

“Make a joyful shout to the Lord, all you lands! Serve the Lord with gladness; come before His presence with singing. Know that the Lord, He is God; it is He who has made us, and not we ourselves; we are His people and the sheep of His pasture.

Enter into His gates with thanksgiving, and into His courts with praise. Be thankful to Him, and bless His name. For the Lord is good; His mercy is everlasting, and His truth endures to all generations” (Psalm 100, NKJV).*



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TYPELINE

Garbage Truck—Great Life Lesson

How often do you let other people’s non-sense change your mood? Do you let a bad driver, rude waiter, curt boss, Or an insensitive employee ruin your day? Unless you’re the Terminator, for an instant you’re probably set back on your heels. However, the mark of a successful person is how quickly one can get back their focus on what’s important. Sixteen years ago I learned this lesson. I learned it in the back of a New York City taxicab.

Here’s what happened: I hopped in a taxi, and we took off for Grand Central Station. We were driving in the right lane when, all of a sudden, a black car jumped out of a parking space right in front of us. My taxi driver slammed on his brakes, skidded, and missed the other car’s back end by just inches! The driver of the other car, the guy who almost caused a big accident, whipped his head around and started yelling bad words at us.

My taxi driver just smiled and waved at the guy. And I mean really friendly. So I said, “Why did you just do that? This guy almost ruined your car and sent us to the hospital!” And my taxi driver replied with what I now call the Law of the Garbage Truck. Many people are like garbage trucks. They run around full of garbage, full of frustration, and full of disappointment. As their garbage piles up, they need a place to dump it. And if you let them, they’ll dump it on you. When someone wants to dump on you, don’t take it personally. Just smile, wave, wish them

well, and move on. You’ll be happy you did.

So this was it: the Law of the Garbage Truck. I started thinking, *How often do I let garbage trucks run right over me? And how often do I take their garbage and spread it to other people: at work, at home, on the streets?*

It was that day that I said, “I’m not going to do it anymore.” I began to see garbage trucks. In the movie *The Sixth Sense*, the little boy said, “I see dead people.” Well, now, “I see garbage trucks.” I see the load they’re carrying. I see them coming to drop it off. And like my taxi driver, I don’t make it a personal thing; I just smile, wave, wish them well, and move on.

One of my favorite football players of all time, Walter Payton, did this every day on the football field. He would jump up as quickly as he hit the ground after being tackled. He never dwelled on a hit. Payton was ready to make the next play his best.

Good leaders know they have to be ready for their next meeting. Good parents know that they have to welcome their children home from school with hugs and kisses. Leaders and parents know that they have to be fully present and at their best for the people they care about. The bottom line is that successful people do not let garbage trucks take over their day.

(Continued on page 3)

For Your Calendar

Chapel Programs

September

- 8 Washington Johnson
- 15 AIG VALIC
- 22 United Way Kickoff

Sunset in Hagerstown

September

- 5 7:35 p.m.
- 12 7:24 p.m.
- 19 7:12 p.m.
- 26 7:01 p.m.

2008 Holidays

Thanksgiving—Thursday, November 27*

Christmas—Thursday, December 25

*Workdays for the week of Thanksgiving are Sunday, November 23, through Tuesday, November 25.



Come Out for the Fun Run & Walk

Our next VIBRANT LIFE 5K Fun Run & Walk is scheduled for Sunday, October 5, beginning at 9:30 a.m. This will be the tenth race of its kind. If you are interested in participating in the race, please contact Linda Starkey at ext. 4019. Race registration forms are located in the lobby and at other key locations throughout the house. Or you may register online at: <<http://www.VibrantLife.com>. The registration fee is \$15 per person. If you will not be

participating in the race by running or walking, perhaps you would like to be a volunteer on race day. People are needed for the registration booth and checkpoints, to fill water jugs and/or pass out cups of water, to tear pull tags off the race numbers, to blow up balloons, etc. Call Linda at ext. 4019 if you are able to help in any capacity, please. We look forward to a great race this year!

