

“Let every department of our work, every institution connected with our cause, be conducted on considerate, generous lines. Let every branch of the work, while maintaining its own distinctive character, seek to protect, strengthen, and build up every other branch. Men of varied abilities and characteristics are employed for carrying forward the various branches of the work. This has always been the Lord's plan. Each worker must give his own branch special effort; but it is the privilege of each to study and labor for the health and welfare of the whole body of which he is a member”
(The Publishing Ministry, p. 158).

**Swine flu update
from General
Conference Health
Ministries, see p. 4.**

TYPELINE

Come to the Fair!

On Wednesday, May 6, 2009, we will hold our first-ever (at least as far as we know) Benefits/Health Fair for Review and Herald employees. Come browse the exhibits and visit with representatives from various entities, including NAD Retirement, Health Care, Social Security Administration, AFLAC, AIG VALIC, NAD Health Ministries, PNC Bank, Hagerstown Trust, SECU Credit Union, Sam's Club, YMCA, AT&T, and Staples. Employees who participate will be eligible to enter into drawings for door prizes provided by the companies represented. You can also pick up free giveaway items, learn a few things about some of our benefits, and maybe even get a health tip or two. Find out about the In-Step for Life program sponsored by the North American Division Health Ministries Department. Pe-

dometers will be available for purchase for those who are interested (payroll deduction will be available).

We are working on having some healthy snacks as well as possibly a Wii game system for interested employees to try out a few exercises.

The fair is open from 11:00 a.m. to 5:00 p.m., and you are welcome to come whenever it is convenient for you (and your supervisor!—lunch/breaks, before or after work, whenever it works best in your schedule. Come have some fun and pick up some useful information at the same time. If you have any questions, please give Human Resources a call at ext. 4205. We look forward to seeing you on May 6.

Hagerstown Church Hosts CLAIM Field Game

Review and Herald's LEAD magazine conducted a CLAIM Field Game training session hosted by the Hagerstown church in the fellowship hall on Saturday night, April 18. Team members hold membership in Chambersburg, Smithsburg, Gaithersburg New Life, and Hagerstown churches. One determined scholar came on crutches and did a fine job of modeling the scholar role, as did the other scholars.

Hagerstown had one scholar in training and three rookie athletes who walked tall—and fast. Hagerstown members who participated: Irma Brooks, Carolyn Anderson, David Anderson, Al Pollard, and Ed Crumbly. Once again Hagerstown pastor Rick Remmers demonstrated the benefits of being a physically fit shepherd of the flock as a winning athlete cheered on by his team and the opposition. He

also modeled the “switch” race with Ed Crumbly.

Faith Crumbly facilitated the training and Marjorie Chambers, LEAD secretary, served as scribe (scorekeeper) as a participant from her local church, New Life, in Gaithersburg, Maryland.

Special thanks to Ron Pride and the cheer team from Hagerstown's New Joy church and to the Hagerstown church Pathfinders for providing refreshments in their successful fund-raiser.

Since each team had members from various churches, all churches won and lost the game. Moreover, all churches won as their members sharpened their witnessing skills, using the principles of the Sabbath school lesson, “Hope.”

For Your Calendar

Chapel Programs

May

- 4 no chapel
- 11 *Bel Canto Choir,*
Calhoun, Georgia
- 18 *LEAD magazine,*
Faith Crumbly, editor
- 25 no chapel, holiday week

Sunset in Hagerstown

May

- 1 8:05 p.m.
- 8 8:12 p.m.
- 15 8:19 p.m.
- 22 8:25 p.m.
- 29 8:31 p.m.

2009 Holidays

Memorial Day—Monday,
May 25

Independence Day—Monday,
July 6

Labor Day—Monday, Sep-
tember 7

Thanksgiving Day—
*Thursday, November 26**

Christmas Day—Thursday,
December 24

**Workdays for the week of*
Thanksgiving are Sunday,
November 22, through Tues-
day, November 24.

Our Thanks

Thank you so much for all the prayers for our granddaughter, Anna. She is in remission now and back in school. The Make-a-Wish Foundation sent Anna and her family to Dis-

ney World for a week, and they were treated like royalty. Anna deserved it after all she's been through.—**Evie** and **Gene Snedden**, Bindery retirees.

Congratulations!

Andrew Fishell, Book Shipping student employee, son of **Randy Fishell**, *Guide* editor, and Diana Fishell, was recently accepted into the National Honor Society. Another recent accomplishment for Andrew was to participate in the Third Annual Easy Picture Book Writing Contest, sponsored by

the Washington Country Free Library. Andrew, who is 17 years old, wrote and illustrated a children's book called Peter's Strange Adventure and entered it in the grades 9-12 category. He and the other winners will be honored at a reception on May 12, 2009, at 7:00 p.m. at the library.

