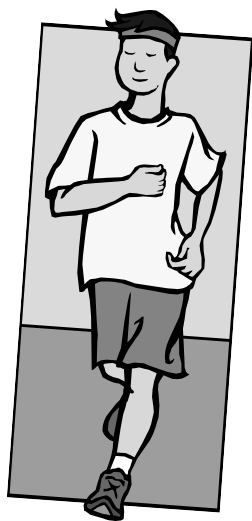

“He who dwells
in the secret
place of the Most
High shall abide
under the
shadow of the
Almighty. I will
say of the Lord,
“He is my refuge
and my fortress;
My God, in Him I
will trust”
(Psalm 91: 1, 2,
NKJV).*



*Texts credited to NKJV are from the New King James Version. Copyright© 1979, 1980, 1982 by Thomas Nelson, Inc. Used by permission. All rights reserved.



TYPELINE



Water-conserving, Money-saving Tips for Summer Gardens

Summer 2009 may be a bit less dry than last year in many areas of the country, according to the National Weather Service's Seasonal Drought Outlook. But it still makes sense, both environmentally and economically, to conserve water as much as possible in your gardening and landscaping efforts.

One way to conserve water is to irrigate efficiently with low-volume irrigation systems and smart watering practices. On average, micro sprinklers and drip irrigation uses 80 to 90 percent less water than traditional irrigation systems.

Irrigation manufacturers like Mister Landscaper are responding to increased consumer demand for low-volume systems by offering micro sprinkler and drip products

that homeowners can easily install on their own. Mister Landscaper's Micro Sprinkler Starter Kits efficiently and slowly irrigate flower and vegetable gardens, as well as areas where trees and shrubs grow. They are available in the plumbing department at Lowe's Home Improvement stores or online at www.misterlandscaper.com. The system also offers a variety of retrofit products that allow you to replace or add on to an existing underground pvc sprinkler system so you can convert 120 gallons per hour (gph) heads to a 10 gph micro spray or 1-2gph dripper.

To learn more about low-volume irrigation, visit www.misterlandscaper.com.—Courtesy ARAContent.

5K Fun Run Set for October 4

The *Vibrant Life* 5K Fun Run and Walk is now FREE to employees! This year you can join the race for free as a thank you for all your hard work. To sign up please call Mike Gamblin at ext. 3232. If you'd like our special T-shirt please make out a check payable for \$5 to Vibrant Life 5K Fun Run and Walk and write "T-shirt" in the memo portion. We also gladly accept cash and credit cards. Remember to tell us what size shirt you'd like.

If you're interested in participating as a volunteer this year please contact Linda Starkey at ext. 4019. If you volunteered last year and don't plan to participate again this year please return your volunteer T-shirt so we can share it with another volunteer this year. Remember it's your participation and support that helps make this event possible. Event is Sunday, October 4, 2009.

Intermail Schedule Changes

Due to vacations during the weeks of August 10 to 13 and August 17 to 20 there will be one morning and one afternoon Intermail delivery and pickup. We apologize for any inconvenience and we appreciate your understanding.

For Your Calendar

Chapel Programs

August

- 10 Rick Remmers
17 Candy DeVore
24 Faith Crumbly
31 Insight/Guide

Sunset in Hagerstown

August

- 7 8:17 p.m.
14 8:08 p.m.
21 7:58 p.m.
28 7:48 p.m.

2009 Holidays

Labor Day—Monday, September 7

Thanksgiving Day—Thursday, November 26*

Christmas Day—Thursday, December 24

*Workdays for the week of Thanksgiving are Sunday, November 22, through Tuesday, November 24.

Golfers, Save the Date!

Save Thursday, October 1, 2009, for Anti-etam Healthcare Foundation's 14th annual golf tournament. Play at Penn National Golf

Club in Fayetteville, Pennsylvania. Call 301-790-8631 for more information.

Birthday Card Shower

Larry Burtnett has worked at both Southern Publishing Association and the Review and Herald, and retired from the R&H. The Burtnett family invites Larry's friends to participate in a surprise card shower for his eightieth birthday on August 10, 2009. All birthday cards are welcome, the funnier the better. Any stories or remembrances about



Larry are also welcome. The address is: Lawrence R. Burtnett, 779 Callaway Court, Chattanooga, TN 37421-0602. The Burtnett family will appreciate whatever you can do to help make Larry's birthday an extra-special day.

