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Hampden Heights Sentinel

Highlights:

- The students had a good time, and we know that both Warren and James were very appreciative of the help – page 1.
- Cream Cheese Cake Cookies! – page 2.
- Do we invite new members into our home and befriend them and love them? – page 3.
- Promising research shows that you can reduce your risk, prevent, or slow down the process of Alzheimer's and other dementias with effective brain-healthy lifestyle changes – page 4.
- Don't let life's trials get you down. Frowns do not suit you well – page 5.
- Sir, my concern is not whether God is on our side; my greatest concern is to be on God's side, for God is always right – page 5.

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AND DO THIS, UNDERSTANDING THE PRESENT TIME: THE HOUR HAS ALREADY COME FOR YOU TO WAKE UP FROM YOUR SLUMBER, BECAUSE OUR SALVATION IS NEARER NOW THAN WHEN WE FIRST BELIEVED.
~ROMANS 13:11 NIV~

RJA News Corner

by Lee Stahl, Principal

RJA Christmas Program



Reading Junior Academy held its annual Christmas program on Saturday, December 3. The night began with the 5th and 6th grade chime choir playing *O Come All Ye Faithful*. Then the pre-K and kindergarten sang a collection of three songs before the Christmas musical. This year's musical was called *Hotel Bethlehem*. It is a contemporary perspective of all the different people who had to come to Bethlehem for Caesar's census at the time of Jesus' birth, and how Jesus is a gift to the entire world no matter what race or ethnic background we may come from. It was an enjoyable night with well over 200 people in attendance.



The 3rd and 4th grade class spent some afternoons going to the homes of James Taylor and Warren Lutz to help rake some of the leaves that have fallen on their properties. We know that gathering leaves can be a very tiresome and challenging task as one gets older. The students had a good time, and we know that both Warren and James were very appreciative of the help.

No One Goes Home for Christmas Break on an Empty Stomach

Over the past several years it has become a tradition that students in grades 7-10 go to the breakfast buffet at Shady Maple near Blue Ball the last day before Christmas break. This year they were also joined by the students in grades 3-6. In previous years the students in grades 3-6 went to Old Country Buffet, but with Old Country Buffet closing this past year, they decided to join the upper graders.

Grace's Outpost

by Ashley Richards

After all the excitement of the holidays, I've been struggling to know what to write in my column for this month, so I've decided, instead, to share some passages that I love. I hope you find encouragement, strength, and inspiration from them.

"As for me, I know that my Redeemer lives, and at the last He will take His stand on the earth. Even after my skin is destroyed, yet from my flesh I shall see God; whom I myself shall behold, and whom my eyes will see and not another. My heart faints within me!" – Job 19:25-27, NASB

"But now, thus says the Lord, your Creator, O Jacob, and He who formed you, O Israel, 'Do not fear, for I have redeemed you; I have called you by name; you are Mine! When you pass through the waters, I will be with you; and through the rivers, they will not overflow you. When you walk through the fire, you will

not be scorched, nor will the flame burn you. For I am the Lord your God, the Holy One of Israel, your Savior.'" – Isaiah 43:1-3a, NASB

"And it will be said in that day, 'Behold, this is our God for whom we have waited that He might save us. This is the Lord for whom we have waited; let us rejoice and be glad in His salvation.'" – Isaiah 25:9, NASB

"So also the tongue is a small part of the body, and yet it boasts of great things. See how great a forest is set aflame by such a small fire! And the tongue is a fire, the very world of iniquity; the tongue is set among our members as that which defiles the entire body, and sets on fire the course of our life, and is set on fire by hell. For every species of beasts and birds, of reptiles and creatures of the sea, is tamed and has been tamed by the human race. But no one can tame the tongue; it is a

restless evil and full of deadly poison. With it we bless our Lord and Father, and with it we curse men, who have been made in the likeness of God; from the same mouth come both blessing and cursing. My brethren, these things ought not to be this way." – James 3:5-10, NASB

"Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God." – Philippians 4:6, NASB

"Pure and undefiled religion in the sight of our God and Father is this: to visit orphans and widows in their distress, and to keep oneself unstained by the world." – James 1:27, NASB

"He who testifies to these things says, 'Yes, I am coming quickly. Amen. Come, Lord Jesus.' – Revelation 22:20, NASB

"Now to Him who is able to keep you from stumbling, and to make you stand in the presence of His glory blameless with great joy, to the only God our Savior, through Jesus Christ our Lord, be glory, majesty, dominion and authority, before all time and now and forever. Amen." – Jude 24-25, NASB

"For the Lord God is a sun and shield; the Lord gives grace and glory; no good does He withhold from those who walk uprightly." – Psalm 84:11, NASB

Recipe of the Month

by Elizabeth Hill

I probably should have put this recipe in the newsletter last month, but these cookies are good at any time of the year, and are so quick and easy to bake. So, anytime is a good time to try these.

Cream Cheese Cake Mix Cookies

Ingredients:

1 box cake mix (any flavor)

8 oz. cream cheese, room temperature

1/4 cup butter, room temperature

1 large egg

1 teaspr vanilla (optional, depending on flavor)

1 cup any add-ins (flavored chips, candy, nuts, etc.)

Preparation:

Preheat oven to 375 degrees. Cream together butter and cream cheese. Add egg and vanilla; mix until well blended.

Stir in cake mix a little at a time until it's all blended and then add any add-ins you like.

Spoon onto cookie sheet and bake 10 min, until edges are brown.

Meet a Member

by Ashley Richards

Like many of us, Rebecca Richards (she prefers Becca) is a child of the Seventh-day Adventist church. She grew up attending Hampden and was baptized in her teenage years, but her journey to making her faith her own has been a bit more circuitous.

"Growing up in the church," she said, "even when I got baptized, I had thought my religion was my own, and it belonged to me and I knew what I stood for, and I knew why I believed what I believed. My first boyfriend was not raised in the church; he didn't believe there could logically be a God, and he regularly challenged why I did and do what I do, and it caused a lot of soul-searching and research and reaction, and it's still ongoing today, so it's not 100% that I still cling to what I was taught, but I do have to thank him and appreciate him for giving me a reason to believe everything I've been taught."

She says of her faith: "My favorite thing is that no matter how stressed or broken I'm feeling, I can pray and I feel whole. And I know that God is there for me, and that He's the one that made me whole, and that He'll do it again and again until I've made it." Throughout her life, the 23rd Psalm has been especially comforting to her. "A lot of times when I'm stressed, or worried, or even when I'm remembering loved ones who have passed, the twenty-third psalm is always there," she says. Isaiah 43:1-3 has also been a huge comfort to her recently. The passage says, "But now, thus says the LORD, your Creator, O Jacob, And He who formed you, O Israel, 'Do not fear, for I have

redeemed you; I have called you by name; you are Mine! When you pass through the waters, I will be with you; And through the rivers, they will not overflow you. When you walk through the fire, you will not be scorched, Nor will the flame burn you. For I am the LORD your God, The Holy One of Israel, your Savior."

Some of her favorite Bible stories are the stories of Esther, Mary Magdalene, Jacob, and Joseph (of the coat of many colors).

In the past, she has been a junior deaconess (then deaconess), helped out with VBS on a regular basis, and was an art co-director for the HOPE Kids program. Hampden used to run. She is also a former Pathfinder. Though she is not involved in an active position in the church, she says she would like to be a deaconess again, one day, and also participate in special music and leading out in song services.

