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“Brethren and sisters, the Lord will be pleased if you will take hold heartily to sustain the publishing institution with your prayers and your means. Pray every morning and evening that it may receive God's richest blessing. Do not encourage criticism and complaining. Let no murmurs or complaints come from your lips; remember that angels hear these words”  
(*Testimonies*, vol. 7, pp. 182, 183).

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# TYPELINE



## R&H Schedules Extra Blood Drive

In response to a dangerously low blood supply in our area, the Review and Herald has scheduled an extra blood drive to be held on Tuesday, September 8, 2009, from 10:00 a.m. to 3:30 p.m. To schedule your donation appointment, please call Lori at ext. 4025 or Gail at ext. 4015 by September 2.

Red Cross reports four blood types at less than a two-day supply, more than a day and half behind target, with low donor turnout of increasing concern to officials of the American Red Cross Blood Services, Greater Alleghenies Region.

The Greater Alleghenies Region directly serves hospitals, patients, and donors in a 100-county area in Kentucky, Maryland, Ohio, Pennsylvania, Virginia, and West Virginia, with more than five dozen blood products and related services, and also supports blood needs experienced by patients elsewhere in hospitals served through Red Cross Blood Services.

Eligible donors must be at least 17 years of age, weigh 110 pounds, and be in generally good health. In Kentucky, Maryland, Pennsylvania, Virginia, and West Virginia, 16-year-olds may donate blood with parental permission.

Follow these tips to help ensure a successful blood donation in the hot weather or at any other time of the year:

Get a good night's sleep before your donation appointment.

Drink extra water and fluids to replace the volume you will donate (avoid tea, coffee, or other beverages with caffeine).

Wear cool, loose clothing.

Eat a healthy meal before arriving at the donor center.

Rehydrate by drinking plenty of fluids over the next 24 to 48 hours.

## Vesper Melodies

Hagerstown SDA Church invites you to end the Sabbath of August 29 with vocal recording artist Charlotte Taylor, one of North Carolina's best. Come at 6:30 p.m. to hear her heart-stirring music—it has a quality that speaks of a deep personal faith. Arrange to bring your friends to this concert. It's an excellent way to introduce them to your church.

## Golf Tournament Opportunity

Play at Penn National Golf Club in Fayetteville, Pennsylvania, in Antietam Healthcare Foundation's 14th annual golf tournament. Date is Thursday, October 1, 2009. Call 301-790-8631 for more information.

## For Your Calendar

### Chapel Programs

#### August

24 Faith Crumbly

31 Insight/Guide

#### September

7 No chapel, holiday

14 Highland View Academy

### Sunset in Hagerstown

#### August

21 7:58 p.m.

28 7:48 p.m.

#### 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, September 7

Thanksgiving Day—Thursday, November 26\*

Christmas Day—Thursday, December 24

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

## Military Band Concerts

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

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

## Discover the Great Taste of Whole Grains

For many, finding a simple way to get good nutrition without sacrificing taste can be a challenge—a daily dilemma between flavorful foods and products that promote a wholesome diet. Great solutions can easily be found thanks to the introduction of new better-for-you foods and beverages that are surprisingly delicious.

The benefits of whole grains, for example, have been widely documented. Consuming foods rich in whole grains as part of a healthy diet has been shown to reduce the risk of heart disease, help protect against stroke, certain types of cancers and also assist with weight control. The great news is that these days it's easy to seamlessly integrate whole grains into traditional recipes for a delicious meal. For example, a versatile food like whole-grain pasta pairs very well with fresh seasonal vegetables, cheeses, and aromatic herbs, making it a great dish for any season.

Bob Greene, celebrity fitness guru and author of the New York Times bestseller *The Best Life Diet*, believes healthy eating can be a culinary experience. "As part of *The Best Life Diet*, I try to share foods that are not only healthy but also taste great," says Greene. He provides the following tips for healthy living:

\* As with anything else, eating well and feeling good doesn't happen overnight. Sticking with a healthy routine even after slipups is key.

\* Physical activity and proper nutrition go hand in hand. Regular exercise and eating lots of fruits, vegetables, and foods rich in

whole grains are a great way to boost your overall wellness.

"I recommend three to five servings of whole grains daily. To reach this goal, try substituting some of the refined products you eat with versions that contain whole grains. For instance, this is easy when you enjoy foods that taste delicious, like Barilla Whole Grain pasta which you can use in place of regular pasta. Eating a fiber-rich diet can be actually very easy and tasty," Greene says.