Nature Center Open on Sabbath

The Nature Center at Mt. Aetna Retreat Center is open to visitors every Sabbath afternoon from 2:00 p.m. to 5:00 pm throughout the summer. View the wildlife displays that include animals from Africa, beautiful shell and rock collections, and more. Birdwatch-

ers may want to spend some time in the bird room.

Now that summer camp is over, hiking trails are open to guests. Have a look around and enjoy the peaceful atmosphere.

First Aid and CPR Classes Offered

The American Red Cross of Washington County offers first aid and CPR classes at 1131 Conrad Court, Hagerstown, Maryland. To register for any class, please call 301-739-0717, ext. 0.

Standard First Aid with CPR/AED – Adult: learn rescue breathing, how to clear an obstructed airway, and how to perform one-rescuer CPR on victims eight years of age or older. Course also includes basic first aid skills such as how to treat life-threatening bleeding, burns, musculoskeletal injuries, shock and sudden illnesses. Length of course: 7 hours, cost: \$45. Course dates are:

Monday, August 10, 2009 - 9:00 a.m. - 4:30 p.m.

Monday, September 14, 2009 - 9:00 a.m. - 4:30 p.m.

Monday, October 12, 2009 - 9:00 a.m. - 4:30 p.m.

CPR/AED – Adult: adult CPR deals with victims eight years of age or older. This course covers all cardiac and breathing emergency skills, including how to perform

rescue breathing, clear an obstructed airway, and perform one rescuer CPR. Group Training - On-site training can be arranged for your group of 6 or more, by calling 301-739-0717, Extension 204. Prices may vary. Length of course: 4 hours, cost: \$35. Course dates are:

Tuesday, August 4, 2009 - 6:00 p.m. - 10:00 p.m.

Tuesday, September 8, 2009 - 6:00 p.m. - 10:00 p.m.

Tuesday, October 6, 2009 - 6:00 p.m. - 10:00 p.m.

Standard First Aid: trains participants to identify and care for victims of illness and sudden injuries. You will learn how to control bleeding, minimize the effects of shock, and care for musculoskeletal injuries and sudden illness due to poisoning and heat and cold related emergencies. Ideal for anyone who wants to learn basic first aid skills but does not need rescue breathing or CPR training. Length of course: 4 hours, cost: \$30. Course dates are:

(Continued on page 3)

Marketplace

Wanted: inexpensive full-size refrigerator. If anyone has one that they would like to get rid of, contact Larry Macomber at extension 3290.

For Sale: 1992 black Nissan 240sx, 2.4L KA motor with five-speed, four disc brakes, strong clutch. Has air intake, ceramic equal-length tube headers, high-flow cat, exhaust, Euro tail lights, Koing rims, Sony head unit, and projector headlight conversion. Asking \$3,500 obo. Call 240-520-6445.

For sale: Pearl five-piece drum set, black with Remo pin striped heads, asking \$350. Call 240-520-5445.

Farmers Market Open for Business

Support the Farmers Market this summer. Bring your extra produce, baked goodies, or homemade craft items. If you don't have a garden, bake, or make crafts, stop by to see what you could make use of. The Mission Committee sponsors this market to raise

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

For sale: 2001 Nissan Sentra GXE four-cylinder, auto trans., power windows and door locks, AM/FM cassette, new tires and brakes, dark gray, excellent condition/garage-kept, 176K highway miles, asking \$3,695 obo. Call ext. 3230 or 301-639-5195 to arrange to see and test-drive.

funds for various projects. In the past, school supplies have been provided to needy children and Christmas gifts have been given to families that might otherwise do without. We appreciate your support of the Farmers Market.

First Aid, con't.

(Continued from page 2)

Thursday, September 10, 2009 - 6:00 p.m. - 10:00 p.m.

Thursday, November 12, 2009 - 9:00 a.m. - 1:00 p.m.

