
“He who dwells in
the secret place of
the Most High
shall abide under
the shadow of the
Almighty”

(Ps. 91:1, NKJV).*



Citrus Fruit Available

Get your fresh citrus fruit through Rocky Knoll Adventist School this winter. It's a great way to support the school and enjoy good, fresh Florida citrus at the same time. Order by February 18 for delivery on March 2. Grapefruit and navel oranges are available this month at \$24 per full case and \$15 per half case and tangerines are available at \$22 per half case. A variety pack of 20 pieces of fruit costs \$20. Dried fruit, nuts, and candy are also available. Call Sandy Lee at ext. 3228 or Norman Chesnut at ext. 3237 for a price list of those items and to place your order.



TYPELINE



Remember to Feed the Birds This Winter

Bird feeding is a hobby shared by millions of people around the world. Viewed by many as lovable outdoor pets, birds are delightful to watch. One of the best ways to view these outdoor pets is by feeding them. Birds need to eat year-round, which is why it's important to keep feeders full throughout the four seasons. It is during the winter that feeding birds can be most beneficial. In fact, winter feeding can actually improve the traffic on your feeder, since many outdoor pets will find and stay where there is food to be had.

In the winter months birds' natural food becomes scarce. Insects, fruits, and seeds are just summertime memories, and as a result, many birds come to feast at feeders throughout the day. In fact, it's not uncommon to spy a group of cardinals, finches, and grosbeaks crowded around a feeding station together instead of living their typically segregated lives.

An important rule of winter feeding is to be prepared. By stocking up on premium birdseed, bird lovers can help to secure a wholesome food source for

birds without having to brave stormy weather. It's also a great idea to add suet to the diet of your outdoor pets. Not only does suet offer birds an important source of fat, but premium suet like Wild Delight's Fruit & Berry Smoothie Suet contains real fruits like dried cranberries, blueberries, cherries, and raisins, which birds love.

In addition to feeders, bird lovers can help birds survive through the winter by stocking their yards with plants that retain their berries, seeds, or cones into the winter months. Plus, these types of natural food may attract birds like cedar waxwings, which seldom visit feeders.

Feeding birds can be especially important when temperatures fall below 0°F (-18°F). Easy meals at the feeder can mean the difference between life and death. In very cold weather, birds survive by remaining very still, perching quietly with their feathers fluffed out for insulation. They do this to save energy, which can happen only if they have enough body fat to fuel them. Consequently, birds that have access to feeding stations have an easier time putting on and retaining fat.

To help ensure that birds can easily access your feeders, keep them free of ice and snow. Just adding a roof to existing

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For Your Calendar

Chapel Programs

February

- 4 Rose Gamblin
- 11 to be arranged
- 18 no chapel, holiday
- 25 Lori Williams, employee service awards

Sunset in Hagerstown

February

- 1 5:30 p.m.
- 8 5:39 p.m.
- 15 5:47 p.m.
- 22 5:55 p.m.

2008 Holidays

- Presidents' Day (floater)—
Monday, February 18
- Memorial Day—Monday, May
26
- Independence Day—Thursday,
July 3
- Labor Day—Monday, September
1
- Thanksgiving—Thursday, November
27*
- Christmas—Thursday, December
25

*Workdays for the week of Thanksgiving are Sunday, November 23, through Tuesday, November 26.

Appreciation for Prayer

"I received your letter informing the faculty and me that you and your staff would be remembering us in prayer on January 3. I wanted to let you know how much that means to us here at Collegedale Academy.

"The Lord has entrusted and blessed us with more than 400 teenagers, to teach, but more important, to lead to their Savior, Jesus Christ. We continually ask for the Holy Spirit to guide and direct us each day we move ever closer to His soon return.

"I personally thank you for the work in strengthening the saints through the *Adventist Review*, I always look forward to receiving it and enjoy the articles that are stimulating and thought-provoking.

"May the Lord continue to guide and direct each of us as we, through the Holy Spirit's help, prepare to meet our Savior.

"Your servant in Christ,
"Verle Thompson, Principal
"Collegedale Academy"

With Thanks

Dear Review Family,

Thank you for the lovely retirement party and memory book. One of my favorite parts of the book was the section "Southern Speak." It was funny and oh, so true. Most of the time I can understand Southerners, but I do struggle sometimes. A couple of weeks ago we went to a 55+ club potluck, where I got to chat with Larry and Clara Burnett, Janie Bofink, Jack Blanco, and Ruth Merkle and her husband. Retirement in Tennessee is great! Shirley Mulkern.

Flexible Spending Reminder

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.

CHIP Program Begins February 4

There's still time to join the CHIP (coronary health improvement project) program being sponsored by the Hagerstown SDA Church. The program runs from February 4 through February 28, 2008 (Monday through Thursday each week of the program from 7:00 p.m. to 9:00 p.m.). No drugs, no gimmicks, simply an inspiring education on

how to make healthy choices for a lifetime of better health.

To participate in this program and find out more information, please call the Hagerstown church at 301-733-4411. Preregistration for this program is not required; just arrive on time and register at the door.

Marketplace

Free: to good and deserving home, 25-inch color console TV awaits your pickup at my home. The wood grain box and remote will add elegance to any room in your home. An SUV or small pickup truck is all one needs to fill that vacancy in your family room. Located just a mile and a half from the Review, one could easily pick it up on the way home from work. Everything works. 301-393-5083.

For sale: two lots at Cedar Lawn Memorial Park in Hagerstown. Graves 1 and 2 of Lot 208A in the Time section. Asking \$500 for the pair. Call Janie Bofink at 423-396-2682.

