



TYPELINE

“Christ has promised that if we yoke up with Him we shall find peace and comfort and hope, and we [shall] know by experience [that] His words are true” (*The Upward Look*, p. 307).

PBS Documentary Features Adventists

A special screening of the brand-new PBS documentary “The Adventists” will be presented by the producer on Sunday evening, April 4, at 6:00 p.m., at the Hagerstown SDA Church. Martin Doblmeier, the writer, director, and producer of this dynamic portrayal of the progression of the health message given to the Seventh-day Adventist Church, will be on hand to provide background information and hold a question-and-answer session. Guests are welcome to this free admission event. The Hagerstown church is located at 11507 Robinwood Drive, Hagerstown, Maryland.

“The Adventists” is now available on DVD for library or home video consumers. Order your DVD at <http://journey1.timberlakepublishing.com/index.asp>.

“The Adventists” is also being broadcast by PBS member stations beginning the week of April 5 to 11, 2010, which is both National Public Health Week and Easter Week. Broadcast dates are updated as stations report them. Check your local PBS station for air dates and times.

Financial Information Sessions

Larry Perez, our VALIC representative, will be at the Review and Herald April 19 to visit with employees and to hold two lunch-and-learn sessions on Social Security. Individual appointments are available from 9:00 a.m. to 11:00 a.m. The lunch-and-learn sessions will be held at 11:00 a.m. and again at 12:00 noon. Personal appointments will resume after the second session. To make an ap-

pointment with Larry Perez, call Human Resources at ext. 4015 or ext. 4025.

On April 27 Shelby Penn, from Edward Jones, will present lunch-and-learn sessions on “10 Reasons to be a Long-term Bull.” This will be offered at 11:00 a.m. and again at 12:00 p.m. Interested employees should respond to Human Resources at ext. 4015 or ext. 4025.

Secret Sale Month at HVA ABC

While the Highland View Academy students are enjoying spring break, the HVA ABC store hours have changed. From March 26 to April 4 the HVA ABC store will be open from 11:00 a.m. to 3:00 p.m.

During the entire month of April there will be a “secret” sale. At the beginning of each

week in April different products throughout the store will be on sale. You will need to come in to see what items are being featured! I will let you in on the secret—many items will be offered at a reduced price, so you won’t want to miss it! Discounts and coupons will not be accepted on any featured items.



For Your Calendar

Chapel Programs

April

- 5 Alex Bryant
- 12 Ben Schoun
- 19 Lincoln Steed
- 26 Michael Harris in concert

Sunset in Hagerstown

April

- 2 7:36 p.m.
- 9 7:43 p.m.
- 16 7:50 p.m.
- 23 7:57 p.m.
- 30 8:04 p.m.

2010 Holidays

Memorial Day—Monday,
May 31

Independence Day—Monday,
July 5

Labor Day—Monday, Sep-
tember 6

Thanksgiving—Thursday,
November 25*

Christmas—Monday, De-
cember 27

*Workdays for the week of
Thanksgiving are Sunday,
November 21, through Tues-
day, November 23.

Last Chance for Citrus!

The Mt. Aetna Home and School offers one final opportunity to purchase fresh Florida citrus fruit for this school year. Citrus has plenty of health benefits, and it tastes good, too!

Order by April 4 for delivery on April 18. Grapefruit is available at \$25 per full case or \$14 per half case. Tangerines cost \$20 per half case. Ask about prices and availability for Valencias when you place your order.

Baby on the Way!

It's time to celebrate! Everyone is invited to a baby shower for David and Mindy Haluska on Sunday, April 18, at 2:00 p.m. at the Hagerstown Seventh-day Adventist Church. David and Mindy are expecting a little boy at the end of May.



They are registered at Target and Toys/Babies 'R Us. If you have any questions, please contact Kalie Kelch at 301-432-0878 or at kkelchPR@hotmail.com.

Middletown Valley Offers Lifestyle Seminar

Middletown Valley SDA Church invites you to discover the secret of true health and happiness in their lifestyle seminar this spring. You can begin to enjoy life more abundantly as you gain a practical knowledge of natural health based on scientific evidence and clinical and personal experience.