CPR/AED - Infant and Child: this course is indispensable for anyone who is in frequent contact with infants and small children. The course focuses on overcoming any reluctance to act in emergency situations and to recognize and care for life-threatening respiratory or cardiac emergencies in children under the age of eight. Group Training - On-site training can be arranged for your group of 6 or more, by calling 301-739-0717. Ideal for parents, grandparents, babysitters, teachers and community members; essential for child care providers. Length of course: 3+ hours, cost: \$40. Course dates are:

Thursday, October 8, 2009 - 6:45 p.m. - 10:30 p.m.

Concert Series

Hagerstown Community College Alumni Association presents its fifth annual "Red, White and Blue" Amphitheater Concert Series 2009. The amphitheater is located near the Athletic, Recreation and Community Center on the HCC campus. Concerts are free and open to the public. Concert schedule may be subject to change by the U.S. Military groups.

Sunday, August 16, 2009, 4:00 p.m.—The U.S. Navy Country Current

Sunday, August 23, 2009, 4:00 p.m.—The U.S. Marine Band

Sunday, September 13, 2009, 4:00 p.m.—The U.S. Navy Cruisers Band

Sunday, September 20, 2009, 4:00 p.m.—The 229th U.S. Army Band



August Birthdays

- 8 Dennis Altman
- 8 Ed Boyle
- 14 Roger Dailey
- 15 David Shull
- 17 Candy DeVore
- 17 Brady Lee
- 20 Judy Blodgett
- 20 Gary Stevens
- 22 Leonard Shockey
- 22 Melinda Worden
- 23 Steve Faver
- 26 Jerry Bowen
- 28 Ed Cerovski
- 28 Mario Martinelli



September Birthdays

- 1 Sherry Strack
- 1 Marilyn Wilkinson
- 3 Ray Wachter
- 6 Arnie Perkins
- 9 Randy Huntzberry
- 12 Andrea Tymeson
- 13 Debbie Dailey
- 14 Eileen Boone
- 14 Heather Rogers

**Review and Herald®
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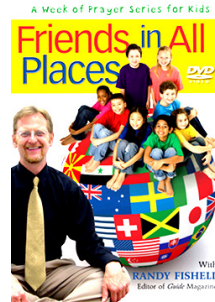
We're on the Web! Visit www.rhpa.org and click on the link for newsletters.



We serve the world.

New Product Highlights

Title: **Friends In All Places** (DVD set)



In this fast-paced Week of Prayer series Guide editor Randy Fishell shows kids how to find and keep the kind of friends who will share life's ups and downs with them. Most important, kids discover that Jesus wants to be their very best friend.

Whether it's the poignant story of a Civil War soldier's close encounter with death or the wacky skit "Maximum Makeover," these lively presentations drive home a clear message—no matter who you are or where you life, there are friends in all places!

Activity Guide included. Total running time: Approximately 71 minutes.

Title: **Seven Signs** (DVD set)

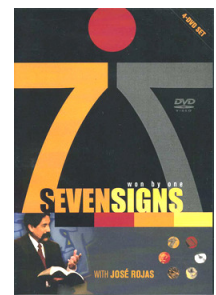
Therefore go and make disciples . . .

Seven Signs is a comprehensive evangelism experience designed to bring people to a decision for Jesus and prepare them for a lifelong walk with Him. It is different from other reaping efforts in that it is not only an event but an initiative to mobilize thousands of people in evangelism and service. The plan is simple:

Inspire · Empower · Deploy

Jesus inspired people with His call, empowered them with His teachings, and deployed them with His commission, so too will the remnant church in latter times.

4 DVD Set. Total running time: Eight one-hour programs.



Title: **Simply Put**

Author: **Loron Wade**



There's a lot of noise in our world. Retailers squabble endlessly for our hard-earned dollars, creditors squawk for their money, politicians bellow transparent promises, families demand time and energy, employers insist that we owe them our time and energy, electronic gadgets blare the latest and greatest, and the list could go on and on.

And God? Well, He's been speaking quietly for a few thousand years now. And waiting patiently for us to get the message—or even to pay attention. So what is it that's so important? And why hasn't He been shouting along with the others to get us to listen?

Discover what God's been saying all this time—and why He wants you to know.

Thank you for Praying!

Julie Haines wants to thank you for praying for her parents. The prognosis for both of them is good; their doctors felt they were able to get all the cancer. Please continue praying for them as they recover.