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“I have been crucified with Christ; it is no longer I who live, but Christ lives in me; and the life which I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself for me”  
(Galatians 2:20, NKJV).\*

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\*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



## Simple Lifestyle Changes Can Boost Your Memory

Do you ever find yourself at the grocery store struggling to remember what you came for? Are you forgetting birthdays and lunch dates? If these situations sound familiar to you, you're not alone. Forgetfulness is one of the most common complaints of those in middle age and beyond.

Memory loss and Alzheimer's disease rank high on the list of senior fears. Alzheimer's was the number one fear of aging, according to research conducted by Bankers Life and Casualty Company, a national life and health insurer that focuses on serving the retirement needs of the middle market. Similarly, a national poll by Research!America and *Parade* magazine showed that adults were more than twice as likely to fear losing their mental capacity as their physical ability.

The good news is that according to researchers at Johns Hopkins, most memory loss has nothing to do with Alzheimer's disease. Nearly all of us, they say, take more time to learn and recall information as we age.

There are simple things that you can do in your everyday life to increase your ability to retain information and exercise your brain.

### Engage your brain.

Mentally stimulating activities strengthen brain cells and the connection between them. You can keep those cells in shape by giving them a workout. Instead of passively watching TV, try something that engages

your brain: reading, writing, taking a class, doing a crossword puzzle, or even learning a new game to play with family members.

### Stay in touch.

Loneliness is linked to depression, a risk factor for memory loss. Try to keep your social network strong by volunteering or simply helping a neighbor. Make a conscious effort to stay connected with friends and relatives by visiting with them or keeping in touch by phone or e-mail.

### Eat healthy.

Maintaining a balanced diet low in saturated fats is said to be better for cognitive functioning. In addition, the Alzheimer's Association notes growing evidence that a diet rich in dark vegetables and fruits, which contain antioxidants, may help protect brain cells.

### Stay active.

Regular exercise can increase oxygen to the brain. It can also lower the risk for diseases that can lead to memory loss, such as diabetes and cardiovascular disease. Your doctor can help you develop an exercise regime that's best for you.

### Know when to seek help.

“It's important to know the difference between normal forgetting and something

(Continued on page 3)

## For Your Calendar

### Chapel Programs

#### April

20 Ernesto Castillo

27 Dan Wegh

#### May

4 to be arranged

11 Bel Canto Choir,

Calhoun, Georgia

### Sunset in Hagerstown

#### April

17 7:51 p.m.

24 7:58 p.m.

#### May

1 8:05 p.m.

8 8:12 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.

## Bowling Fund-raiser for Big Brothers/Big Sisters

The annual bowling fund-raiser is scheduled for Sunday, April 19. The event will be at Turner Lanes on the Dual Highway in Hagerstown. This event is vital for the funding of Big Brothers/Big Sisters and the programs they

conduct in our community. In this economy every little bit is important. Bowlers, sponsors, and donations of prizes are all needed. If you are interested in helping in any capacity, please contact Dave Griffiths at ext. 4065.

## Washington County Farmers Market

For the 2009 season Washington County Farmers Market will be operating at the Elks Club on Robinwood Drive in Hagerstown on Wednesdays. The season begins on May 20

and runs through October 28, with hours from 3:00 p.m. to 6:00 p.m. A Web site is coming soon at [www.washcofarmersmarket.com](http://www.washcofarmersmarket.com).

## Celebrate Your Graduate!

If you have a graduate in your family, whether it's a kindergarten graduation or a doctoral degree completion, we'd like to know about it and celebrate with you! We want to be sure to honor your graduate, too.

Typeline deadline is two days ahead of the publication date, which is always printed on the last page of *Typeline*.



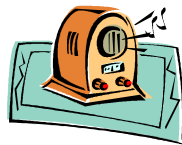
## Benefits Fair Coming in May

Mark your calendar for Wednesday, May 6, 2009, from 11:00 a.m. to 5:00 p.m. for the first-ever (as far as we know) Review and Herald Employee Benefits/Health Fair,

which will be held in the chapel. Watch for more details coming soon. You don't want to miss it!

## Homeschool Companion Update

On April 22 the Homeschool Companion radio show will review points from our TV or not TV debate. What did you do this week instead of watching TV? Recognizing Turn off TV Week—April 12-18.



Listen on April 29 to the debate To Publicly Post the Ten Commandments or Not! Guest: Glen Gohlke.

Remember to listen every Wednesday at 11:00 a.m. (EST) on LifeTalk radio—[www.lifetalk.net](http://www.lifetalk.net); or Sundays at 7:00 p.m. 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.

*"Let everyone bear in mind that God delights to listen to the supplications of His people. . . . When His people shall be in the greatest danger, seemingly unable to stand against the power of Satan, God will work in their behalf.*

*Man's extremity is God's opportunity."*

*(Selected Messages, book 2, pp. 372, 373).*

## Marketplace

**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 4 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 301-667-8146 (cell) or extension 5155 at the Review to place an order or for further information.

