



PRESENTATION — Stan Bass (right), regional director of God's Work in English-speaking areas of the Caribbean, presents Pastor General Herbert W. Armstrong with a flying fish made from bone china Nov. 1. [Photo by Aaron Dean]

Pastor general meets leaders of Bermuda en route to Africa

By Aaron Dean

CAPE TOWN, South Africa — Pastor General Herbert W. Armstrong addressed 388 brethren here Nov. 7, on his Bermudian, African and European trip.

Mr. Armstrong left Southern California at 9 a.m. Pacific Daylight Time (PDT) in the Work's G-II jet Oct. 31. Also aboard were *Plain Truth* news editor Gene Hogberg and his wife Barbara and personal aide Aaron Dean and his wife Michelle.

To adjust to time changes Mr. Armstrong scheduled a number of stops.

After a 5½-hour flight through four time zones, the G-II touched down at the Kindley Air Force base on the island of Bermuda.

The Kindley base is a U.S. Air Force base that also services civilian aircraft flying to the island.

There Mr. Armstrong and his par-

ty were met by Stan Bass, regional director of God's Work in the English-speaking Caribbean, and Roland Sampson, pastor in Bermuda, an island 580 miles east of North Carolina in the United States.

The group was driven to the South

Aaron Dean, a local elder, serves as Pastor General Herbert W. Armstrong's personal aide.

Hampton Princess Hotel, where they stayed until Nov. 2.

At 11 the next day Mr. Bass presented an overview of God's Work in the Caribbean in Mr. Armstrong's hotel suite.

Mr. Bass, through a series of slides, traced the growth of the Work there, beginning with the airing of the *World Tomorrow* broadcast on Radio Americas and Radio Caribes on St. Lucia in the mid-1960s, followed by successive baptising tours.

Mr. Bass pointed out that since Mr. Armstrong's move from Tucson, Ariz., back to Pasadena, the Work in the Caribbean has experienced "exceptional growth."

He noted a 41 percent increase in *Plain Truth* newsstand and subscription circulation since 1981, now topping the 54,000 mark.

"Something is happening in the Work, because people are beginning to write in and request the Church's literature," Mr. Bass said.

The *World Tomorrow* program in English is now on 11 radio and two television stations throughout the Caribbean.

He also showed the pastor general how Holy Day offerings have increased 44 percent since the beginning of 1981, and how the Work in the English-speaking Caribbean expects for the first time to clear the \$1 million

mark in mail income, by the end of 1982.

Mr. Bass said that since the beginning of 1981, the number of donors to the Work increased 28 percent, members 7 percent and the number enrolled in the Ambassador College Correspondence Course 37 percent.

During the meeting Mr. Bass presented the pastor general with a gift of appreciation from the Caribbean ministers, a flying fish made from bone china.

Meetings with leaders

After the presentation and lunch Mr. Armstrong met with Max Friedersdorf, the United States consular general in Bermuda.

Mr. Friedersdorf was an official in the administrations of U.S. Presidents Richard Nixon, Gerald Ford and Ronald Reagan.

During the hourlong meeting, also attended by Mr. Hogberg and Mr. Dean, the pastor general and Mr. Friedersdorf discussed the security of the Caribbean.

Mr. Armstrong explained that biblical prophecy gives no indication of a nuclear war between the Soviet Union and the United States, pointing instead to a future united Europe.

They also discussed Bermuda's importance to the security of the United States, the new government in Spain and Pope John Paul II's visit there.

Mr. Armstrong and Mr. Friedersdorf, who has an editorial background with the Indianapolis, Ind., *Star* and the Chicago, Ill., *Tribune*, seemed to enjoy the discussion, and the meeting went far past its scheduled 15 minutes.

Mr. Friedersdorf asked about Mr. Armstrong's itinerary and Ambassador Foundation projects around the world.

Mr. Friedersdorf was surprised to learn that his father and Mr. Armstrong have the same birthday.

After the meeting Mr. Armstrong, Mr. Dean and Mr. Hogberg left for a scheduled meeting with Richard Posnett, the Bermuda governor and representative of Queen Elizabeth II.

Since Bermuda is a British colony, the queen appoints the governor, but the day-to-day affairs of the government are conducted by the island's premier.

Arriving at the British government house Mr. Armstrong and his party learned that the governor had injured his back hours earlier, and was recuperating in a hospital.

In the governor's place, Deputy Governor Brian Watkins met with Mr. Armstrong and his group for 30 minutes.

Mr. Armstrong asked about the Bermuda educational system, and found it patterned after the system in the United Kingdom.

When the subject turned to the *Plain Truth* magazine, Mr. Watkins commented: "I know it. I've seen copies of it in connection with an article on the pope's visit to England."

