in evangelism. In 1902, Elders J.S. Washburn and Lewis Sheafe conducted evangelistic crusades, with Elder Washburn establishing the second Washington church—the Memorial church.

The General Conference moved to the Washington area from Battle Creek at this time, and the churches were assigned to the administration of the District of Columbia Conference, which had been operating from the Atlantic Union Conference.

Believing that Christian education was necessary, the members established a church school in 1917 under the pastorate of Elder Frederick J. Seeney and jointly operated it with the Ephesus church. The school made a more substantial penetration into the life of the community. Many of the children enrolled were not affiliated with the church, and the church welfare program strengthened the ties with the neighborhood and the Washington public.

Church growth continued, and in 1919 it was reported that membership had doubled during the past three years.

The next 30 years proved to be fruitful one for the First church. By 1955, the small church on 8th Street Northeast had become greatly overcrowded, and the congregation, under the leadership of Elder Wilmot Fordham, purchased the property at 810 Shepherd St.NW. The official opening ceremonies were held June 5-7, 1957, with Elder Paul Cantrell.



Ruth E. Diggs was honored during the divine worship service for maintaining her membership in First church for 70 years. She became a member about the time of World War I.

Other ministers serving the First church have been Elder John H. Wagner Jr., Elder Charles B. Atkinson, Elder Adolphus E. Webb, Elder Leslie J. Pryor, Elder Eric S. Dillett, Elder R.T. Hudson, Elder Luther R. Palmer, Elder John Collins, Elder Alfred R. Jones, Elder Edward L. Richardson and Elder Melvyn E. Hayden Jr., the current pastor.

The church membership now stands at 1,100 and growing. Where there was one church and one conference in the area a century ago, there are now 33 churches and three conferences.

Commitment

Meade C. Van Putten, associate secretary of the North American Division and until recently president of Allegheny East Conference, conducted a commitment service on Sabbath afternoon.

The weekend services ended Sunday morning with a prayer service by Henry M. Wright, executive secretary of the Columbia Union.

The centennial celebration was planned under the direction of Salina Kirby, assisted by Mary L. Hyde and Rufus Simpkins. The material for the history of First church was gathered by Deborah Jeffries.



Many of the ladies of First Church wore dresses of the period 1885-1900, the era when the church was established.

VISITOR, May 15, 1989 7

#### HOSPITALS |

#### System President Shawver retires, replacement named for NEMA

Tom Flynn was named president of Adventist Health System/North, Eastern and Middle America in April. NEMA is the parent corporation for the Adventist-owned hospitals in the Columbia Union.

Flynn is currently regional vice president of the Mid-Atlantic Region. He succeeds J. Russell Shawver, who retired on April 1. Shawver, who worked for Adventist hospitals for 37 years, will continue with NEMA as a consultant.

As regional vice president for the Mid-Atlantic Region, Flynn chaired the region and hospital boards, as well as those of Adventist Home Health Services, Home Assistance and Shady Grove Adventist Nursing Center.

The board also approved a plan to reorganize the corporate office. "The corporate office will be smaller, with a strong role in financial oversight and human resource management," says Ron Wisbey, chairman of the NEMA board and president of the Columbia Union.

Round tables and committees will be established as appropriate for shared services and other joint initiatives such as administrative services, communication, data processing services, development, marketing, nursing programs and quality management, Wisbey said.

#### CUC

#### Gymnastic team performs during half-time of 76ers game

During half-time at the Philadelphia Spectrum on March 28, Columbia Union College's gymnastic team, the Acroaires, performed before more than 16,000 fans attending the game between the Philadelphia 76ers and the Boston Celtics.

This is the second year that the college's gymnastics team has performed at a Philadelphia 76ers game at the Spectrum. "After last year's performance, they said they definitely wanted us back," says Ron Reading, one of the team's coaches.

"Before we went out, we had prayer, and then the kids gave a yell," says Reading. "As soon as you walk through the tunnel into the Spectrum, you get goose bumps before you ever step on the floor." Fans seemed to get the thrill as well, judging from their enthusiastic applause.

"We worked as a team," says Doug

Harcombe, a freshman business major from Woodbine, Maryland. "I think we represented CUC in a very positive way. Lots of people were asking about us and about the school we attend."

In addition to performing at the Spectrum, the Acroaires have toured to six of the eight academies in the Columbia Union. Their weekend programs include worship services and workouts with the academy gymnastic teams

RICHARD MOYERS

Public Relations Director

#### OHIO

#### Kettering kids have role in North American Division video

"A Special Creation," a children's video of the North American Division children's ministries was shot in Kettering, Ohio.

"This is brand new ground for us," said Mark Ford, producer of the 25-minute video. The goal is to produce four-to-six programs a year on particular themes.

The video is not targeted just for Adventist youngsters. A national distributor will try to reach individual families looking for "quality Christian videos for children."

In "A Special Creation," seven children take turns telling the Biblical version of how the world was created by God in seven days. Each child, through various projects, will explain one day.

#### MOUNTAIN VIEW

#### Academy junior wins King holiday essay contest

Tawanna Britton, a 17-year-old junior at Mountain State Academy, Pennsboro, West Virginia, won first place for high school students in a state-wide essay contest honoring the memory of Martin Luther King Jr.

At ceremonies held in January in the Charleston Cultural Center she received a \$75 cash award. She was also interviewed on WDTV-TV in Bridgeport, West Virginia.

Writing on the theme, "Living the Dream: Freedom, Justice and Opportunity for All," Britton wrote in her essay for the contest: "The dream of true justice will not be carried out by laws alone, for they cannot recreate a man who holds prejudice as a criterion for manhood. Opportunity is the highway by which freedom and justice travel."



Grover Johnson (above) and his wife Bonnie collected recyclable items gathered by Lowville members, which were exchanged for cash and added to Investment funds.

#### PENNSYLVANIA

#### Lowville reaps investment by recycling trash

Imagine asking your neighbors for their trash and telling them it's a church project!

That's what the 26 members of the Lowville, Pennsylvania, church did as they gathered aluminum cans, glass and old newspapers to be recycled for cash.

The trash paid off nicely. The church collected \$2,205 for its Sabbath School Investment program.

HENRIETTA MORSE
Investment Secretary

From Poughkeepsie, New York, Britton has attended Mountain State Academy for the past two years. The school is a self-supporting Adventist school which teaches all four grades of high school and last year staged a countermarch against Ku Klux Klan demonstrators at a rally.

RUTH WRIGHT Communication Director

#### ALLEGHENY WEST

#### Bethel church celebrates 50th with week-long programming

During the week-long celebration last December with the theme, "Memories, Mission and Ministry," the Bethel church in Akron, Ohio, celebrated 50 years by giving honor to God for His blessings and for allowing the church to grow from four families worshiping in the home of the founding matriarch, Sallie Johnson, to a congregation of over 400.

On the opening Sabbath conference President Willie J. Lewis congratulated the church for "serving as a beacon of light and proclaimer of God's message in the Akron area." That evening the members engaged in a reflective stroll down memory lane, highlighted by a media presentation capturing the history of the church.

The mid-week prayer meeting deviated from the regular format as current Pastor Frederick Russell led the congregation in an oral accounting of the church's history. This time of remembrance was preceded by a salad potluck supper.

On Friday evening, former Pastor St. Clare Phipps challenged the congregation to move to higher plateaus in ministry and service for Jesus Christ.

The final Sabbath celebration featured Union Secretary Henry Wright. Also present was Akron Mayor Donald L, Plusquellic.

Planning for the celebration was done by Juanita Buddy, anniversary chairman, and her 11-member planning committee.

ELAINE WILLIAMS
Communication Secretary

#### **NEW JERSEY**

#### Laymen complete training, aim for 100 home seminars

The Elizabeth Spanish church awarded certificates of achievement to laymen who completed the Lay Evangelism Training Program. This graduating class brings to 110 the number of trained laymen in the district, many of whom already are conducting small group home study meetings within their local neighborhoods.

Pastor Evelio Astacio projects a total of 100 simultaneous home meetings being conducted during the months ahead, as preparation for a community-wide public evangelistic campaign in the fall.