John Clark, M.D., is the presenter for this seminar. He and his wife, Julie, and son Connor work out of Skowhegan, Maine,

headquarters for Northern Lights Health Education. Dr. Clark completed his training at Loma Linda University School of Medicine and now lectures on a wide variety of lifestyle-related diseases and conditions.

Opening presentation begins on Sunday, April 25, at 7:00 p.m. Meetings continue each evening that week through Sabbath, May 1. The church is located at 1811 Arnold Road, Jefferson, Maryland 21755. For more information or to preregister, call 301-730-7084.

Sabbath Sundown Serenade Schedule

Hagerstown SDA Church invites you to enjoy its Sabbath Sundown Serenade programs this spring.

April 3, 6:00 p.m. Barbara Yowell and Valerie Simon-Phillips present a program of Resurrection remembrance through the medium of the Negro spiritual.

April 17, 4:00 p.m. HVA Highlanders and String Quartet will paint a musical picture of Heaven's unbounded grace under the direction of Olga Bilan.

May 1, 6:30 p.m. Our local home school choir, under the direction of Robin Froelich, brings an enchanting blending of small and large voices in praise and adoration.



May 22, 5:00 p.m. Elder Jim Nix, SDA historian, leads in an engaging reminder of our earliest Adventist Church music memories. His captivating stories are sparkling treasures!

Marketplace

For sale: one almost new AT&T speaker-phone, white, with big button display, digital answering system, caller ID ready, call waiting, and more. Phone can be wall mounted or used on a desk/table top. Retail price \$59.95, asking just \$30.

Two brand new, never used, Bullet Express, 8-minute meal machines, includes meal maker, meal mixer and it even juices. Retail price \$119.95 each, asking \$75 each or purchase both for only \$130. Contact Dennis at ext. 3230 or email dlagsa1@aol.com

Wanted: gently used copies of *What the Bible Says About the End-Time*, with or without dust jacket. Contact Faith Crumbly at ext. 4590.

Found: ladies' black leather gloves with "AS" written in the tag. Claim at the reception desk.

Inexpensive Ways to Lose Weight and Stay Fit

Trying to lose weight could cost you a lot of money—gym memberships, special diet foods, exercise equipment for your home, or even hiring a personal trainer.

But there are ways you can lose weight without spending a lot of money. You will still need dedication, time, and a willingness to make changes in your life to achieve your goal. Here are some inexpensive ways to lose weight and stay fit:

* Start a neighborhood walking club. Invite neighbors who have dogs to come along. Or join a local pickup game of dodgeball, basketball, or racquetball. At the most, you'll need the equipment for the game. Set a weekly time for games and a daily time for the walks. Having other people involved will help encourage you to continue moving and exercising.

* Add to your daily menu healthy ingredients that benefit your body. For example, relaxing with a cup of natural tea can help you reduce body fat and increase your metabolism rate. Oolong tea contains rich amino acids and cellulose, which can help lower your cholesterol levels. Green tea leaves contain vitamins C and E and a good amount of fiber. If you prefer black tea, its benefits include help with digestion. Drinking a cup of tea (without the sugar or cream calories added) after each meal will help you slowly dissolve fat in your body. Premium tea leaves give you the best quality and best taste. Teawan (www.Teawan.com) has both quality tea and tea ware products from Taiwan. You can choose tea bags or loose leaf options, depending on your preference.

* Do your own home workout. Grab a full jug of laundry detergent and use it for some lifting. If you're looking for something lighter, fill a plastic bottle with water to use as a weight. Start dancing around your house, and in no time you'll break a sweat. This is great for cardiovascular exercise, and enjoyable if you can crank up your favorite tunes.

* Borrow a fitness video from the library and tone your body with the experts. Repeat the video several times and then switch it for a new one from the library. If you have cable or satellite television, tune into some of the fitness channels for different programs. You'll find styles ranging from yoga workouts to belly dancing to step aerobics. Set specific times each week to run through a 30-minute workout.

* Clean the house. Pushing a vacuum at a rapid pace is good exercise. So is scrubbing floors or bathtubs. These activities also are good for toning muscles.

