
“I will give you a new heart and put a new spirit within you; I will take the heart of stone out of your flesh and give you a heart of flesh”
(Ezekiel 36:26).*



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TYPELINE



Homeschool Companion

A radio talk show dedicated to home-based education

The Review and Herald Publishing Association, in partnership with Griggs University (Home Study International), is launching a radio talk show dedicated to home-based education. This show, Homeschool Companion, will be hosted by Rose Gamblin, education specialist, and Candy DeVore, editor of *Kids' Ministries Ideas*. It will be aired every Wednesday, beginning January 9, at 11:00 a.m. (EST) on LifeTalk radio. It will also air live on the following three Web sites:

<http://www.lifetalk.net>

<http://lifetalkradio.ning.com>

<http://www.live365.com/stations/lifetalk1>

The first 15 minutes of the show will be dedicated to the homeschool child. The remaining 45 minutes will be dedicated to the homeschool education provider. A different topic will be featured each week, such as “What do you do with the younger children while you are working with the older ones?” On the January 9 program we will be asking callers to call in with their topic ideas. What do you have to share that might benefit other homeschooling families? Call us at 1-800-775-4673. We look forward to hearing from you!

Visit this site for an updated list of radio stations: <http://lifetalkradio.ning.com/page/page/show?id=659132%3APage%3A5761>

Notes From Friends

Helen Colburn, wife of **Rande Colburn**, Periodical Shipping, has graduated magna cum laude from Shepherd University with a Bachelor of Arts degree in elementary education. Helen is also a former employee, and we congratulate her on this wonderful achievement.

Bob and Anna Essex, retired employees, send their greetings from Michigan to all their Review and Herald family.

I want to thank the Mission Committee for the get-well booklet and the beautiful fruit basket. It was good to read all the wishes

from the employees, and to know I still have many friends at the Review. May God bless each one of you. **Gordon Shockey**.

Thank you so much for the beautiful plant arrangement you sent in memory of our brother Herbert. We appreciated the cards and prayers. Thank you for being such a caring Review and Herald family! A kind gesture lasts a lifetime. Thank you. Love, **Leonard and Karen Shockey**.

For Your Calendar

Chapel Programs

January

- 7 Mario Martinelli
14 to be arranged

Sunset in Hagerstown

January

- 4 5:00 p.m.
11 5:06 p.m.
18 5:14 p.m.

2008 Holidays

New Year's Day—Tuesday,
January 1

MLK Birthday (floater)—
Monday, January 21

President's Day (floater)—
Monday, February 18

Memorial Day—Monday, May
26

Independence Day—Thursday,
July 3

Labor Day—Monday, Septem-
ber 1

Thanksgiving—Thursday, No-
vember 27*

Christmas—Thursday, Decem-
ber 25

*Workdays for the week of
Thanksgiving are Sunday,
November 23, through Tues-
day, November 26.

AFLAC Deadline for Flexible Spending Plan

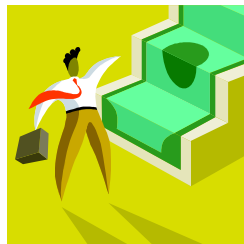
Employees who participated in AFLAC's flexible spending plan for 2007 are encouraged to process all receipts for payment by AFLAC by March 31, 2008. Submit these receipts as soon as possible to avoid any last-minute problems. Waiting until just a few days before the March 31 deadline to submit



your claims could result in an unpaid claim. If there are questions about your receipts, they must be resolved and paid before the end of March 2008. If you have questions about this program, please call Human Resources.

Good Physical Function After Age 40 Reduces Your Risk of Stroke

People who have good physical function after the age of 40 may lower their risk of stroke by as much as 50 percent compared to people who are not able to climb stairs, kneel, bend, or lift as well, according to research published in the latest issue of *Neurology*, the medical journal of the American Academy of Neurology.



From 1993 to 1997, researchers examined nearly 14,000 men and women between ages 40 and 79 in the United Kingdom who had not suffered a stroke, heart attack, or cancer. Researchers monitored how many strokes were suffered in this group through 2005.

The study found that people who reported good physical function—regardless of age, sex, cholesterol level, and other factors—had a 50 percent lower risk of stroke than those with the lowest test scores. The better a person's physical function, the lower their risk of stroke.

"People who reported better physical function had significantly lower risk of stroke," says study author Phyo Kyaw Myint, MRCP, with the University of Cambridge in the United Kingdom. "This is independent of the known risk factors for stroke in the general population."

Myint says people with poor physical function may represent a high-risk population for stroke. "Physical function may identify apparently healthy men and women at an increased risk of stroke who may benefit the most from preventative treatments."

Myint says it's also possible that poor physical function may reflect underlying health issues, such as chronic inflammation, which may lead to vascular disease. He says increasing physical activity and eating more fruits and vegetables, which has been associated with better physical function, may also help to reduce stroke risk.