Conference Treasurer Frank Moore served as translator for President Robert Boggess,

who challenged the graduates to use their talents to advance God's work as did the ancient Gideon.

#### CHESAPEAKE

#### 'Please give us more parenting seminars,' participants ask

Twenty people from the Triadelphia, Maryland, community participated in a recent "Parenting Seminar" conducted by James Londis, director of the Washington Institute for Contemporary Issues. The seminar, held Tuesday evenings at the Triadelphia church for three consecutive weeks, was very successful, according to participants.

The parents' only complaint was "We need more!" They said they look forward to attending other programs at the church.

Child care was provided during the seminar, and the children were invited to return for the church's Vacation Bible School set for July 17-21. One couple that participated in the seminar, is now attending the Spencerville, Maryland, church.

DARLEEN SANFORD Communication Secretary

#### CHESAPEAKE

#### HVA senior play smashing success

More than 700 people attended the presentation of "One Wild Night," the 1989 senior play at Highland View Academy.

The play, directed by English teacher Elaine Grove, depicted a hypochondriac who overheard his doctor on the telephone and mistakenly assumed that the doctor gave him only one more night to live.

The humor and chaos resulting from this man's giving away his home and furniture was splendidly portrayed by the seniors, judging by the audience's reaction. The cast was given a standing ovation at the conclusion of the performance.

#### POTOMAC



The Wytheville, Virginia, Seventh-day Adventist Church, which stands in full-view of travelers on heavily trafficked Interstate 81, keeps a light burning through the night. Coupled with the pre-dawn light of an early morning sun, the effect is eye-catching and inspiring.—STARR BEVINS. (Photo by Randy Lilly, Southwest Virginia Enterprise)



## Old-Fashioned Savings Celebration

Worthington celebrates its 50th Anniversary with Golden Croquettes.



#### Try some today!

#### Camp Meeting Specials

PRODUCT	CASE/PK	YOUR SAVINGS PER CASE \$5.00	
Choplets®	12/20 oz.		
Vegetarian Burger™	12/20 oz.	\$5.00	
Skallops®	12/20 oz.	\$5.00	
Veja-Links*	12/19 oz.	\$5.00	
Prime Stakes <sup>TM</sup>	12/13 oz.	\$3.00	
Stakelets*	12/10 oz.	\$3.00	
Crispy Chik Nuggets	12/12 oz.	\$3.00	

#### FREE COOKBOOK!

A \$795 value, when you purchase at least 3 cases of Worthington products. (\$50 minimum.) Additional copies are available at the Book Center



#### COLUMBIA UNION I

#### Why I go to campmeeting

When I was 6, my father moved from the North Dakota Conference to



the Northern Union Conference. He stayed as treasurer of that union for 25 years, so I got to attend four campmeetings every year, even five and six campmeetings in the really fun years.

I learned to love campmeeting.

It wasn't just seeing friends, though that was a big part of it. I had four sets of friends-one in each conference. Dennis and Jim and Bonnie in South Dakota. Vince and Donnie in North Dakota, though Vince moved to South Dakota after a few years. Allen and Terry in Iowa, where it was always warmer and we swam every day. Minnesota was great because all my everyday, regular friends lived there.

It was the kids' meetings as well. Bible quizzes, where they'd start reading at one place in the Bible and see who could find the passage first. Stories, great stories, from missionaries. Singing, and I loved the old favorites best. And lessons about salvation.

I remember slipping into the back of the adult meetings, just to see if they were over yet. And I remember being mesmerized by terrific preachers; I didn't plan to stay in the meetings, but frequently I did just to hear the rest of the adults' sermons. I even remember the year that I heard V.G. Anderson preach the same sermon at all four campmeetings. I stayed to listen to it each time!

Then there were baseball games. And swimming. And other social events. I first learned that girls were special at a campmeeting. (My parents weren't sure campmeetings were for learning that!)

My parents let me buy two special things at each campmeeting. The first was Dairy Queen sundaes. The second was something from the Book and Bible House, the Adventist Book Center of those days. I learned to love good books from those campmeetings. And good records. And posters.

Istill love campmeetings. Attending campmeetings is one of the best parts of my job. The soul-stirring music. The soul-settling preaching. The soulenriching friendships.

And don't forget the specials on vege-foods!

KERMIT NETTEBURG, Editor

#### TABLE OF CONTENTS



Page 15

Page 15

Page 15

Page 16

where.

campmeetings.

one should miss it.

New Jersey President Robert Boggess describes benefits of campmeeting: revival, forgiveness and change of pace.

Seminars are one of the special

offerings at campmeeting. We

Campmeeting is Adventism's

President Ralph Martin says no

Allegheny East President Alvin

Kibble says trade traffic jams for

Great preaching is a campmeet-

ing trademark, and we give you

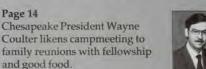
the rundown on who's speaking

quiet walks and romance a

relationship with Jesus.

Fourth of July, and Potomac

list the seminars available at





Ohio President Ed Motschiedler tells how young adults found meaning at campmeeting last vear.

Randy Murphy from Mountain

View promises inspiration from

the special speakers and sem-

inars at campmeeting in 1989.



Geese tell Adventists why they should attend campmeeting, according to Pennsylvania President Jerry Page.



Page 20 Christian Record Braille Foundation sponsors campmeeting for the hearing impaired at Highland View Academy.



Page 20 The national campmeeting for Adventist singles will be at Columbia Union College this



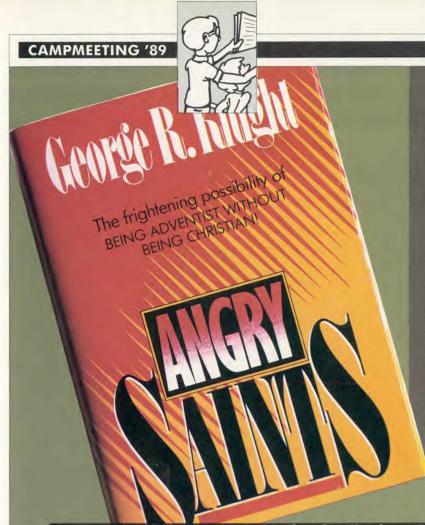
Page 20 North American Missions Director Frank Ottati highlights the Spanish campmeetings in the Columbia Union.



Allegheny West will have its first campmeeting ever at the new campground, President Willie Lewis reminds members.



Page 20 Everyone loves the special music at campmeeting, and we have the inside story on the players and the songs.



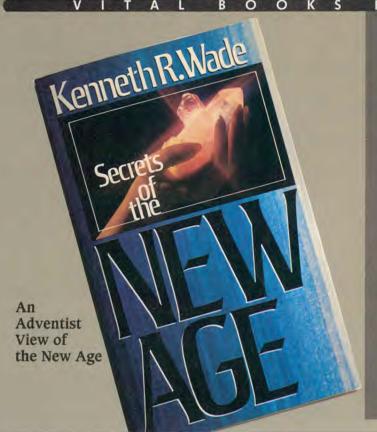
With engaging candor, the popular speaker and church historian George

Knight tells of a spirited confrontation between early Adventist saints.

This is a true story about saints who preferred being right to being loving. It's about people trying to win arguments with Ellen White quotes. It's about what people do when someone threaten's a doctrinal landmark.

Knight delivers a tense, fascinating book filled with the rich detail that comes from vigorous research. But he does more than entertain. His story becomes a striking allusion to the church today. As the characters in this book fight over the authority of Ellen White, the possibility of perfection, and righteousness by faith, we see solutions to identical arguments that are erupting in the here and now.

Angry Saints, hardcover, 158 pages. US\$13.95, Cdn\$17.45.



Something supernatural is communicating with people all around you. It is attracting followers in uncounted

OR 1989

It is attracting followers in uncounted numbers. They are swelling a New Age movement that is surrounding us with new music, best-selling books, and holistic health practices. At last, a qualified author has written a book with an Adventist perspective on what this mysterious spiritual movement means to us in the end of time. Ken Wade, assistant editor of *Ministry*, brings you upto-date on everything from crystal power to reincarnation to UFOs. power to reincarnation to UFOs.