Don't let money keep you from accomplishing your goal of losing weight and getting fit. If one exercise or activity gets boring, switch to another to keep your workout fresh and to target different muscles. And organize a plan with a friend or family member so you can help keep each other on task to accomplishing both of your goals.—Courtesy of ARAcontent.

April Birthdays

- 3 David Swan
- 8 Jay Carbaugh
- 9 Steve Whitesides
- 10 Tonya Ball
- 11 Dan Wegh
- 12 Hepsi Singh
- 12 Linda Starkey



- 13 Cindy Ford
- 16 Altiery Kumpel
- 16 Fred Lyles
- 18 Russell Miller
- 21 Idania Torres
- 27 Gary Devor
- 27 Randy Fishell
- 28 Juanita Stinchfield

Personnel Briefings

Leaving:

Jeannette Johnson, Book Division.

Review and Herald®
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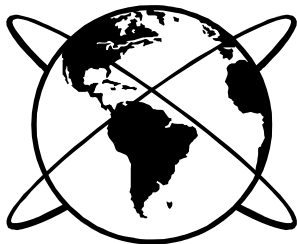
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**Submissions are due on
April 12, 2010.**

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www.rhpa.org and click
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New Product Highlights

Title: **Let It Go: A Story of Forgiveness**

Author: **Yvonne Rodney**

It was a terrible secret. A secret she'd kept for a long time. Until the day she couldn't hold on to it any longer . . .

Lisa wasn't prepared for her husband's reaction when she told him. Guilt had built up over the years to the point where she couldn't bear it anymore.

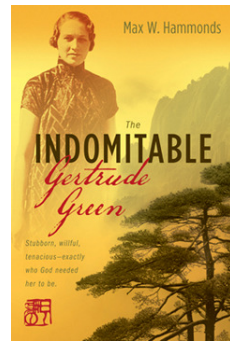
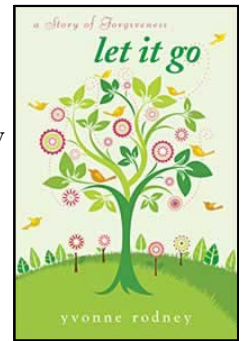
Grace had been trying to keep up a brave front, but the news spilled out with her tears. There was nothing more she could do.

Yolanda was struggling with emotions that threatened to cripple a new relationship—and fighting back anger toward God over the loss of her beloved husband.

Marissa was a newlywed with a promising career and an inconvenient dilemma—one she thought best taken care of on her own.

Catherine had dealt with her sorrow long ago, but hers was a tale that needed to be told.

This is a story of women overwhelmed with inconsolable grief and soul-consuming guilt—and their journey to redemption and healing. There's only one way, you know. Only one.



Title: **The Indomitable Gertrude Green**

Author: **Max W. Hammonds**

Author Bio: Max W. Hammonds, a retired anesthesiologist, first met Gertrude Green when he and his family served as missionaries in Thailand. Their paths crossed again in North Carolina after Gertrude's retirement, and thus began his 12-year odyssey to research and write this book.

"Have you no fear at all, Gertrude?" Betsy demanded.

"Yes, I do," responded the feisty 11-year-old. "But not much."

That was Gertrude—headstrong, confident, and opinionated! Her mother, Lena, sure that her oldest daughter would be somebody famous, encouraged Gertrude to follow her dreams and taught her to be self-disciplined and industrious.

And no, Gertrude wasn't afraid of much. Nursing school with its long hours and hard work didn't faze her. Carrying the workload of two or three people didn't bother her. Accepting a call to China as a missionary nurse in 1936 . . . well, she was understandably bewildered at first, but certainly not frightened. Challenging an arrogant Japanese soldier, single-handedly running a hospital, and confronting the spoiled wife of a high-ranking general were peanuts compared to the one fear that brought the unstoppable Gertrude Green to her knees.

She ran from that fear all the way home to Rochester, New York, but God needed her back in China. Back in the same hospital, in much the same circumstances she was in when she left—but this time her faith in Him was ready to mature. Oh, and this time she and 51 others would need to flee the Communist army in the dead of winter—on foot.