Becca is currently a senior studying accounting at Temple University in Philadelphia. She supports herself with four jobs while taking a full course load—one might say that her life can get pretty stressful at times! She interned with Johnson and Johnson last summer in California, and, she says, "I'm hoping to continue working for Johnson and Johnson upon graduation." Eventually, she'd like to start her own business—possibly a coffee shop that serves as a safe haven/respite whilst also fostering learning. She'd like to secure investors to both help her build up her business and sponsor college students to go on adventure-

of-a-lifetime vacations (like backpacking through Thailand), through her business, and also host lecture nights with experts in various fields of academia (plus poetry nights). She wants it to be a place "where people can get together and enjoy their time together and learn."

Some of her favorite hobbies include reading, writing, sometimes drawing, and staying as active as possible (she especially enjoys hiking, working out, and swimming—she was on the Fleetwood swim team when she was younger, and now works as a lifeguard at the YMCA in Kennett Square). She also plays the flute. She loves learning about new subjects, and enjoys speaking with people about different subjects, even if she isn't familiar with the subject, because she loves seeing the passion of the person she speaks with, and the opportunity to expand her knowledge.

Generally, when I interview members from the church, one of the last questions I ask I always preface with, "I probably won't include this in the interview, but sometimes people give me good answers I think the church needs to hear. If you could change one thing about Hampden, what would it be?" Becca has given such an answer—one that, to me, is challenging, but of vital importance to our church today, and we bring it to you with both humble hearts and encouragement, out of love, rather than condemnation, with a hope to see the Holy Spirit bring our church to a much better

place, because we love it. Becca explains that the environment in which she lives currently—attending a public university where Christianity is never praised, and is often defamed—has made coming to a church where she feels welcomed and wanted refreshing. "I don't know if this is regularly happening," she says, "but I know right before I left, and from my few times attending Hampden since I've left, it doesn't seem like there's a big community that hangs outside of church. For me, the church is supposed to be the place where we can go to relieve the stresses and pressures of the world. It's like a breath of fresh air [when I walk into a church I feel accepted at]." She remembers how groups of members would get together on Sabbath afternoons, have dinner and just talk and be... friends. She worries, "I think we've stopped caring about each other as much. I miss feeling like I have someone to connect with at the church really well." Maybe she's off her mark a little—we all perceive everything in different ways—but do we invite visitors into our homes after church for a meal, when there is no potluck (if there is?) Do we invite new members into our home and befriend them and *love* them? Do we rely on the pastor alone to form these connections? Do we greet college students and those serving in the military with a warm hug and excited exclamations: "I'm glad to see you! I missed you! How have you been?"—not just the popular ones, but every. *single.* one?

The Medicine Chest

by John Manubay, M.D.

Alzheimer's Disease

There is an increased prevalence of Alzheimer's disease as our population ages.

Alzheimer's disease is a chronic neurodegenerative disease that starts slowly and gets worse over time. This disease is the most common form (60-70%) of dementia.

The primary risk factor for the disease is advancing age. It affects about 6% of people 65 years and older. Every five years after the age of 65, the risk approximately doubles. About 4 - 5% of cases may begin before this age range. This is known as early-onset Alzheimer's.

The most common early symptom is gradual loss of memory for recent events. (short-term memory loss)

As the disease advances, there is an inability to learn new information, tendency to repeat oneself, misplace objects, and become disoriented and get lost. Gradual loss of fine motor tasks such as writing, drawing or dressing may be present and commonly go unnoticed. Irritability, anxiety, depression, and restlessness may follow.

Progressive deterioration results in inability to perform common activities of daily living. Reading and writing skills are progressively lost. Motor coordination may be affected, increasing the risk of falls. During this time, it is quite common that there may be significant social, psychological, physical, and economical pressures placed

on the caregiver. Memory problems worsen and the individual may fail to recognize close relatives. Eventually the long-term memory, which was previously intact, may become impaired. Later, they often withdraw from family and society, and gradually lose bodily functions. During the final stages, they are completely dependent on caregivers. They may deteriorate to a point of being bedridden and unable to feed themselves. The average life expectancy after diagnosis can vary from three to nine years.