His surprising and informing book prepares you to answer a friend's question "What do you think about the New Age?" And because of its Bible-based, nonthreatening approach (not to mention its low price), it's an excellent book to give to neighbors who might be taking an ominous step into the New Age. Secrets of the New Age, paperback, 154 pages. US\$3.95, Cdn\$4.95.

Call your ABC to order. (12)





BOOKS MAGAZINES CASSETTES CDS VIDEOS FOODS

Your kids will love the bargains you find at your Adventist Book Centers during campmeeting



#### **NEW JERSEY 1**

#### "Living Christ's Love"

Benefits. Good investment. These words usually tossed around in financial circles are used in New Jersey to describe Camp-

meeting '89.

Topping the list of benefits is the revival of faith and commitment to Jesus that our people receive. People who already enjoy a daily walk with Christ will experience renewal of certainty and joy. Those who have become discouraged will discover a revival of spiritual experience. And others, who perhaps have never been born again, can discover the joy and peace of forgiveness and oneness with God.

The fellowship experience also rates high on the list of benefits. During the course of campmeeting, more than two-thirds of New Jersey Conference members are on the campus. It's a "together" experience: pray together, study, eat, play, visit. This sharing builds unity of spirit and understanding to achieve objectives

together.

A third benefit is the results of seminars and workshops attended. Better study habits are learned, more consistent prayer practices examined and Christlike characters developed. The Christian growth is evident in healthier home lives, improved church activities and more productive witnessing.

Fourth, but by no means last, the physical and emotional change of pace creates refreshment for body and renewal for mind. Many people plan vacations to include campmeeting for this reason. They can return to their work-a-day world invig-

orated in mind and body.

These are the experiences—benefits, good investments—that keep campmeeting popular and make it important in church life.

ROBERT W. BOGGESS

#### CHESAPEAKE

"Joy in the Family"

Family reunion.

Pleasant idea, isn't it?

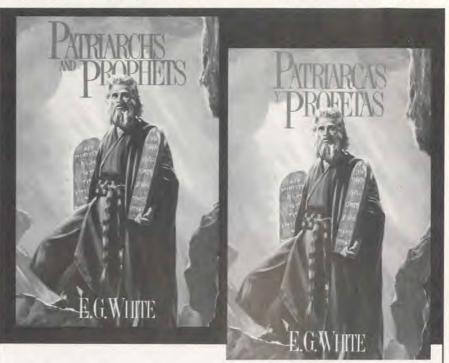
I remember as a boy growing up, we didn't celebrate birthdays or holidays so much as some did. But we all looked forward to Thanksgiving. My brothers and sisters, cousins, aunts, uncles, grandmas

and grandpas came together at grandfather's house. The food was scrumptious, especially desserts, and there was plenty of it. But the most exciting thing was fellowship—being together.

I miss those days and wish we could turn back time just for a few moments.

Campmeeting in Chesapeake. That pulls up pleasant thoughts, too. There is something nostalgic about it, isn't there? Pitching tents, preparing food, the hot sun, people coming, going to meetings, clusters of people sharing experiences, praying, weeping, laughing together. Like a family reunion, our church brothers and sisters come together to worship, fellowship, prepare for that great family reunion when our brother Jesus comes to take us home to glory with Him.

Campmeeting '89: together in spiritual convocation, preparing for the future. Oh, dear heart, when Jesus comes to gather us—loved ones, friends, sons and daughters, those we've prayed and labored for—we



## **NEW Conflict of the Ages Set Now Available for Only \$24.95!**

Pacific Press presents the new, unabridged Conflict of the Ages set by Ellen G. White.

Durable soft-textured covers with beautiful illustrations by John Steel make this one of the most attractive Spirit of Prophecy sets on the market. And from now through the end of 1989, the complete set is selling for a remarkably low introductory price.

It's a great gift. Don't miss the bargain of the decade!

#### Available in both English and Spanish. Only US\$24.95/Cdn\$31.20!



Now available at your Adventist Book Center.

From Pacific Press-A Tradition of Quality

© 1989 Pacific Press Publishing Association 2875-b



will ascend to the best campmeeting ever. Delicious food, lively conversation, grand music fellowship—a real family reunion. J. WAYNE COULTER

#### POTOMAC |

#### "Called to be Friends"

Campmeeting is one of the supreme celebrations of the Adventist family. Our

hearts rise in thanksgiving to God for grace and life more than at any other time of the year. To sing vigorously, pray fervently, study creatively, and fellowship wholesomely are the essence of worship to God and the essential building blocks that make campmeeting special to each of us.

It is true that we celebrate our salvation each week at church, but a Sabbath at campmeeting is different from a Sabbath at home. Just as Passover or Pentecost was a national religious holiday for Israel, so campmeeting is our religious Fourth of July, Thanksgiving and Memorial Day wrapped together and stretched over eight great "holy-days." We feel excitement as the best preachers of the church combine with the finest in gospel music to lift our spirits to the throne room of God each morningand evening and on Sabbath.

Once again, every age level will enjoy a special program at Potomac campmeeting. Our team of pastors and lay leaders will minister to the children, youth, young adults and mature Adventists. The children will combine learning with fun events, while adults will have a full day of preaching, seminars and fellowship.

Join me and your other friends at campmeeting this year. Let's celebrate our life and salvation in our Lord together again this year.

RALPH W. MARTIN

# The best Teaching in any city that doesn't hav

Campmeeting '89

#### CHESAPEAKE, June 16-24

Health Instruction Family Counseling Spirit-filled Families

#### MOUNTAIN VIEW, June 16-24

Hurt, Healing and Happy Again Family Life All Things Work Together for Good

golden streets

#### OHIO, June 16-24

The Church Omnipresent Conducting Revelation Seminars Older is Better Understanding Sexuality Developing Capable Young People

#### PENNSYLVANIA, June 16-24

Baptism of the Holy Spirit Relational Bible Study Christ's Method of Witnessing Time for the Latter Rain

#### POTOMAC, June 16-24

The Message of Galatians Divorce Adjustment Self-esteem for Women Retirement and How to Enjoy It The Making of a Mother

#### NEW JERSEY, June 23-July 1

Bible Personalities Church Growth Check-up

#### ALLEGHENY EAST, June 29-July 8

Parenting
Broken Relationships
The New Black Male
Marriage and Pre-Marriage
Music for Church Musicians

#### ALLEGHENY EAST

#### "The Sanctuary Service— Symbols of Salvation"

What the Feast of Tabernacles was to the children of Israel perhaps campmeeting can be to us. A time to reflect, celebrate, study, pray, sing, renew covenants. Time to nurture relationships. A time to bond.

Maybe your need is to be drawn away from traffic jams to quiet walks, from alarm clocks to chirping birds, from the TV to the "I Am." Or perhaps you want to romance your relationship with God.

Campmeeting is challenging as well! "What do you mean there is no room for the microwave?" "How long did Mrs. Foster say this walkercise would be?" "Mommy, Elder Davis said we have to be on time for early morning service if we want to get a ticket for swimming."

Campmeeting is an experience. Some members say, "Summer would not be the same without campmeeting."

Why is it when our lifestyle is more simple and we spend more time daily with God, we seem to feel closer to Him and find ourselves thinking more about heaven—and about wanting others to know Him and live to please Him?

Ten days at Allegheny East campmeeting! Recapture the habit of walking hand-in-hand with your family and faith-to-sight with your God.

ALVIN M. KIBBLE



#### ALLEGHENY WEST I

#### "That We May Grow"

Campmeeting 1989 will bee a historic occasion for Allegheny West members. It will be the first campmeeting at the new

conference camp site.

Allegheny West members traditionally turn out in great numbers for campmeeting. And we expect this year will be no exception—with the committed as well as the inquisitive in attendance. Much preparation has been under way in anticipation of the gathering. Road and parking improvements are evident, and rest room and other plumbing facilities are being readied.

Conference officers and staff are dedicated to bringing Pentecost to our believers at this camp. All participants can return home with a renewed vigor and zeal for the task at hand. The Apostle Paul reminds believers: "For yet a little while, and He that shall come will come, and will not tarry,"—Hebrews 10:37.

It is my sincere hope that a spirit of love and fellowship will prevail as our theme, "That We May Grow," indicates. As we move ever closer to the end of time, I believe each encampment will exhibit more urgency and power of the Spirit to finish the work.