Editor Receives Award

Guide associate editor Rachel Whitaker recently completed all requirements for the Competent Communicator Award from Toastmasters International. *The Guide*

team is especially proud of this wonderful accomplishment. Stop by to congratulate Rachel and check out her Toastmasters certificate!

Weekend Warrior Boot Camp

The Hagerstown Seventh-day Adventist Church invites you for one-and-a-half-hour workout that will get your heart pumping and challenge your strength and endurance. These workouts will be instructed by a Hagerstown Gold's Gym fitness director/personal trainer and will be tailored for all fitness levels. Everyone is welcome. Registra-

tion fee for adults 13 and over is \$10; kids 2-12 are \$2. Share fun and fitness with the whole family! The boot camp will be held at North Hagerstown High's old football field. Dates are May 3, 17, 24, and 31. Men, women, girls, and boys all welcomed! To register, contact Karene Bejarano at 240-818-8349 or nickarene@aol.com.

Graduates in the Family

Kevin Walkowiak, son of **Don Walkowiak**, retired ISS, and Joyce, graduates from the SDA Theological Seminary at Andrews University on May 3, 2009.

Joy Snedden Traxler will graduate from Southern Adventist University on May 3, 2009, with a Bachelor of Business Administration in Accounting. Joy worked at the R&H for a while after she finished acad-



emy. Her parents are **Evie** and **Gene Snedden**, retirees of the R&H who often return to work in our bindery.

Tim Adams, a former employee and son of **Lynnette**, Book Shipping, and Rodney Adams, former employee, graduates with a degree in international business on May 15 from Paradise Valley College in Phoenix, Arizona.

Bella Voce Trio Concert

The Bella Voce trio will present a fresh, dynamic collection of music of our faith at the Hagerstown SDA Church on May 16 at 7:00 p.m. Once you've had the privilege of attending one of their concerts, you're sure to want to enjoy another. Come and be filled to

overflowing with highest praise. Be sure to bring a friend. For additional information, call 301-797-2734. Hagerstown SDA Church is located at 11507 Robinwood Drive, Hagerstown, Maryland.

Marketplace

For sale: Graco car seat and stroller combo, excellent condition, originally \$250, asking \$150 or best offer. Graco car seat swing, excellent condition, regularly \$50, asking \$30 or best offer. Graco swing in excellent condition originally \$130, asking \$80 or best offer. Booster seat and tray, originally \$50, asking \$30 or best offer. Also for sale: black aluminum day bed with trundle, \$400 or best offer. Please contact Nick Bejarano for more information at ext. 4077 or 240-818-8349.

For rent: vacation cottage at Bethany Beach, 3 bedrooms (one bedroom is on main floor), 2 decks, fully equipped kitchen, outdoor shower, clean, modern, sleeps 8, plenty of parking and parking pass, reasonable rates. Please call Jodi Onoffrey at 703-532-3844.

For sale: John Purviance's Natural Plant Foods are proven winners for beginners and experienced gardeners for building healthy soil and growing mineral-rich fruit and vegetables essential for health in stressful times.

HEALTHY SOIL = HEALTHY PLANTS =
HEALTHY PEOPLE

Price \$87.85 (includes shipping) for four 32-oz. bottles of concentrate, one each of: microbes and compost—makes 21 gallons; liquid mineral blend—makes 43 gallons; liquid garden lime—makes 25 gallons; and bio-leaf foliar spray—makes 16 gallons. Instructions included. Contact Mark O'Connor at 301-667-

Bowling Fund-raiser

Thanks to all who participated by bowling, raising money, donating prizes, or cheering for their coworkers during the recent bowling fund-raiser for Big Brothers/Big Sisters of Washington County. More than 20 bowlers raised almost \$800 for this charity. Big Brothers/Big Sisters matches adult mentors with children growing up in primarily single-parent families who need friendship and the guidance of an adult in the community-based and school-based mentoring program.

Hagerstown Aviation Museum Hosts Open House

The Hagerstown Aviation Museum will host an open house on May 3, 2009, from 12:00 noon to 5:00 p.m., giving the public an opportunity to tour the C-119 Flying Boxcar and our facility. Many thanks to members and

8146 (cell) or ext. 5155 at the Review to place an order or for further information.

For sale: unique wood-burned plaques in pine by Written-n-wood. Catrice Davis and Marlie Chambers offer plaques with your choice of scripture, quote, name, or design. Various lettering sizes are available. Plaques can be wall-mounted, door hangers, or free-standing. Prices range from \$12 to \$25, depending on the number of words and the design chosen. Contact Catrice at ext. 3082 or 804-852-6190. Watch for samples on display in the cafeteria, coming soon.

For sale: Like-new Yamaha student trumpet. Model 2335A. Just back from being serviced. Contact Randy Fishell at ext. 4030 or 301-739-3196 for more information.

For sale: one true cord of seasoned hardwood, \$160 split and delivered. Call Josh Swan at 301-991-5575.

