
“He has shown
you, O man, what
is good; and what
does the Lord
require of you but
to do justly, to
love mercy, and to
walk humbly with
your God?”
(Micah 6:8,
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



Guarding Against Fraud

An e-mail message warning of credit card fraud has prompted the editor to share this information, gleaned from www.ftc.gov.

Here are some tips to help protect yourself from credit and charge card fraud.

Do:

- Sign your cards as soon as they arrive.
- Carry your cards separately from your wallet, in a zippered compartment, a business card holder, or another small pouch.
- Keep a record of your account numbers, their expiration dates, and the phone number and address of each company in a secure place.
- Keep an eye on your card during the transaction, and get it back as quickly as possible.
- Void incorrect receipts.
- Destroy carbons.
- Save receipts to compare with billing statements.
- Open bills promptly and reconcile accounts monthly, just as you would your checking account.
- Report any questionable charges promptly and in writing to the card issuer.

- Notify card companies in advance of a change in address.

Don't:

- Lend your card(s) to anyone.
- Leave cards or receipts lying around.
- Sign a blank receipt. When you sign a receipt, draw a line through any blank spaces above the total.
- Write your account number on a postcard or the outside of an envelope.
- Give out your account number over the phone unless you're making the call to a company you know is reputable. If you have questions about a company, check it out with your local consumer protection office or Better Business Bureau.

Courtesy of www.ftc.gov.

Federal Trade Commission

Bureau of Consumer Protection

Office of Consumer and Business Education

August 1997

World's Largest Ice Cream Social Returns for Eighth Year

Cold Stone Creamery and the Make-A-Wish Foundation will once again present the World's Largest Ice Cream Social. On Thursday, September 24, Cold Stone Creamery stores across the nation will serve free 3-ounce samples of Jack's Creation in exchange for a donation to the Foundation. Wish kid Jack concocted the treat specially for the event. For additional information, visit http://wish.org/supporters/current_sponsors/promotions_that_give_back/seasonal/cold_stone_creamery.

For Your Calendar

Chapel Programs

September

7 No chapel, holiday

14 Highland View
Academy

21-24 Week of Spiritual
Emphasis

Sunset in Hagerstown

September

4 7:37 p.m.

11 7:26 p.m.

18 7:14 p.m.

25 7:03 p.m.

2009 Holidays

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.

Flower Bulbs for Spring

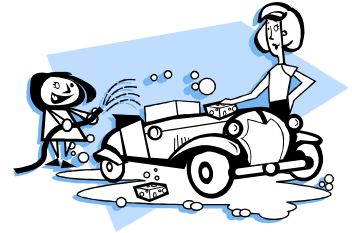
Hagerstown Spanish Church Pathfinder Club is selling flower bulbs as a club fundraiser. Plant these bulbs now to see beautiful blooms in the spring. If you are inter-

ested, please contact Idania Torres at ext. 3295. Order by September 24 for delivery around October 10.

Car Wash This Friday

Car Wash! Mt. Aetna Adventist Elementary School is holding a car wash this Friday, September 4, from 12:00 noon until 3:00 p.m. Bring your car

out for a good cleaning! Donations are accepted and will benefit the school's student financial aid fund.



Harp in Concert on Sabbath

Herman Harp will be appearing in concert at the Martinsburg Seventh-day Adventist Church this coming Sabbath, September 5, 2009, at 7:00 p.m. All are welcome to enjoy

this concert and bring your friends. The Martinsburg SDA Church is located at 2111 Boyd Orchard Road, Martinsburg, West Virginia 25401.

Martinsburg Offers StepFast Lifestyle Series

The StepFast Lifestyle Series will be held at the Martinsburg SDA Church on September 9, 16, and 23 from 7:00 p.m. to 8:30 p.m. and September 12, 19, and October 3 from 5:30 p.m. to 7:00 p.m. The six-evening, 12-part seminar series will feature video presentations by preventive health-care specialists. You'll receive scientific, Bible-based instruc-

tion in nutrition, exercise, stress management, cancer prevention, heart attack prevention, and other health issues. Samples of recipes demonstrated will be served. A \$25 registration fee includes seminar materials, recipes, and samples. Or you can pay \$5 per night or \$40 per couple. Call 304-267-9557 and leave your name to register.

Fun Run Free to R&H Employees

The *Vibrant Life* 5K Fun Run and Walk Sunday October 4, 2009, 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 include in the memo portion T-shirt; we also gladly accept cash. Don't forget to tell us what size shirt you'd like. Don't miss out! You can also find registration forms for employees in

all common areas and break rooms.

Also 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 on participating again this year, please return your volunteer T-shirt so we can share it with someone who is planning to volunteer this year. Remember its your participation and support that helps make this event possible.

ATM to Be Installed

PNC Bank will be installing an automated teller machine in the snack bar area near the chapel on October 13, 2009. The ATM will be ready to use the next day. We are hoping

that this will make your banking more convenient, especially if you are a PNC customer, but everyone will be welcome to use the machine.