Come, let's grow together. WILLIE J. LEWIS

#### MOUNTAIN VIEW

#### "Come and Go With Me"

Inspiration. That's what people who come to Mountain View's campmeeting will capture and take back to their homes. The inspiration to go back to their neighborhoods seeking to pack the pews in their home churches. The skills and desire to reclaim those not attending church.

The campmeeting agenda at Valley Vista this summer is full. Joe Crews from the Amazing Facts ministries will preach old-fashioned revival messages. Thirteen-year-old Ross Harris will inspire audiences as he has in the United States and the Far East. Leslie Hardinge will discuss Daniel, and Conference Ministerial Director John McGraw will study the life of Joseph.

On the contemporary side, Irene McCary from Needles, California, will talk about "Lay-Woman Extraordinaire," Thursday through Sabbath. And a three-day series called "Hurt, Healing and Happy

Again" will be conducted by Marty Webber, a native son who now writes for the It Is Written telecast.

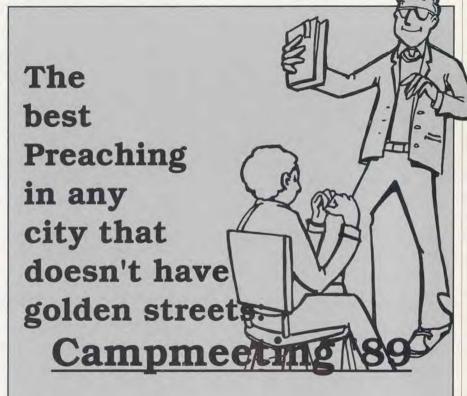
Perhaps most unusual will be the weeklong series by Carlos Pardeiro, the leader of a rock band who married a beauty queen. Since his conversion to Christ, he has been training others "to reach people who live in the real world."

See what you could miss by staying home during campmeeting?

OHIO I

#### "In His Image-Developing Christian Wholeness"

Tom and Carol are a typical young adult couple. They attend a small church, have 2.3 children, and each holds several church and Sabbath school offices. They sometimes get discouraged because they meet few Adventists their age and their church seems too small



#### CHESAPEAKE, June 16-24

Roger Coon Ivan Blazen Dan Matthews

#### **MOUNTAIN VIEW, June 16-24**

Joe Crews Ron M. Wisbey
Jim Clements Leslie Hardinge

#### OHIO, June 16-24

Ron M Wisbey Winton Beaven Will Eva Duncan Eva Ron Halvorsen Alberta Mazat

#### PENNSYLVANIA, June 16-24

Ron Havlorsen Henry Wirght Jay Gallimore Ron M. Wisbey Laverne Tucker

#### POTOMAC, June 16-24

Gordon Bietz William Johnsson C.E. Bradford Richard Fredericks Joy Swift Ron M. Wisbey

#### NEW JERSEY, June 23-July 1

George Rice Kermit Netteburg Ron M. Wisbey John Wilkins

#### ALLEGHENY WEST, June 29-July1 E. E. Cleveland

ALLEGHENY EAST, June 29-July 8

Henry Wright C. D. Brooks Ralph Martin

Jackson Doggette Benjamin Reeves



Last year they did an atypical thing. They took a week of vacation time to go to campmeeting.

The first weekend they felt blessed by the Sabbath worship celebration. They could hardly keep track of their children as they raced to and from their meetings.

As they scanned the list of workshops beginning on Sunday, they were amazed to see how many were about family life. Since the children had activities scheduled at the same time, Tom and Carol were able to each choose several workshops that interested them. They made new friends their age and learned many lessons as they visited with the older members on the campground. They also picked up ideas for their church work.

By the last weekend, they realized how much they had been blessed. Their busy lives at home allowed them little time for spiritual reflection. They had the time during campmeeting to renew their love for the Lord Jesus from the early morning devotionals through evensong. At the last Saturday night meeting, they rededicated their lives to His service.

Sunday morning as they were packing to go home, the kids begged, "We had so much fun; can we go again next year?"

Tom and Carol agreed, "We wouldn't miss Campmeeting '89 for anything!" EDMOTSCHIEDLER

## Two Terrific Books From Pacific Press



#### 1844 Made Simple

Clifford Goldstein

Can you solve the maze of events leading to the year 1844? Many people can't—especially if the Bible is the only tool they use.

Now, Clifford Goldstein, best-selling author of *The "Saving" of America*, untangles the mysteries of Daniel's prophecies using only the Bible.

This is one of the most important books you'll ever read!

96 pages, paper. U\$\$6.95/Cdn\$8.70

#### The Answer Is Prayer

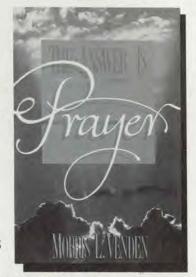
Morris L. Venden

Do you ever feel like God won't answer your prayers? Well, you're not alone.

Now there's a wonderful guide to prayer. Elder Venden presents the magnificence of God in a way that has seldom been understood before.

Find out for yourself how the power of simple daily prayer can bring vitality and meaning into your life!

192 pages, hard. US\$9.95/Cdn\$12.45





Now available at your Adventist Book Center.

From Pacific Press-A Tradition of Quality

© 1989 Pacific Press Publishing Association 2875-a

#### PENNSYLVANIA

#### "Jesus IS Coming!"

Scientists have discovered lessons in the traveling patterns of geese.

- 1) Unity brings increased power. As each bird flaps its wings, it creates an uplift for the bird that follows on its tail. By flying in a "V" formation, the flock adds approximately 70 percent greater flying range than if each bird flew on its own. A goose that is tempted to leave the flock and go it alone will immediately notice the added drag of wind resistance and reenter the formation.
- 2) When one goose becomes ill or is wounded by gunshot and falls out of the formation, two other geese also fall out of formation and follow their comrade down to help or protect him. They stay with the downed goose until he is able to fly again or else dies. Then, and only then, do they launch out on their own again to find their formation or fly with another.
- 3) Honking by the geese from behind seems to encourage the others to follow the leader, go faster and persevere to the destination.

A flock of geese flying in a "V" formation is a symbol to me of what the Lord can do for us and through us at campmeeting. Adventist Christians traveling on the kingdom journey in unity find increased ease and power as they stick together. Caring ministry can restore; if people knew we in the church would stand by them like the comrades of the downed goose, they would push down the walls to get in! Encouragement to stick by our commitments helps us persevere.

Campmeeting is a time to press together in unity, minister to each other with true caring, and make commitments to persevere in following Christ to the eternal destination. The joy of fellowship within the flock encourages us to invite others to lift off on the journey.

IERRY N. PAGE



## NEW

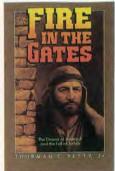
## BOOKS THAT WILL



1844 Made Simple by Clifford Goldstein, US\$6.95/Cdn\$8.70 Using the Bible only, Goldstein gives the key to solving 1844's maze easily.



by Ken Crispin, US\$9.95/ Cdn\$12.45 Defense lawyer Crispin recounts the murder case against Lindy and how justice was miscarried.



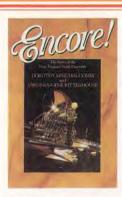
Fire in the Gates by Thurman C. Petty, Jr., U\$\$6.95/Cdn\$8.70 Historical narrative of the life and times of Jeremiah before the Babylonian captivity.

## CHANGE

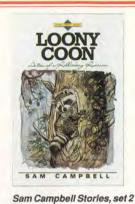
## YOUR LIFE FOREVER FOREVER



Promise in the Cornfield by Madlyn Hamblin, U\$\$6.95/Cdn\$8.70 The true story of one woman's work with the neglected street children of Alabama.



Encore!
by Dorothy Minchin-Comm
and Virginia-Gene
Rittenhouse, US\$7.95/
Cdn\$9.95
The inspiring story of the
New England Youth Ensemble and their triumphs.



by Sam Campbell, US\$21.95/ Cdn\$27.45, four-volume set. The incomparable storyteller Sam Campbell's delightful collection of animal tales.