Would you be interested in an all-natural product that you could sprinkle on your food and lose six to 12 pounds a month? There are three other all-natural products that will help boost metabolism, curb cravings, and detoxify your body. These products are amazing! Please contact me if you'd like to learn more about the revolutionary CORE4 system: Karene Bejarano at (240) 818-8350, or e-mail me at nickarene@verizon.net.

Mark Gift had the highest score with a 173. Connie Kline, Angie Kline and Ray Hickman all had their picture in the Herald-Mail on Monday, April 20, during the event. Pastor Jim Hoffer was quoted in the paper and Paulo Acosta and Christian Kahl were featured in a video clip at the following link: http://www.herald-mail.com/?cmd=displaystory&story_id=221339&format=html

donors who contributed to the repair of this special plane. Visit <http://www.hagerstownaviationmuseum.org/home.html> for more information.

May Birthdays

- 3 James Brostrom
- 3 Corey Gunder
- 5 James Cavil
- 5 Rose Gamblin
- 6 Paulo Acosta
- 7 Tom Fraga
- 10 Joan Wasenmiller
- 11 Karen Gohlke
- 13 Nick Bejarano
- 13 Brian Shockey
- 13 Jason Shockey
- 15 Minnie Delgado
- 16 Kari Petrelis
- 18 Pennie Blough
- 22 Manuel Recuenco
- 24 Jim Kinney
- 24 Calianne Lee



Employee Camp Meeting Sale
will be held from
May 11 to 14.
Watch for information to be posted around the building and available in the bookstore.



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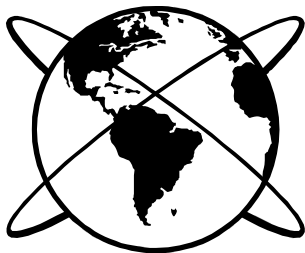
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May 14, 2009.
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May 11, 2009.**

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Swine Flu

An Update from Dr. Allan Handysides, Director, GC Department of Health Ministries

No doubt many will be anxious about the outbreak that is receiving wide coverage in the press. The new strain of flu virus is one that has mutated into a human strain, probably by a cross-reaction between a swine flu and a human flu virus. The new resulting strain is rather virulent, with some 80 deaths having been reported in Mexico and a few cases in the U.S. and Australia—though, to date, there have not been deaths (to my knowledge [as of April 27, 2009]) in these countries.

I am in the Philippines and Dr. Landless is in Geneva, but I would like to advise the in-house team of some familiar but important steps. The new virus is a N1H1 strain, and an urgent vaccine production process has already commenced. The previous flu injections you have received will not be effective against this strain, so preventive precautions become even more important.

Authorities feel that the infection is spread by aerosol transmission, though this is a new strain and it is not really known whether it will spread, human-to-human, with efficiency. Time will tell. Coughing and sneezing are major ways of polluting the air with tiny droplets that others can inhale; additionally, one's hands become easily contaminated from touching the nose, sneezing into them, or coughing onto them.

I would recommend the following:

1. If you have respiratory symptoms, even minor ones, stay home! The illness has a short incubation of a couple of days, and it will soon become apparent whether or not you have the flu. If at home for symptoms, wear a mask and follow the suggestions below.
2. Be extremely vigilant and wash your hands frequently. It's not a bad idea to have hand sanitizer on hand and to use it frequently. Should you need to use a tissue to blow your nose, I would suggest disposal of the tissue down the toilet, as leaving tissues in waste bins for the cleaning staff to empty exposes them to potential hazard. It might protect you to wear a mask, but I have no evidence to support such a recommendation. Obviously, when numbers of people wear masks, others become reminded of the problem. A mask becomes contaminated and needs careful disposal—and must NOT be flushed!
3. Greet each other with a smile, but do not be shaking hands with others at this time.
4. If eating in the GC cafeteria, ensure that not only you but ALL others use the alcohol sterilizer at the cafeteria entrance, as ladle handles could be a point of contact that could result in transmission of the virus. Perhaps a friendly monitor could remind folk of this need and ensure a steady supply of the alcohol.
5. Congregating in large gatherings is a definite danger, should there be an infected person in the group. I suggest keeping one's distance at this time, and forgoing the usual hugging and ceremonial kissing that is a part of our culture.
6. For those who travel, these precautions are extremely urgent. Travel to Mexico would seem to be unwise at this time while the extent and severity of the outbreak is being defined.
7. I've asked Verna Karst to keep abreast of the Center for Disease Control recommendations, and for her to have Elizabeth Pettit post a frequent update on the Health Ministries Department Web site, www.health20-20.org.

Should the outbreak prove more serious, we would have to consider more serious recommendations about church services and work-at-home programs. At the moment the outbreak is difficult to forecast, but we will try to advise you effectively. Whether the infection will prove susceptible to Tamiflu or other antiviral preparations has not yet been determined, but we will keep you posted.

With sincere hopes that this outbreak will be contained,

Allan R. Handysides, M.B., Ch.B.