Vespers at Hagerstown SDA Church

Testify, a drama group from the Willow Brook Pathfinder Club, will be the feature for vespers at the Hagerstown SDA Church on Sabbath,

September 6, at 6:30 p.m. Come and enjoy this Christian drama team as they Testify.

Local Artists Exhibit Paintings

Former employee Byron Steele and his son Roy Steele each submitted two entries to the seventy-sixth Annual Cumberland Valley Artists Exhibition, and all four paintings were accepted for display. The exhibition will be held from August 16 to September 28 at the

Washington County Museum of Fine Arts, in Hagerstown City Park. Roy Steele received the Washington County Arts Council Award, which comes with a prize of \$200. Congratulations to Byron and Roy on their accomplishments!

Martinsburg Church Homecoming Celebration

Please join us on Sabbath, September 13, 2008, for a homecoming celebration at the Martinsburg SDA Church. Pastor Claude Steen will be the guest speaker for the 11:00 a.m. worship service, followed by a fellowship lunch. At 2:30 p.m. you can enjoy the special presentation "Roots, History, and Goals."

Then to close the celebration, Lori Williams will be performing a concert at War Memorial Park at 6:00 p.m. at the Hollow Pavilion. In case of rain, the concert will be moved to the Martinsburg SDA Church. The church is located at 2407 Delmar Orchard Road, Martinsburg, West Virginia.

VALIC Representative to Speak

Larry Perez, from AIG VALIC, will be presenting chapel on Monday, September 15, 2008. He will be available after chapel to meet with interested employees regarding their retire-

ment accounts. Please contact Human Resources for an appointment. Mr. Perez is taking the place of Mark Salziger as our representative.

Weekend Warrior Boot Camp

Come join the Hagerstown Seventh-day Adventist Church for an hour and a half of strength training and cardio workout. Some of the benefits that you'll receive are improved mood, boosted immune system, weight management, strengthened heart and lungs, and improved sleep. Whether you're just beginning to exercise or you're at an advanced level, this boot camp is for you! And the best part: It's FREE! You can also expect fun, fellowship, and fitness. Sign up today and bring your friends, neighbors, and relatives. Boot camp will be

from 9:00 a.m. to 10:30 a.m. in the fellowship hall, and offsite locations will be announced later. Remember the boot camp is free, but there is a \$50 fee for an optional body composition analysis. All ages are welcome. For more information, please contact us at 301-733-4411 or e-mail us at nickarene@aol.com. Weekend Warrior Boot Camp will run September 28 through November 23. Church address: 11507 Robinwood Drive, Hagerstown, Maryland.

Marketplace

For sale: 2006 Ford Taurus SEL, 40k miles, \$7700; 2005 Chevy Malibu, 50k miles, \$7400; 2006 Mitsubishi Lancer OZ, 17K miles, 5-speed, 4-door, \$8100. For more information, call 304-274-3000, Monday through Friday, 8:00 a.m. to 5:00 p.m., or 304-263-5821, evenings.

Wanted: colored used golf balls for project. See David Swan or call Karen at 301-223-7979.

For sale: Brinkmann Cook 'N Carry Smoker Grill, \$20. See David Swan in Plant Services or call 301-223-7979.

For sale: local and long-distance telephone service, wireless, DSL (in some areas), even videophone service. The Williamsport Warriors Pathfinder Club is selling these services as a club fund-raiser. We may be able to help you lower your phone bill. Contact

David Banfe, David Shull, or Iris Shull for more information.

For sale: firewood (hardwood, oak, locust, seasoned), 1 cord split/delivered, \$165; 1/2 cord split/delivered, \$110. Delivery to Washington County, Frederick, Falling Waters, and Marlow areas only. Call Josh at Swan's Lawn Care, 301-991-5575.

Real estate services: for buying or selling Maryland real estate, contact Duane Olson, Mackintosh Realtors, at 301-730-4917 or 301-790-1700. You may also visit his Web site at www.duaneolson.com.

Helpful Realtor available: Do you have a home to sell, or are you looking to buy while mortgage rates are low? Jeff Blumenberg and Cynthia Moler, Washington County's number one real estate agent, are ready to serve you. Call Jeff anytime at 301-745-1519 (office) or 301-992-7472 (cell).