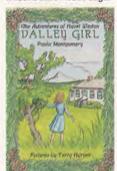


FROM
PACIFIC
PRESS—
A TRADITION
OF QUALITY

Available at your Adventist Book Center.

© 1989 PACIFIC PRESS PUBLISHING ASSOCIATION 2852

Hazel Weston series by Paula Montgomery, U\$\$24.95/Cdn\$31.20, four-volume set Adventure stories in the tradition of Laura Ingalls Wilder's Little House saga.



The Answer Is Prayer by Morris L. Venden, US\$9.95/ Cdn\$12.45

Elder Venden shares practical, personal suggestions on how to make prayer work in daily life.

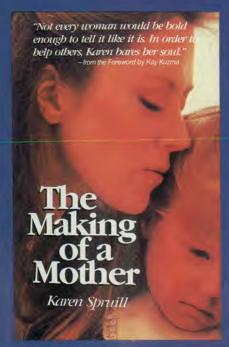


Light Through the Dark Glass by Esther's Child, US\$9.95/ Cdn\$12.45 (intro. price) True story of an abused woman suffering from low self esteem who finds miraculous healing in the Lord.





## Real Christians Tell Their Experiences

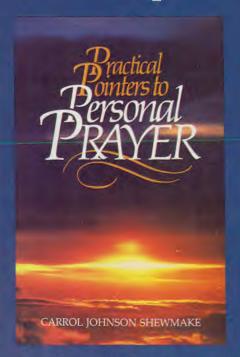


aren Spruill tells the honest truth about motherhood. She tells about secret struggles with loneliness, frustration, and a never-ending sense of inadequacy. But then she shares the personal learning process that released her from such oppressive feelings.

She also offers tried-and-true advice on breast-feeding, toilet training, money matters, child abuse, and self-forgiveness. Fellow author and mother **June Strong** comments that "the chapter on discipline alone is worth the price of the book."

Don't miss this story that will go a long way toward healing the wear and tear of motherhood.

Paperback, 128 pages. US\$7.95, Cdn\$9.95.



ind more joy and meaning in your prayer life, more assurance that the channels between you and God are clear!
Using her own deeply personal and triumphant experience, the author guides you step by step toward satisfying communion with your heavenly Father. She tells how she lost the boredom and guilt that had choked her lifeline to God and how in its place she found intimate two-way conversation.

In this powerful, triumphant book she shares an already-traveled pathway toward more joyful prayer.

Paperback, 128 pages. US\$7.95, Cdn\$9.95.

Call your Adventist Book Center to order.





#### DEAF

#### "Christ, the True Light"

Campmeeting is a wonderful experience, especially important for the deaf. The Eastern Deaf Campmeeting from July 7-16 at Highland View Academy in Hagerstown, Maryland, will share a vision, a mission and a decision.

A Vision: to get Christ always near enough to reach out and touch, to see the expression of love on His face.

A Mission: to receive a mission from God and not mere man, to know that God has a place and a work for each to do.

A Decision: to decide that this world is not home.

With vision, mission and decision, the road to heaven will seem easier.

DON GRIFFITH

#### SINGLES I

#### "New Directions"

Seventh-day Adventist singles from the United States and Canada will come together for a seven-day campmeeting at Columbia Union College in Takoma Park, Maryland, from June 28 - July 5.

Speakers, musicians and activities have been selected to help meet the needs of today's single Adventist adults. Seminars will be held on communication skills, stress management, relationships, sexuality and personal finances.

Sight-seeing in and around Washington, D.C., will include Colonial Williamsburg, and a cruise down the Potomac River to Mount Vernon. Fourth of July with fireworks over the nation's capitol will be on the week's menu of opportunities.

The campmeeting is a time to associate with other singles in an atmosphere that recognizes Christian values. It is an event to enable single adults to become socially and spiritually whole, caring and effective. GENE ANDERSON

#### Hispanic

#### "Aparte con Jesus"

Damos gracias a Dios por el agresivo espiritu ganador de almas de parte de nuestroshermanos hispanos! Pordoquiera que voy, los hermanos hablan acerca de suscampanas evangelistica, desus estudios biblicos, de los bautismos y del crecimiento

de su iglesia. Lo unico que puedo decires alabado sea el Senor! Jesus viene y viene pronto.

Al trabajar arduamente por las almas y en los trabajos diarios, todos necesitamos un descanso. El Senor Jesus llamo a sus discipulos aparte para descansar. Por esta razon, se han establecido campestres en varias de nuestras conferencias, en espanol, para que tengamos algunos dias de alimento espiritual, descanso fisico, de camaraderia entre hermanos de todas las

iglesias, de enrique cimiento espiritual, y gozar de la buena comida que engorda los huesos.

Haga planes desde ahora para asistir al campestre de su conferencia. Habran programas para ninos, jovenes y adultos. Sera una experiencia inolvidable. Venga al campestre. Los campestres seran en las siguientes fechas: Pennsylvania, 24 de junio; Potomac, 28 de junio al 2 de julio; and New Jesery, del 2 al 8 de julio.



#### Music and Special Events

CHESAPEAKE, June 16-24 Local Church Talent

#### **MOUNTAIN VIEW, June 16-24**

Local Talent 13-year-old preacher Ross Harris Rose and Harold Otis on Russia

#### OHIO, June 16-24

Heritage Museum of Adventism Works of Art by Ohio Artists Singles Sabbath Potlucks

#### PENNSYLVANIA, June 16-24

Charlotte Coe Local Talent Fellowship Supper June 24

#### POTOMAC, June 16-24

Wintley Phipps Patricia White Local Talent Family Day Picnic June 18

#### **NEW JERSEY, June 23-July 1**

Gordon & Phyllis Henderson Mission Pageant June 24

#### ALLEGHENY WEST, June 29-July1

New Campgrounds

#### **ALLEGHENY EAST, June 29-July 8**

Local Church Choirs Sabbath Music Festivals Pathfinder Drum & Bugle Parade

#### **ADVERTISEMENTS**

ADVERTISING RATES

ADVERTISING RATES
Minimum charge, \$13 per insertion for 50 words or less for ads originating within the Columbia Union and \$17 per insertion for all others. Additional words, 25 cents each in the union, 40 cents each out of the union, 40 cents each out of the union, 40 reads each out of the union, 40 reads each out of the union, 40 reads each of the placed directly with the Visitor office by mail or telephone. Ads placed via telephone may be paid by check or money order before publication. From Maryland and the Washington, D.C., area, phone (301) 596-0800 (a local call from the D.C. area). From elsewhere in the Columbia Union, call (800) 438-9600. Make checks or money orders payable to: Columbia Union Visitor, 5427 Twin Knolls Road, Columbia, MD 21045.

The Visitor does not guarantee the integrity of any advertising or of the product or service advertised. Since rejection may be based on the impracticality of investigation, rejection shall not be construed to constitute disapproval of the product or service involved. A copy of the advertising noticy is available unnor request.

product or service involved. A copy of the advertising policy is available upon request.

CEDARDALE LOG HOMES: Precut kits made of northern white cedar. Post and beam construction. More than 40 standard models to choose from or we will custom-cut to any design. Build a beautiful home, church, business or camp! Now offering fencing, cedar siding, outdoor furniture and more! Floor plan book: door furniture and more: Floor plan book; \$7. For a free brochure, write or phone: Karen and Jeff Blumenberg, Cedardale Log Homes, 16330 Shaffer Rd., Sharps-burg, MD 21782; (301) 223-6615. (515)

ANDREWS UNIVERSITY needs a teacher of research and statistical methodology. Will also advise graduate students on re-search projects. Adventists with doctor-ates in educational research, educational statistics or measurement, send resume to Dean, School of Education, University, Berrien Springs, MI 49104. Minorities, women and the handicapped are encouraged to apply. (515)

VICE PRESIDENT/MARKETING DIREC-TOR for a food manufacturing and mar-keting company in southern California. Requirements: a degree in marketing (advanced degree preferred), experienced in marketing administration, operations/ advertising, distribution and field sales. Good salary and comprehensive bene-fits. Send resume to President, La Loma Foods, Inc., P.O. Box 8863, Riverside, CA 92515. (515)