As part of his quest to encourage Americans to rediscover whole grains, Greene encourages people to take the Barilla "That's Whole Grain?" Taste Challenge, which guarantees that anyone who tries Barilla Whole Grain will enjoy its taste. People who are not completely satisfied with the product can receive a box of their favorite regular Barilla pasta. To participate or learn more, visit [www.TryBarillaWholeGrain.com](http://www.TryBarillaWholeGrain.com).

If you're ready for the challenge of eating healthy, try this mouthwatering, easy-to-make recipe:

Barilla Whole Grain Spaghetti With Cherry Tomatoes and Basil

Prep Time: Four minutes

Cook time: Eight minutes

Servings: 6

Ingredients:

1 box Barilla Whole Grain Spaghetti

1 clove garlic, minced

(Continued on page 3)

## Marketplace

**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 304-743-7816.

**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 taillights, Konig rims, Sony head unit, and projector headlight conversion. Asking \$3,500 obo. Call 240-520-6445.

## Whole Grains

(Continued from page 2)

2 teaspoons extra-virgin olive oil

1 pint cherry tomatoes, halved

1/4 teaspoon salt

freshly ground black pepper to taste

5 to 6 leaves basil, sliced into thin strips

1/2 cup Parmigiano, grated

Directions:

Cook pasta according to package directions. Meanwhile, in a large skillet, sauté minced garlic in olive oil until slightly yellow. Add cherry tomatoes and sauté 2 minutes. Season with salt and pepper, and remove from heat. Drain pasta, reserving 1/2 cup of the cooking liquid. Toss pasta with cherry tomatoes, garlic, and half the basil. Add reserved cooking liquid to skillet and toss pasta again. Top with Parmigiano, black pepper, and remaining basil.

Courtesy of ARAcontent.

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

**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.

**Realtor available:** Duane Olson has been involved with real estate for more than seven years, is licensed in Maryland, Pennsylvania, and West Virginia, and works out of the Hagerstown and Frederick offices of Mackintosh Realtors. Call 301-790-1700 or visit [www.duaneolson.com](http://www.duaneolson.com), which offers 13 language options. Will travel north to Shippenburg, Pennsylvania, west to Cumberland, Maryland, south to the Virginia line, and east to Silver Spring, Maryland.

***“Our publishing work was established by the direction of God and under His special supervision. It was designed to accomplish a specific purpose. Seventh-day Adventists have been chosen by God as a peculiar people, separate from the world. By the great cleaver of truth He has cut them out from the quarry of the world and brought them into connection with Himself. He has made them His representatives and has called them to be ambassadors for Him in the last work of salvation. The greatest wealth of truth ever entrusted to mortals, the most solemn and fearful warnings ever sent by God to man, have been committed to them to be given to the world; and in the accomplishment of this work our publishing houses are among the most effective agencies” (Testimonies, vol. 7, p. 138).***

## August Birthdays

- 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
- 15 David Haluska
- 16 Richard Easley
- 16 Rick Lee
- 16 Mike Owens
- 16 Gerald Wheeler
- 17 Tricia Wegh
- 18 Dale Tooley
- 24 Phil Crouch

**Review and Herald®  
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***Submissions are due on August 31, 2009.***

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*We serve the world.*

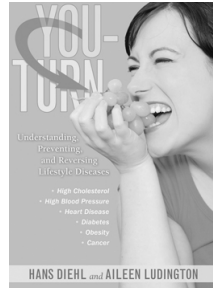
## **New Product Highlights**

Title: **You-Turn**

Author: **Hans Diehl, Dr.H.Sc., M.P.H., F.A.C.N., and Aileen Ludington, M.D.**

Do you want to live longer?

Live better?



Take charge of your health!

Boost your energy!

Enjoy life to the fullest!

This little booklet outlines the causes of various lifestyle diseases and offers practical tips on how you can prevent, and even reverse, these debilitating conditions. You deserve good health—and it's within your reach!

## **Our Thanks**

Review Family,

We want to thank you for all of the expressions of sympathy lovingly shown to us at the passing of Ron Byrd. We continue in the Hope.

Jonathan Byrd

Ray & Rosemary Hickman

Courtesy Health Care-toons