Garbage Trucks

(Continued from page 1)

What about you? What would happen in your life, starting today, if you let more garbage trucks pass you by? Here's my bet. You'll be happier. Life's too short to wake up in the morning with regrets, so.

Love the people who treat you right.

Forget about the ones who don't.

Believe that everything happens for a reason.

If you get a chance, TAKE IT!

If it changes your life, LET IT!

Nobody said it would be easy—they just promised it would be worth it.

Grand Reopening Sale

Come and celebrate the Bookstore Grand Reopening with a special sale during the week of September 22 to September 25, 2008. Watch for daily specials on food and books all week.

September Birthdays

- 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 Rick Lee
- 16 Gerald Wheeler
- 17 Tricia Wegh
- 18 Dale Tooley

Happy Birthday

Personnel Briefings

Coming:

Andrew Fishell, Book Shipping, student.

Branden Gohlke, Book Shipping, student.

Robert McMullen, Bindery, student.

Taylor Stancliff, Book Shipping, student.

Sabrina Stass, Periodical Shipping, student.

Leaving:

Jeanette Bullock, Periodical Shipping.

Ashley Dunbar, Bindery, student.

Nathanael Ramsey, Periodical Shipping, student.

Amber Ugorji, Periodical Shipping, student.



**Review and
Herald®
Publishing
Association**

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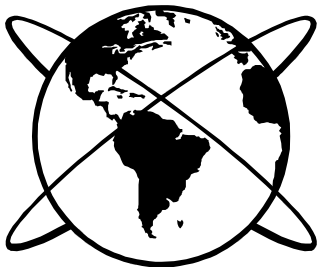
Typeline is a bimonthly
publication of the Review and
Herald® Publishing
Association.

Submissions of articles and
advertisements are accepted
for consideration and must be
made in writing or via e-mail.
Submissions are due on the
Monday before publication
day.

**Next publication date is
September 18, 2008.**

**Submissions are due
September 15, 2008.**

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An Easy Way to Reduce the Price at the Pump

Want to save up to 12 cents a gallon off your gasoline bill? Invest in a tire gauge and make sure your tires are properly inflated.

The U.S. Department of Energy says proper tire maintenance can improve fuel economy by more than 3 percent. Underinflated tires will make you pay more at the gas pump.

“Neglecting tires hurts your wallet at the gas station,” says Dan Zielinski, spokesman for the Rubber Manufacturers Association, a trade association for tire manufacturers. “Underinflated tires make your engine work harder and waste gas. It’s the same principle if your bicycle tires are low on air—your legs work harder to get you where you’re going.”

More than one in four vehicles on the road is wasting gasoline because of underinflation. A National Highway Traffic Safety Administration (NHTSA) study found that 27 percent of passenger cars and 32 percent of light trucks had at least one significantly underinflated tire. An RMA survey found that 85 percent of motorists do not properly check tire inflation pressure.

Poor tire care causes tires to wear out faster, which means more scrap tires and an added cost of buying new tires more often. NHTSA estimates that underinflated tires contribute to more than 600 fatalities and 33,000 injuries each year. So proper tire inflation will not only keep money in your pocket but help keep you safe on the road.

“Checking tire pressure is easy and takes just five minutes,” Zielinski says. “If you have questions, thousands of tire dealers across the country will do it for you free of charge.”

RMA’s tire manufacturer members sponsor a national tire-care education program called “Be Tire Smart—Play Your Part.” The group urges motorists to check tire pressure at least once a month. The recommended tire pressure for every vehicle is located on a label on the driver’s door or doorpost or check the owner’s manual. Also, check tires when cold—before driving.

Other tips include checking wheel alignments periodically, rotating tires every 5,000 to 8,000 miles, and checking tread each month for cuts, bulges, punctures, or other damage. Also, check tread depth using the “penny test.” Insert a penny into the tread groove, with Lincoln’s head nearest the groove. If you can see all of Lincoln’s head, it is time for a new tire.

For more tire care tips, visit www.betiresmart.org.—Courtesy of ARAContent.