MARTIN COUNTY HOME HEALTH in eastern Kentucky has an opening for a home health registered nurse. Will consider a licensed practical nurse who has home health experience. Contact: Lila Adams, Assistant Administrator, Martin County Home Health, Inez, KY 41224; (606) 298-7748, (515)

OCOEE GUEST HOME: Licensed Adventist retirement home near Orlando, FL, has rooms available with 24-hour staffing, nurse on call, meals, laundry, planned activities and church services. Write or call: Ocoee Guest Home, 225 Franklin St., Ocoee, FL 32761; (407) 656-6677. (515)

AQUA MAGIC is the new generation in water treatment. A water purifier, not just another filter. Removes lead, mercury, cadmium, arsenic, bacteria, chlorine and 105 EPA priority pollutants. For informa-tion, write or phone: Sparkling Streams Institute, Inc., Box 5612, Takoma Park, MD 20912; (301) 891-3754. (1215)

TAPPAHANNOCK AREA: Enjoy Virginia country living on a 0.71-acre lot seven or eight miles from three shopping centers, an Adventist junior academy and church. The home has 1,056 square feet of living area with three bedrooms, one bath, a living room and an eat-in kitchen. This home is in mint condition. Asking \$49,950. Gardner Realty in Tappahan-nock, VA 22560; phone (804) 443-3359 (office) or (804) 443-2796 (home). (515)

FLORIDA HOSPITAL offers you the selection of a working environment that will meet your needs. You may choose a major medical center with facilities to accommodate 245 critical-care patients; or a full-service hospital with accommodations for nearly 300 patients and the latest in diagnostic and surgical procedures; or a smaller facility, located in a rural setting, that cares for 50 patients. Openings are available in most medical specialties. Contact: Employment, Florida Hospital, 601 E. Rollins, Orlando, FL 32803; (800) 327-1914. (61)

TREASURER WANTED who has experience in management. Familiarity with computer-based accounting systems and experience with cash and trust manage-ment are a must. MBA and/or a CPA preferred. Adventists should send resumes by May 22 to: Edward E. Wines, Vice President, Andrews University, Berrien Springs, MI 49104. Women and minori-ties are encouraged to apply. (515)

PRIMARY-CARE PHYSICIANS needed in an innovative, growing practice emphasizing patient education and wellness. Positions are available in the areas of family practice, pediatrics and inter-nal medicine. Conveniently located near an Adventist college campus. Please respond in writing to: White Oak Medical Arts, P.O. Box 2138, Collegedale, TN 37315, (515)

STRONG'S EXHAUSTIVE CONCOR-DANCE for \$15, UPS paid. A complete edition! Includes Hebrew/Greek dictionary. Regular price: \$25. Send your check or money order to: Adventist Book Center, P.O. Box 1230, Mount Vernon, OH 43050; or call (800) 643-5714. (71)

BE YOUR OWN BOSS. Low start-up cost. Substantial profit margin in service-oriented business in the computer industry. Call (312) 986-5377 today for a free audio cassette and brochure. (615)

NEW ADULT HOME in New Market, VA Has 24-hour support with spacious liv-ing and individual service plans, Situated next to a community park. Hobbies, special-interest clubs and opportunities to share your talents and faith. Program is subsidized by Northwestern Community Services. Owned and administered by Chris and George Jetter; call (703) 740-8373. (615)

**EMPLOYMENT OPPORTUNITIES:** C Associates, technical recruiters who spe-cialize in UNIX/C career counseling, seek C programmers, UNIX trainers and Informix, Ingres, Oracle and Unify Relational databases specialist. For offers in the Washington, DC, vicinity or nationwide, call John Capozzi at (202) 544-0821 or fax your resume by calling (202) 547-8357. (515)

URGENTLY NEEDED: Director for a licensed Adventist day-care center. College qualifications, as well as one year of experience, are required. Located in a beautiful university community, this well-equipped center averages 50 students. Send all resumes and inquiries to: Chairman, Day-Care Center Board, Charlottes ville Seventh-day Adventist Church, 2437 Jefferson Park Ave., Charlottesville, VA 22901; or call (804) 296-8418. (615)

**ENJOY SDA SINGLES** monthly magazine with pictures, descriptions, special features and educational tours at home and abroad. People ages 18-90 are eligible to join the largest Adventist singles correspondence club. Send a self-addressed, stamped envelope to: P.O. Box 5612, Takoma Park, MD 20912; or phone (301) 891-3753. (1215)

200 SAMPLE RESUMES and cover letters should help you get that desired position. Send \$12 ppd. to Decisions, Box 5748, Rockville, MD 20855. Additional information is free; send a stamped, self-addressed envelope. (61)



from your local ABC

#### Video

#### **Presentation and Commentary of**

## The Book of Revelation

"PRESENT TRIUMPH-FUTURE GLORY" is a two-part video presentation of The Book of Revelation. Each video is approximately 90 minutes in length.

Hear leading Adventist teachers, pastors, and evangelists give a clear and thrilling commentary and explanation of The Book of Revelation. Visit Patmos, the exiled home of John the Revelator, and understand the symbols and messages of the churches, seals, and trumpets. Understand the historical background of the book, its major themes, and current applications.

Above all, see how The Book of Revelation is Christ-centered and reveals Jesus to us today.

This video will not be dated and will have a life far beyond the Sabbath School lesson study. It is produced primarily for church membership and home viewing but is excellent for churches, pastors, and teachers or those involved in conducting a Revelation Seminar.

> Adult Sabbath School Lessons 2nd and 3rd Quarters 1989

### ABC SPECIAL



#### 1844 Made Simple

by Clifford Goldstein, author of The "Saving" of America

Regular price VISITOR SPECIAL \$6.95 \$5.20

FLORIDA HOSPITAL offers you the opportunity to work in a variety of settings. If you like a midsize, full-service facility with 823 employees located in a desirable area of the city, then Florida Hospital/Altamonte is for you. If a smaller, rural setting with a closely knit family-type atmosphere meets your needs, Florida Hospital/Apopka with 123 employees will be your choice. If working in a major medical center is the challenge you desire, then you'll choose Florida Hospital/Orlando, which can facilitate 245 critical-care patients. We have openings in most medical specialties, so contact us today! Employment, Florida Hospital, 601 E. Rollins, Orlando, FL 32803; (800) 327-1914. (61)

WE SOLVE LEARNING PROBLEMS: A special prep school adapted to individual learning styles. Dyslexia, learning disability, gifted. Boarding. Pine Forest Learning Center, Rt. 1, Box 35, Chunky, MS 39323; (601) 655-8136. (515)

SYSTEMS OPERATOR: Full-time; four years' experience in the fields of boiler, chiller, HV/AC or utility plant operation required. Boiler license is preferred. Excellent benefits and competitive salaries. Send all resumes to: Elise Kinsey, Personnel, Kettering Medical Center, 3535 Southern Blvd., Kettering, OH 45429; or call (513) 296-7863 collect. (515)

MIDWIFE (REGISTERED NURSE) is now needed at Monument Valley, UT, in a beautifully located mission hospital on a Navajo reservation. Able to become certified and licensed in Utah. Versatility is a real plus. Call Jeannine Best at (801) 727-3241 or Betty Van der Vlugt at (916) 781-AHSW. (515)

NEED FINANCIAL PLANNING? Do you want to buy a home, reduce your tax liability, retire with adequate income or take your dream vacation? Let us assist you in establishing an effective plan that will work for you—a plan you can afford! Call CHC Financial Consultants for information at (800) 359-6027. (61)

"THOU MAYEST PROSPER AND BE IN GOOD HEALTH." Regain your health; have the advantages you need to meet life's challenges. Join similarly motivated guests in a medically supervised health-improvement program. The Eden Valley Lifestyle Center in Loveland, CO; (800) 637-WELL. (715)

MAGIC MILL: Grain Grinders, Bosch 4in-1 kitchen machines. Dehydrators, slicers, food savers and more. Serving the Mountain View Conference and the Columbia Union; (304) 743-7244. (515) BATTLE CREEK THERMOPHORES: Doctor-recommended for relief of the pain associated with arthritis, sprains and sinusitis. Large \$52.95, Medium \$45.95, Petite \$34.95 and Muff \$37.95. Prices include tax and postage with payment. ProCare, P.O. Box 137, Pennsboro, WV 26415. (515)