Marketplace

For sale: HVA uniform pieces: 4 Oxford shirts, short-sleeved, boys' size 18, 2 blue, 2 white, excellent condition, \$10 each; 1 brand- new pair khaki pants, girls' size 5, \$10; 4 pair pants, 3 khaki, 1 blue, girls' size 5, excellent condition, \$8 each. Contact Jeanette Crouch in Bindery.

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, reason-

able rates. Call Jodi Onoffrey at 703-532-3844.

For sale: 2 acres, unrestricted, in Hedgesville area. Half hour from Review and Herald. \$65,000. Call 304-754-7816.

For sale: Trailer for riding lawn mower, brand-new, still in box, \$75. Sells for \$109 at Lowe's. Two burgundy reclining rockers, \$30 each or both for \$50. Call Eileen at 304-754-7816.

September Schedule for *Homeschool Companion*

Check out September's *Homeschool Companion* program schedule. There are great programs, as usual! We appreciate your support and calls. It is your calls that make this a successful talk show! You are welcome to visit www.myhomeschoolcompanion.com and sign up for free worksheets and teaching tips.

9-9-09 Grandparents and Homeschooling: How can grandparents support homeschooling? Guest: Paul Tooley, Sr., B.S., M.Ed., teacher, taught his own children and is now teaching his grandchildren.

9-16-09 Curriculum Topic: How do you integrate and teach the freedoms of the Constitution in your curriculum? Guest: Norma Swanson, M.A., former confidential assistant to the deputy undersecretary of Intergovernmental and Interagency Affairs, U.S. Department of Education, and assistant director of education for the U.S. Commission of the Bicentennial of the Constitution. She has authored several children's books and is currently working on a second book about the U.S. Constitution.

9-23-09 Curriculum Topic: Drug Prevention and High-risk Behaviors. Do homeschoolers need it? Guest: Celeste Perrino-Walker, editor of *Listen* magazine.

9-30-09 Debate Show: Homeschooling versus Unschooling.

Remember to listen every Wednesday, at 11:00 a.m. (EST), on LifeTalk radio—www.lifetalk.net; or Saturdays, at 10:00 a.m. (CT), if you are in the KBHW 99.5 FM listening area.

If you currently listen to our program through live streaming and would like to have us on your local Christian radio station, contact Calvin at 1-800-775-4673.

Summer Military Band Concerts

Hagerstown Community College Alumni Association presents the two remaining concerts in 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, September 13, 2009, 4:00 p.m.—U.S. Navy Cruisers Band

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

September Birthdays

- 3 Ray Wachter
- 6 Arnie Perkins
- 9 Randy Huntzberry
- 12 Andrea Tymeson
- 13 Debbie Dailey
- 14 Eileen Boone
- 14 Heather Rogers
- 15 David Haluska
- 16 Richard Easley
- 16 Rick Lee
- 16 Mike Owens
- 16 Gerald Wheeler
- 17 Tricia Wegh
- 18 Dale Tooley
- 24 Phil Crouch



Blood Drive Next Week

The Red Cross blood supply in our area is very low right now. The Review and Herald is helping by holding an extra blood drive on Tuesday, September 8, in the chapel area.

Please consider giving blood to help save lives. Each donation helps multiple people.

Call Human Resources at ext. 4015 or ext. 4025 to schedule your appointment.

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September 17, 2009.**

**Submissions are due on
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[We're on the Web! Visit
www.rhpa.org and click
on the link for newsletters. **]**



We serve the world.

Personnel Briefings

Leaving:

Marci Corea, Periodical Division student

Ashley Dunbar, Periodical student

Tyler Fishell, Art Library student

Viviene Martinelli, Art Library student

Crystal Prindle, Periodical student

Nathan Zollman, Pressroom student

Coming:

Paul Byrkit, Plant Services student

Ian Magambo, Graphics student

Marlon Marques, Bindery student

Brad Thomas, Pressroom student

Michael Wahlen, Book Shipping student

Caitlin Worden, Imaging student

Moms, Do Something Tasty and Healthful—Eat a Pear

With the kids back in school and the holidays a heartbeat away, this is a busy time for mothers everywhere. While you're busy taking care of the family and work, you might forget to take care of yourself. But this busy fall season there's an easy and delicious way to do something good for your health—eat a pear.

As the weather cools, pears become plentiful, offering a bounty of crisp flavor and health benefits, including the chance to reduce your risk of cardiovascular disease. A recent study in the American Journal of Clinical Nutrition cited pears as a food that may help reduce cardiovascular risk among postmenopausal women.

Pears contain flavonoids and anthocyanins that are believed to be linked to heart health. They are also an excellent source of fiber, another nutrient known to combat heart disease and promote digestive health. Pears are naturally cholesterol- and sodium-free, and contain just one gram of fat. A California Bartlett pear has just 100 calories and packs a powerful punch of vitamin C and potassium.

For ideas and recipes to incorporate pears into your diet, visit www.calpear.com.—Courtesy of ARAcontent.

Courtesy of Health Care-toons