Other ways to help reduce the risk of a stroke include:

- * Eating a low-salt, low-fat, low-cholesterol diet.
- * Controlling high blood pressure.
- * Quitting smoking.

The study was supported by Cancer Research U.K., the Medical Research Council (U.K.), and the Stroke Association (U.K.).

For more information, visit the American Academy of Neurology's Web site at www.aan.com.

—Courtesy of ARA Content.

Marketplace

For rent: house on Rose Hill Avenue in Hagerstown. Two bedrooms, 1½ baths, laundry room, new carpet, Please call Grace at 240-643-1993 or 301-891-5201 for more info.

For sale: Potomac Ridge condo, best deal yet. About a mile to I-70 (south-east of Hagerstown). Two bedrooms and two baths in second-floor energy-efficient location. Open floor plan, wall-to-wall carpeting, vinyl floor in kitchen, all appliances and washer/dryer are included. Forced air, natural gas fuel, central air conditioning. Over 1,050 SF, including a bay window, breakfast bar, and fireplace connection (no other condo has it). Master bedroom is 15' x 13' and has master bath and walk-in closet. Second bedroom is 11' x 12', living room is 13' x 14', dining room is 10' x 11', kitchen is 10' x 10', all with lots of closet space. Price is \$149,500, approximately

\$20,000 less than most current listings in Potomac Ridge. Call the Gatz family at 240-329-4204 for a showing.

For sale: solid walnut and pecan dresser, dovetail drawers, two mirrors that attach. Dresser is 31" tall, 6' 2" long, 20" deep; each mirror is 51" tall, 25" wide trimmed in wood. \$125. If interested, see David Swan in Plant Services or call Karen at 301-223-7979. Pictures are available via e-mail.

For sale: gifts for the numismatist! 1872 dime, \$22; 1830 half dollar, \$60; 1869 half dollar, \$25; purchase all three together for \$100. Call Bob at ext. 5264 or 301-461-6113.

For sale: Lexmark printer—prints, copies, scans. Never opened, new in box. Asking \$30. See Mark Gift, Plant Services.

CHIP Program Offered at Hagerstown Church

Improve your health in just 30 days! With simple lifestyle adjustments, learn how to reverse or normalize conditions such as adult-onset diabetes, obesity, heart disease, digestion problems, high blood pressure, high cholesterol, osteoporosis, constipation.



The Hagerstown SDA Church offers the Coronary Health Improvement Project (CHIP) for those who want to learn how to become healthy by choice. Classes will begin on Monday, February 4, 2008, and meet Monday, Tuesday, Wednesday, and Thursday evenings each week through February 28, 2008.

Classes consist of video presentations by Hans Diehl, a dynamic health lecturer; before and after blood draws and health screenings; presentations by local health professionals; heart healthy meal samples and recipes; reference materials; and a graduation banquet for family and friends. Regular alumni meetings will keep you encouraged as you maintain your new healthy lifestyle. Come and learn how to *live with all your heart!*

January Birthdays

- 2 Judy Estes
- 3 Glen Gohlke
- 7 Don Williams
- 9 Jonathan Byrd
- 16 Robin Lee
- 16 Becky Simperts
- 17 Tony Delgado
- 17 Gary Lee
- 19 Glen Swan
- 23 William Vargas
- 30 Doug Geraci
- 31 Ida Cavil





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Submissions are due
January 15, 2008.**

Visit us on the Web at
www.rhpa.org. Click
on the "Typeline" Link.



We serve the world.

Happy New Year!

"In reviewing our past history, having traveled over every step of advance to our present standing, I can say, Praise God! As I see what God has wrought, I am filled with astonishment, and with confidence in Christ as leader. We have nothing to fear for the future except as we shall forget the way the Lord has led us" (Testimonies to Ministers, p. 31).

In Appreciation

The editor would like to thank James Cavil for copy editing and proof-reading *Typeline*. When James is on vacation, it's a challenge to find someone else to do these tasks.



I also appreciate those readers who serve as proofreaders and call to help correct mistakes for future issues.

Thanks also goes to coworkers who contribute articles or suggestions for our company newsletter.

Web Sites of Interest

Check out some of our own Review and Herald Web sites.

adventistwellness.org

sabbathschool.com

autumnhousepublishing.com

thebiblestory.com

crossviewmedia.com

vibrantlife.com

familybiblestory.com

vibrantlife.org

guidemagazine.org

winnermagazine.org

healthconnection.org

womenofspirit.com

insightmagazine.org

CanadaYouthChallenge.com

kidsministryideas.com

NorthernLightsMission.com

listenmagazine.com

messagemagazine.org

myhomeschooler.com

reviewandherald.com

Share your favorite Web sites with your coworkers here. Send Web sites to the editor at ishull@rhpa.org for consideration.