LOTS FOR SALE: Lower farm prices have created affordable land values in Tennessee, allowing us to offer many fantastic deals on large wooded lots. Located on the Cumberland plateau just 30 minutes north of 1-40, these lots are level and/or rolling. Great financing rates as low as 6.9% or payments starting at \$50/month. For free brochures and further information, call (800) 453-1879, Ext. A367B, or write to Heritage Country Estates, Box 146A, Deer Lodge, TN 37726. (81)

ADVENTIST OWNED AND OPERATED YE Old Stewart House Inn, offering affordable adult assistant care on a longor short-term basis. All the privileges of home, with private rooms, special diets and 24-hour nurse supervision if needed. Must be ambulatory. For more information, call (614) 662-3284 or write to Ye Old Stewart House Inn, P.O. Box 136, Stewart, OH 45778, leaving telephone number. (515)

PRE-SCHOOL KINDERGARTNERS are wanted to attend the Atholton Adventist School in Columbia, MD. This recently formed class was organized especially for your little ones. Applications for fall are now being accepted for grades Pre-K through eight. For more information, call (301) 596-5593. (515)

TRAVELING? Go the Adventist Bed and Breakfast way! The new 1989 directory, which represents most states and Canada, will be available around May 1. Send a check for \$5 to: Karen L. Bergh, Box 8, Fish Camp, CA 93623. The directory will then be forwarded to you by first-class mail when ready. B and B operators, contact Karen for inclusion in next year's directory. (515)

EXPOSED: The Lucifer Files: An Angel's Assault on Love. In the 1989 Book of the Year, author Ken McFarland uncovers the rebellion in heaven. Now available at your ABC. Published by Pacific Press.

US\$1.95/Cdn\$2.45. Share-Paks

of 5, US\$7.95/Cdn\$9.95.

sition to perform administrative secretarial duties for the senior vice president/ chief operations officer. Requirements: AA degree in secretarial science or a related field, type 90 wpm and three years of secretarial experience with word processing. Submit resumes to: Personnel, Shady Grove Adventist Hospital, 9901 Medical Center Drive in Rockville, MD 20850. EOE (515)

**EXECUTIVE SECRETARY:** Full-time po-

HOUSE AVAILABLE on acreage for selfsufficient handyman in family with good church references who are willing to assist in church work. Is now unoccupied. Isolated and primitive, has gravity-flow water, electricity, telephone and natural gas or wood heat. Purchase is possible. Contact: Pastor, 208 State St., Gassaway, WV 26624; (304) 364-5837. (515)

AT FLORIDA HOSPITAL you may select the type of facility that best matches your necessities. Consider Florida Hospital/Apopka, located in a rural setting with 123 employees, making this a close-knit family atmosphere; or Florida Hospital/Altamonte, with 823 employees, a full-service hospital that offers the latest in diagnostic and surgical procedures; or Florida Hospital/Orlando, a major medical center with facilities to care for more than 245 critical-care patients. Openings are available in most medical specialties. Write to: Employment, Florida Hospital, 601 E. Rollins, Orlando, FL 32803; or call (800) 327-1914 toll-free. (61)

#### **LEGAL NOTICE**

Lake Nelson school seeks former employees

The New Jersey Department of Environmental Protection is seeking former employees of the Lake Nelson school. If your name is below, please contact the principal at 555 S. Randolphville Rd., Piscataway, NJ 08854 or (201) 981-0626. This is of supreme importance. Catherine Ashbaugh, Mrs. Ballinger (secy), Ruth Brown, Mrs. Chretien (nurse), Maureen Clark, Robert Clark Sr., Mrs. Cox (secy), Mr. DeBois, Paulette Delumban, Mrs. Duda (aide), Phyllis Dujon, Mr. Dunn (PE/Bible), Abda Garcia, Lynn Gatz, Dennis Greenwalt, Dorothy Hanselman, Patricia Jones, Bruce Kimball, Kenneth Kimmerman, Doris Kopko, Carol Lim, Donald Loveless, Mr. and Mrs. Martens, Doris Mayer, Mr. Miller, Archie Moore, Pat Mulraney, Robert Pepper, Mrs. Piccola (nurse), Mrs. Piscatelli, Barbara Reynolds, David Reynolds, Ronald B. Rodgers, Annette Soper, Ada Varela, A.R. Velez, Steven Watson, Mrs. White (librarian), Irene Whitman (Whiteman), Mrs. Yaros (choir) and Michael Young.

Health Lectures
Inspirational Talks
Cooking Classes
NEWSTART Homestyle Kits

Choose from a variety of video & audio tapes, cookbooks, & bakery items Call Toll Free

1(800)525-9191 for your free products guide

a division of
WEIMAR INSTITUTE
PO. Box 486, Weimar, CA 95736

#### **ANNOUNCEMENTS**

Requests for placing announcements and/or advertisements should be in the Visitor office four (4) weeks before the date of issue.

#### Christian performers end fifth season at Kennedy Center

The Christian Performing Artists' Fellowship, a ministry of nearly 300 Christian classical musicians and dancers, will bring its fifth year of performances to an end with a concert on Sunday, May 21, in the Kennedy Center Concert Hall in Washington, DC. The group will perform a fully choreographed version of Mozart's Requiem for orchestra, chorus and dancers. For more information, contact: CPAF Executive Director Patrick Kavanaugh, 106 Battle St. SW, Vienna, VA 22180; (703) 255-LIFE.

#### Adventist singles sponsor Friday night meetings

Adventist Singles Ministries is sponsoring a meeting every Friday at 8 p.m. through May 26 in the fellowship room of the Beltsville, MD, church. Any single, divorced, separated or widowed Adventist is encouraged to come for times of Christian fellowship, discussion groups, speakers and workshops. May 26 is "potluck" Friday. There will be no meetings during the summer months. For more information, phone the Beltsville church secretary during regular office hours at (301) 937-8118.

#### Andrews University announces Christian writers' workshop

A Christian writers' workshop will be conducted June 5-8 at Andrews University. Guest lecturers will include Dennis

#### It Is Written

announces schedule change

The time It Is Written is telecast on Sundays by WJLA, Channel 7 in the Washington, DC, metropolitan region, has been changed from 9 a.m. to 8:30 a.m., effective May 14.



Find more joy and meaning in your prayer life, more assurance that the channels between you and God are clear.



Hensley. Beginners and published writers are welcome. Graduate and undergraduate credits are available. Special rates offered to senior citizens. Write to; Christian Writers' Workshop, Andrews University, Berrien Springs, MI 49104; or call (800) 253-2874.

#### Adventist volunteer teachers are needed in Korea

Volunteers for teaching conversational English in Korea are urgently needed. Round-trip fare will be provided for one year of service. At least two years of college required. August departure. Contact the Adventist Youth Service Office at the General Conference in Washington, DC, by calling (202) 722-6176.

#### Retired workers plan eighth annual convocation

All former employees of the denomination—ministers, teachers, physicians, nurses, hospital and institutional personnel, literature evangelists, self-supporting retirees, etc.—are invited to attend the Eighth Annual Retired Workers' Convocation June 7-12 at Andrews University in Berrien Springs, MI. For further information, write to: D.A. Delafield, 6840 Eastern Ave., Washington, DC 20012; or call (202) 722-6696.

#### Fellowship suppers slated for nurses during camp meetings

A fellowship supper meeting for all nurses is being sponsored by the Association of Seventh-day Adventist Nurses at camp meetings in the Columbia Union Sabbaths at 5:30 p.m. Check your camp meeting programs for each location. The schedule will be as follows: June 17—Pennsylvania, Ohio and Mountain View; June 24—Chesapeake, New Jersey and Potomac. For further details, call Carol Byrkit, ASDAN regional coordinator, at (301) 582-0930.