**For sale:** 1965 Renault Dauphine Gordini, needs restoration, gas mileage would be in the forties, great project car, asking \$1,000. Weider Pro Home Gym with two workout stations, up to 30 exercises can be done on this machine, uses cables and weighted plates adjusted with pins, bought new for \$400 and will sell for \$100, still like new. Call Steve at ext. 3080 or home 301-733-6945.

**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-

## Simple Lifestyle Changes

*(Continued from page 1)*

more serious," says Scott Perry, president of Bankers Life and Casualty Company, who serves on the board of directors of his local Alzheimer's Association chapter.

Serious memory problems, according to the National Institute on Aging, are those that affect a person's ability to perform everyday activities. For example:

- ◆ Asking the same questions over and over.
- ◆ Becoming lost in familiar places.

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.

**Free:** piano, upright, made of cherry, plays quite nicely. Located in Boonsboro, buyer arranges for moving. Call 301-432-8908 or email: kzimmerman21713@myactv.net.

**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? If I told you that three other all-natural products existed that will help boost metabolism, curb cravings, and detoxify your body, would you be interested? I have lost two pounds in just four days, and I'm seeing significant results in my health. 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.

- ◆ Not being able to follow directions.
- ◆ Getting very confused about time, people, and places.
- ◆ Losing interest in daily activities, such as grooming and eating.

If you have concerns about your memory, talk to your doctor right away. For more topics of interest, visit [www.bankers.com](http://www.bankers.com) and click "Senior Resources."

Courtesy of ARAcontent.

## April Birthdays

- 16 Fred Lyles
- 18 Russell Miller
- 19 Taylor Stancliff
- 21 Idania Torres
- 27 Gary Devor
- 27 Randy Fishell
- 28 Juanita Stinchfield



## Heard Around the House

**Mike Gamblin**, Ministry Call Center, had been working for three months on the Great Controversy project; **Rose**, Book Division, his wife, told him that he was a wonderful telephone communicator. In fact, she recommended that the next time they had a miscommunication he should call her on the phone. "That's fine," he said. "As long as it's about product, rules, and price."

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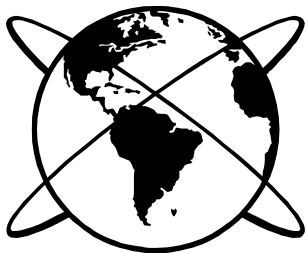
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We're on the Web! Visit [www.rhpa.org](http://www.rhpa.org) and click on the link for newsletters.



*We serve the world.*

## New Product Highlights

Title: **Guide's Greatest Grace Stories**

Author: **Lori Peckham, editor**

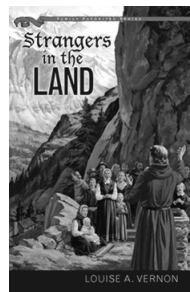
Ever heard anyone grumble, "It's not fair"?

Well, it's a good thing that "it's not fair" all the time! Let's see, by now you've probably evaded punishment for . . . calculating rapidly . . . say, 539 offenses. Among other things, your parents never should have forgiven you for breaking the kitchen window when you played golf in the backyard, your brother should have returned the favor when you punched him in the arm, and your best friend shouldn't have helped you with your homework after the joke you told about her in class.

Yeah, grace is really great!

Now imagine how it must have felt to be forgiven after burning down a house or for your enemy to save you from certain death. Or to nearly chop your sister in half with an ax or to wreck your father's Jeep, only to discover that he's more worried about your hands than his Jeep. Or even to be a convict saved from the death penalty—because your brother volunteered to die for you.

Yeah, even though it's not fair, grace is pretty awesome!



Title: **Strangers in the Land**

Author: **Louise A. Vernon**

"Line up against the wall," the dragoon commanded the Huguenots.

The simple command struck terror in Pierre such as he had never felt before. His tongue felt thick, and he panted hard, as though he had been running.

"Are they going to kill us?" Claude whispered.

It was October, and morning dawned brisk and cool just like any other autumn day. But by noon Pierre's world had turned upside down. The Edict of Nantes had been revoked, and the Huguenots were no longer free to practice their religion. Anyone who refused to convert would be imprisoned, and the dragoons had orders to kill anyone who tried to escape.

In just a few days the fate of Pierre's family would rest on his 12-year-old shoulders. But in the meantime a mysterious beggar would appear on their doorstep with a cryptic message, and a moonlit journey to Grand-père's estate would expose an unexpected spy.

Title: **Knowing Jesus Is Everything**

Author: **Alejandro Bullón**

If you were drowning and someone tossed you a life preserver, would you refuse it and try to swim to safety on your own? Or would you grab it immediately and cling to it for dear life? The answer is obvious—you'd snatch up the life preserver in a heartbeat!

But what if your eternal life was at stake? Would you insist on trying to save yourself? Or would you let God rescue you?

If you've ever thought that the Christian life is just too difficult—or even impossible—take a deep breath, find a comfortable chair, and face reality. It is too difficult—if you don't know Jesus personally. No matter what you do (or don't do), you don't stand a chance without Him. In these pages are hope and guidance for pursuing a genuine friendship with Jesus. Because, you see, knowing Jesus is everything—it is life.