It is important to have the caregiver stress exercising the mental muscles such as doing word searches, small puzzles, coloring books, crosswords, and playing games. Have the individual involved in simple household chores such as cleaning or watering plants. It's also important to have them do some exercise.

The cause of this disease is poorly understood. However, about 70% of the risk is believed to be genetic. Other risk factors include a history of head injuries, depression, high cholesterol, diabetes, smoking, obesity, and hypertension. The disease process is associated with the presence of twisted bands of fibers and dense deposits surrounding nerve cells (neurofibrillary tangles and plaques).

An accurate diagnosis is based on the person's medical history and behavioral observations. It is very important to do a thorough history and physical

examination, and to order appropriate labs to rule out other reversible causes of memory loss, which may mimic dementia. I look at Alzheimer's as a diagnosis of exclusion. Proof of Alzheimer's disease can only be established by postmortem examination of the brain.

Aricept is a medication introduced in 1996 that may be used to treat mild to moderate Alzheimer's. Other drugs include Exelon patches, Namenda, and Namzaric. Their benefits are modest and transient. At best, they may slow the progression of the disease, memory loss, and deterioration of cognitive function only by months.

Promising research shows that you can reduce your risk, prevent, or slow down the process of Alzheimer's and other dementias with effective brain-healthy lifestyle changes. Exercise regularly to improve circulation in the body and brain. Protect your head, wear a helmet when biking and be careful with contact sports. Stretch the brain by learning and studying. Read about topics that are totally alien to you to create new brain pathways. Have friends older and younger than you. Young people can learn from the wisdom of older people, and older people can imbibe the energy of the young.

Omega-3 fats, such as salmon may be beneficial. Get the sleep you need, at least 6 hours, preferably more. Learn to cope with stress. Stress releases a stress hormone called cortisol which can be detrimental to the body in the long run.

Laughter reduces anxiety and tension and releases good hormones. Baby aspirin thins out the blood and improves circulation of the heart and brain. Aspirin can cause side effects like stomach ulcers, so consult your doctor first.

Respect and be patient with the elderly. They had very productive lives at one time. They may constantly repeat themselves and be uninhibited, saying bad things that they do not mean. However, this is part of the disease process, and taking care of a demented loved one. Protect them from danger, and make sure they eat regularly.

Any change in mental status should alert one to seeking medical attention. Look into outside home services or Senior Day Care. Lastly, consider placement to Assisted Living or Nursing Homes if caregivers cannot take care of them.

A Christmas Poem for Grandmom by Colleen Kondracki

I've often wondered what to say to someone such as you,
Someone who has cared for me and been there through and through.

I want to share my gratitude, my happiness, my love,
For I've not met someone like you, an angel from above.

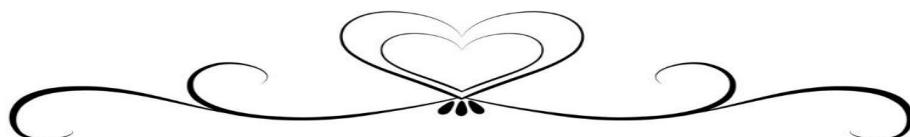
So many things about you are as special as they come,
Such as your heart, so big and kind, where everyone's welcome.

I love your laugh, I love your hugs, I love the way you smile.
You never do the minimum, but go the extra mile.

You make me laugh when I am sad. You wipe away my tears.
I have not known someone so sweet in all my 16 years.

Don't let life's trials get you down. Frowns do not suit you well.
Instead, be joyous! Praise the Lord and hear the Christmas bells!

I'm proud to be your granddaughter, and this is why I say,
"I love you to the moon and back! Happy holidays!"