#### **OBITUARIES**

"For the Lord himself will come down from heaven, with a loud command, with the voice of the archangel and with the trumpet call of God, and the dead in Christ will rise first. ... Therefore encourage each other with these words,"—I

HIGH BLOOD
PRESSURE?
OVER WEIGHT?
DIABETES?
HIGH CHOLESTEROL?
HEART PROBLEMS?

let the health professionals at the

NEWSTART® Lifestyle Program help you

Call Toll Free 1 (800) 525-9191 for a free information

packet

a division of

WEIMAR INSTITUTE
P.O. Box 486, Weimar, CA 95736

Thessalonians 4:16, 18 NIV. The staff of the Visitor joins the church family in expressing sympathy to those who have lost loved ones.

ALLEN, Ada, born March 7, 1896, Nashville, TN; died February 11, 1989, Takoma Park, MD. She was a member of the Burnt Mills church in Silver Spring, MD. Survivors: daughters Imogene Akers and Eldine Frederick, brothers Paul Robertson and T. Aubrey Robertson, five grandchildren and eight great-grandchildren.

CALFEE, Alice E., born May 16, 1898, Bluefield, WV; died March 9, 1989, Princeton, WV. She was a charter member of the Bluefield church. Survivors: sons Carl, James and Donald, daughters Irene Dye, Frances Witt, Betty Renfroe and Jeanette Wright, 22 grandchildren, 29 great-grandchildren and three great-grandchildren.

CARLTON, Betty J., born July 5, 1925, Toledo, OH; died March 5, 1989, Hyattsville, MD. She was a member of the Sligo church in Takoma Park, MD. Survivors: husband Albert (Bill), daughter Beth Ann, sons Alan and Ronald, sister Irene Ojala, brother John Bata and five grandchildren.

DE HAVEN, Elsie G., born October 15, 1903, Tannersville, PA; died March 3, 1989. She was a member of the Stroudsburg, PA, church. Survivors: daughters Elsie Heller and Nettie Martling, sons Lewis Heller and Paul Allen, sister Edith Funk, 12 grandchildren and a total of 15 great-grandchildren.

EGGLESTON, John E., born February 23, 1943, Pineville, WV; died January 28, 1989, Athens, OH. He was a member of the Athens church. Survivors: wife Beverly, mother Kathryn, daughters Sonya George and Christine, and brother Jim.

HEAVEN, Beulah S., born March 26, 1892, Marionville, PA; died February 7, 1989, Monroeville, PA. She was a member of the Pittsburgh Shadyside church. Survivors: sons Oliver Ambrose and Leroy, and daughter Elizabeth Schuetz.

HIGGINS, Roy H., born April 5, 1920, Cincinnati, OH; died March 13, 1989, Cincinnati, OH. He was a member of the Cincinnati First church. Survivors: sons William, Richard and Joel, brothers Robert and Edward, and 12 grandchildren.

McBRIDE, William T., born November 2, 1889, Auglaize County, OH; died February 15, 1989, Logan, OH. He was a member of the Piqua, OH, church, Survivors: daughters Wilma Swadener and Evenice Snapp, son John, daughter-in-law Alberta Mellott, 17 grandchildren, 41 great-grandchildren and a total of 47 great-great-grandchildren.

Students who look forward

to a life of serving the Lord in health, pastoral, or educational ministries must

Call Toll Free 1(800) 525-9191 for free information material on

Weimar College

a division of
WEIMAR INSTITUTE
P.O. Box 486, Weimar, CA 95736

## **Hour of Prayer**

**PRAYER PROMISE** 

"Whatsoever ye shall ask in my name, that will I do,"-John 14:13.

#### REQUESTS FOR PRAYER

Maryland

Please pray earnestly for my friend. He has gone back to school and wants the Lord back in his life. However, he has become discouraged.

#### Ohio

■ I am asking you to remember my grandmother in your prayers. She has become very sick. ■ Please pray for me as I go through a time of uncertainty. ■ I am asking that you remember my children and grandchildren in your prayers once again. ■ Please remember our children in your prayers. Four of them do not attend church anymore. ■ I am asking for prayer for a friend who is on drugs and my sister, who needs a suitable job.

#### Pennsylvania

■ We are requesting your prayers, as our family problems have multiplied over the past few years.
 ■ Thank you for your many prayers on my behalf. I have come a long way. Please continue to pray for me.
 ■ I have a friend who needs to be in a nursing home. Please pray that she will be accepted there soon so she can have the care she needs.

#### West Virginia

■ I am asking you to remember my brother in your prayers; he has had a heart attack. I am an Adventist, but my brother does not belong to any church, and I would like to see him believe before it is too late.

Send us your prayer promises. Address all requests for prayer to:

Hour of Prayer, 5427 Twin Knolls Rd., Columbia, MD 21045.

MILAM, George R., born November 14, 1887; died March 8, 1989, Lucasville, OH. He was a member of the congregation in Portsmouth, OH. Survivors: sons Edwin and Roger, daughter Carmen Jackson, stepdaughter Grace Hówland, sister Elnora Adams, four grandchildren, four great-grandchildren and five great-grandchildren, along with several stepgrandchildren.

MOORE, Francis M., born July 17, 1900, West Union, OH; died February 7, 1989, Cincinnati, OH. She was a member of the First church in Cincinnati. Survivors: wife Margaret, daughter Lillian Martin, sister Cora Hunt, four grandchildren, four great-grandchildren and four great-greatgrandchildren.

RING, Frida, born August 12, 1903, Iron Mountain, MI; died February 13, 1989, Kettering, OH. She was a member of the church in Worthington, OH. Survivors: daughter Janet Allen, sons Carlton and Ted, sisters Ebba Schneider and Gladys Howard, grandchildren Mary Weeks and Cheryl McKay, and great-grandson Sean McKay.

TUCKER, J.L., born April 5, 1895, Elk Point, SD; died February 28, 1989, Loma Linda, CA. Tucker, who devoted his life to church work, is best known as founder and long-time announcer of The Quiet Hour radio broadcast. Survivors: wife Dorothy, son LaVerne and daughter-in-law Alma, daughter Jewell and son-in-law Harry Sparks, three grandsons and five great-grandchildren.

Would you like to date other Seventh-day Adventists?

ADVENTIST CONTACT
P.O. Box 5419
Takoma Park, MD 20912
(301) 589-4440

WALTERS, Virginia A., born April 28, 1923, Highwater, OH; died February 18, 1989, Newark, OH. She was a member of the Newark church. Survivors: husband Cletus, daughter Judy Smith, sons George and Michael, brothers George Thompson and Elwood Thompson, six grandchildren as well as six great-grandchildren.

WETHERELL, Estella A., born April 14, 1906, Van Buren, IN; died February 6, 1989, Bremen, OH. She was a member of the Lancaster, OH, church. Survivors: husband William R., sons William C. and Edward, daughter Joanne Wolfe, sister Viola Keller, 10 grandchildren and 10 great-grandchildren.

YEATTS, Roy O., born August 2, 1900, Patrick County, VA; died February 13, 1989, Walla Walla County, WA. Survivors: wife Helen, daughter Merna Witzel, son Francis, sisters Mary Fosdal, Mildred Thompson and Ellen Hardy, five grandchildren and five great-grandchildren.

#### **SUNSET CALENDAR**

**Daylight Saving Time** 

	May	May	June
	19	26	2
Baltimore	8:16	8:22	8:27
Cincinnati	8:48	8:53	8:59
Cleveland	8:42	8:49	8:54
Columbus	8:43	8:49	8:55
Jersey City	8:10	8:16	8:21
Norfolk	8:09	8:14	8:19
Parkersburg	8:36	8:42	8:47
Philadelphia	8:12	8:18	8:24
Pittsburgh	8:33	8:39	8:45
Reading	8:17	8:23	8:28
Richmond	8:15	8:20	8:25
Roanoke	8:25	8:30	8:35
Scranton	8:18	8:25	8:30
Toledo	8:51	8:58	9:03
Trenton	8:11	8:18	8:23
Washington, DC	8:17	8:23	8:28

Loma Linda Foods are "Lite" on Salt.



A single serving of Loma
Linda's Vege-Burger contains
only 190mg of sodium. Compare this to
the American Heart Association's recommendation of 3000mg or less of sodium
per day. In other words, you'd have to go

back for 2nd's 15 times

before reaching their recommendation. Nutritionists advise consumers to compare product labels for sodium content and make a healthy choice. Loma Linda Foods gives you that choice.

#### LA LOMA FOODS inc.