Wanted: empty, clean cashew jars. They are great for school art projects. Jeff Ramsey, Graphics, is collecting them for use at Mt. Aetna Adventist Elementary School.

Are you looking for a good, honest auto repair mechanic? Do you need to find someone who won't sell you parts and labor that you don't need? Blough's Auto Service is a complete auto repair shop in nearby Greencastle, Pennsylvania, that is owned and operated by a Seventh-day Adventist. Timothy Blough is an honest man who guarantees his work. Blough's Auto Service is located at 11491 Monn Drive, Greencastle, Pennsylvania 17225. Phone: 717-597-3526.

Vespers Programs at Hagerstown Church

The **Johnson-Greene Family Quartet** will present an hour of gospel praise at the Hagerstown SDA Church on February 2 at 4:30 p.m. Their focus on heaven and our journey toward that goal is a sure source of warm encouragement for listeners of all ages. Everyone is welcome to come and enjoy their harmonies. Del and Andee Johnson, and Harold and Christine Greene, members of the Westminster, Maryland, Seventh-day Adventist Church, are the primary participants.

Highest Praise, an ensemble of eight mixed voices, will present a vespers pro-

gram at the Hagerstown SDA Church on February 9 at 4:30 p.m. We are honored that their winter tour includes a Sabbath stay with our church family. Their concerts are aimed at generating spiritual fervor for knowing Jesus better. Select vocal and instrumental groups within the larger group add "kindling" to the fire of joy in God's name. A freewill offering will assist this outstanding northeastern USA-based premium vocal ensemble. Come and bring a friend you'd like to introduce to your Best Friend, Jesus.

Flowers and Gardens Coming This Spring

If you're a little tired of the gray skies and cold weather of winter, plan now to attend the Fourteenth Annual Flower and Garden Show, presented by the Hagerstown Community College Alumni Association. Mark your calendar for Sunday, March 16, from 10:00 a.m. to 5:00 p.m. You'll find ven-



dors with expertise in nurseries, lawn and garden equipment, pottery and statuary, landscaping, and much more. Admission is \$4 for adults and free for those younger than 12. Proceeds benefit the HCC Alumni Amphitheater. For more information, call Lisa Stewart at 301-790-2800, ext. 346.

January Birthdays

31 Ida Cavil



February Birthdays

- 4 Janet Ford
- 5 Oscar Hernandez
- 7 Jerry Haines
- 12 Wendell Sayler
- 12 Rachel Whitaker
- 15 Bill Kirstein
- 18 Luis Recuenco
- 20 Mike Gamblin
- 21 Tercio Marques
- 24 Trent Truman
- 27 Rhonda Christiano
- 27 Iris Shull

New Grandbaby!

Mike, Periodical Division, and **Rose Gamblin**, Book Division, announce the birth of their grandson, Traden Robak. Traden was born at 5:18 a.m. on January 22, weighing 6 pounds 11 ounces and measuring 17 1/2 inches long.



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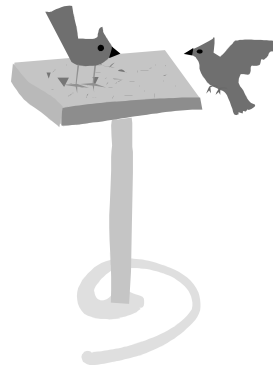
Feed the Birds

(Continued from page 1)

feeders can make a difference. Those who live in areas with heavy snowfalls can temporarily move feeders closer to the house, so they're easier to fill. Plus, with feeders closer to home, many bird lovers can enjoy a close-up view of their outdoor pets.

Just because feeders are closer to the residence doesn't mean that homeowners have to put up with a mess on the ground. Those who value a clean yard may look for waste-free products like Wild Delight Deck and Porch N' Patio, which don't contain filler ingredients that leave behind messy leftovers.

Just as birds need food year-round, they also look for water. This can be tricky where water spends the winter as ice,



but there are a number of ways that bird lovers can help out. For instance, experts say that leaving icicles on the eaves can provide a regular source of water for birds (they will drink the drops as icicles melt). In addition, a shallow basin of warm water set out daily or an electric heater for birdbaths is sure to make any yard a magnet for birds during cold winter months.

Feeding birds is becoming more and more popular every year, and while birds don't rely solely on feeders in the winter, feeders do provide a beneficial food source that helps outdoor wildlife to survive the colder months. No matter what the season, feeding birds is important, and feeders should be kept full year-round.

Courtesy of ARA Content.

Web Sites of Interest

In an effort to raise consciousness about e-mail hoaxes and rumors, the editor would like to recommend that you consider your e-mail carefully before you forward messages you have received. You know, those general messages that are too good to be true, like those offering cash or a gift card if you forward this message to a certain number of people. Then there are messages offering simple tests to see if someone is having a stroke, stories of a kidnap with prevention advice, and stories of missing or ill children. Here are just a few sites you can use to help verify messages BEFORE you hit the "forward" button. Check it out—you'll find them very interesting!

<http://truthorfiction.com/search.htm> *verify rumors spread by e-mail*

http://urbanlegends.about.com/od/internet/a/current_netlore.htm *research netlore spread by e-mail.*

<http://www.snopes.com/> *research rumors and alarms spread by e-mail.*

<http://childalert.org/hoaxes.htm> *Child Alert Foundation; provides information about missing children*

If you know of a Web site worth sharing in *Typeline*, please send it to me to be included in a future issue.