**Notable Quotes**

selected by Bob Kondracki

The ultimate measure of a man is not where he stands in moments of comfort, but where he stands at times of challenge and controversy.
~Martin Luther King, Jr.~

You don't stop playing because you get old, you get old because you stop playing.
~George Bernard Shaw~

Time is the coin of your life. It is the only coin you have, and only you can determine how it is spent. Be careful lest you let other people spend it for you.
~Carl Sandburg~

Be at war with your vices, at peace with your neighbors, and let every new year find you a better man.
~Benjamin Franklin~

America will never be destroyed from the outside. If we falter and lose our freedoms, it will be because we destroyed ourselves.
~Abraham Lincoln~

I like your Christ, I do not like your Christians. Your Christians are so unlike your Christ.
~Mahatma Gandhi~

Sir, my concern is not whether God is on our side; my greatest concern is to be on God's side, for God is always right.
~Abraham Lincoln~

For what shall it profit a man, if he gain the whole world, and suffer the loss of his soul?
~Jesus Christ~

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We're on the Web!
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www.HampdenHeightsChurch.org

Meet a Member

(continued from page 3)

Do we actually care, like Jesus cared? Jesus moved heaven and earth to show us He did—does—the least we can do is share a hug and a little love. Can we be a haven to those who don't feel they belong? Can we surround people with the love Jesus showed us? Can we bring Jesus' great love alive? Can we be known as the church who loves people? Can we be the

church that doesn't let anyone slip through the cracks, that doesn't let anyone feel alone, abandoned, or unimportant to our family? Maybe it seems like a far reach, but I believe it can happen. Every movement starts with a choice, and it might not be easy, but revolutions aren't.

Five things about Becca you might not know:

1. A shark ran into her—literally!—while she was at Laguna Beach, CA., during her internship last year.

2. She spent a night homeless in Zurich, Switzerland

3. She climbed the Eiffel Tower (Paris) and St. Peter's Basilica (Rome)—over 500 stairs each!

4. She's watched the sun rise over the Grand Canyon.

5. She recorded a song in a recording studio.

The Children's Page

by Ashley Richards

Did you ever hear someone say "God is a God of second chances"? It's a pretty popular phrase, but I think it's because we mess up so many times, and we *need* a God who will still love us after we mess up. Have you ever messed up? Maybe you said something not-so-nice to someone else, or you disobeyed your mama, or you hit your sister. Even though Jesus doesn't want us to do those naughty things, He died on the cross to give us a second chance, so even if we made a mistake, we still have a chance to be with Jesus forever. Isn't that exciting? In this puzzle, you'll find the names of twenty people from the Bible who messed up and sinned, in one way or another, but Jesus still gave them another chance. All the words can be found in the puzzle going across or down, but never diagonal or backwards.

M	A	R	Y	M	A	G	D	A	L	E	N	E	A	I
O	B	E	L	E	Z	A	C	C	H	A	E	U	S	E
S	A	U	S	T	O	E	R	A	N	O	B	L	A	M
E	V	B	I	N	I	C	O	D	E	M	U	S	P	E
S	N	E	S	D	A	M	R	A	T	P	C	E	P	C
I	E	N	A	O	M	I	L	M	I	A	H	A	H	A
S	G	A	N	R	E	R	E	U	E	U	A	G	I	R
E	A	G	A	C	N	A	L	E	N	L	D	D	R	A
G	R	E	N	A	D	H	U	L	J	A	N	A	A	C
E	I	O	I	S	N	A	V	S	A	T	E	V	E	A
L	D	J	A	C	O	B	P	A	N	P	Z	I	N	S
L	A	O	S	M	A	Y	E	M	A	E	Z	D	E	P
A	H	B	N	E	N	N	O	S	H	T	A	I	L	E
L	I	E	O	G	A	G	G	O	M	E	R	U	D	R
A	R	I	A	N	N	E	H	N	P	R	E	N	E	D

Adam	Naomi
Ananias	Nebuchadnezzar
David	Nicodemus
Dorcas	Paul
Eve	Peter
Gomer	Rahab
Jacob	Reuben
Job	Samson
Mary Magdalene	Sapphira
Moses	Zacchaeus