While Mr. Armstrong, Mr. Dean and Mr. Hogberg met with the deputy governor, Mrs. Hogberg, Mrs. Dean, Mr. Bass and Mr. Sampson were given a tour of the British government house by Major Randal Butler, the governor's aide-de-camp.

The next meeting was with John W. Swan, premier of Bermuda. Mr.

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Berlin Philharmonic in Auditorium

'World's best' plays Ambassador

PASADENA — In what was called a "musical milestone" by area newspapers, conductor Herbert von Karajan and the Berlin Philharmonic Orchestra performed in the Ambassador Auditorium here Oct. 27, 28, 30 and 31.

Summing up the concerts, music reviewer Richard Stiles of the *Pasadena Star-News* wrote Nov. 2: "The four concerts at Ambassador Auditorium by Herbert von Karajan and his Berlin Philharmonic Orchestra have left an indelible impact on those who heard them, and on our community. As one friend who was there for every performance put it, 'our lives have been changed.'"

The exclusive appearance of the Philharmonic in the Auditorium was the first in the Los Angeles, Calif., area in more than a quarter of a century. The orchestra performed Oct. 19, 20, 22 and 23 in New York's Carnegie Hall, on its two city tour of the United States.

The appearance of the Philharmonic and Mr. von Karajan was not part of the regular Ambassador Foundation schedule, according to evangelist Ellis LaRavia, vice president of the foundation.

Wayne Shilkret, director of performing arts for the foundation, explained: "Knowing that the orchestra was to perform in Mexico City, Mex., we asked the Columbia Artists Management Co., which handles several of the big names in music as [Vladimir] Horowitz, of the possibility of securing a performance by the Berlin Philharmonic and Maestro von Karajan. We talked about it and found that the Philharmonic could not fit us into their schedule.

"After our season had begun, we received a call from the Columbia office in New York. 'Would you be interested in a performance by the Berlin Philharmonic?' they asked. Because of various circumstances, the Philharmonic was forced to cancel their scheduled performances in Mexico, and now had four open dates.

"I immediately called Mr.

LaRavia, who in turn talked to Mr. [Herbert] Armstrong. Mr. Armstrong said, 'Yes, we must schedule them.'"

Once the orchestra was booked, it immediately became an international event, Mr. LaRavia said. The concerts, which featured pieces composed by Ludwig van Beethoven, Igor Stravinsky, Gustav Mahler, Richard Strauss and Johannes Brahms, sold out immediately. Patrons of the concerts included individuals from West Germany, Hawaii, Mexico and the southwest United States.

"The concerts were all absolute, unqualified successes," Mr. Shilkret said. Music reviews in area newspapers were universal in their praise of the performances.

Daniel Cariaga wrote in the Oct. 29 *Los Angeles Times*: "Opening its four-concert visit to Ambassador Auditorium in Pasadena, the Berlin Philharmonic reminded the halfful of admirers that its superiority in matters of tone, ensemble, execution and finesse commands the field. This orchestra, now 100 years old, set the standards and holds the trophies."

Donald Dierks wrote in the San Diego, Calif., *Union*: "Once the music had begun, the listener was bathed in a warm, intimate sound, the sound of a virtuoso orchestra performing in a moderately large acoustical environment. . . . The music could almost be felt like wind in the face."

Of the third concert, *Star-News* reviewer Stiles said: "Take the world's best orchestra, led by its superstar conductor in the finest auditorium of its size, add music by the greatest of composers and what do you have?

"You have," he continued, "the most important cultural happening ever in this city. You have history being made. You have music as it should be played at last. You have the Berlin Philharmonic, with Herbert von Karajan playing Beethoven at Ambassador."

Several critics, including Mr. Stiles, praised the Ambassador Foundation's decision to schedule the Philharmonic in the Ambassador Auditorium instead of a larger, less acoustically perfect hall.

Mr. von Karajan invited Mr. Armstrong to a private dinner with himself and his family Oct. 30. Mr. LaRavia said. The conductor had a "warm, friendly conversation" with Mr. Armstrong, who is the president and founder of the Ambassador Foundation.

The conductor, 74, has been termed by reviewers the

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Views toward seniors shift from respect to neglect

By Jeff Zhorne

PASADENA — What is the fastest growing age group in the world? Youths? Newborn babies? No, it is those 65 and older.

In 1970 there were 291 million people more than age 60 on earth. By the year 2000, statistics show, there will be more than 600 million.

Newsweek attributes the rising numbers of aging persons to control of infectious diseases, reduction of fatal strokes and heart attacks and emphasis on fitness and better medical care.

The United States now has "the wealthiest, best-fed, best-housed, healthiest, most self-reliant older population in our history," declared the final report of the 1981 White House Conference on Aging.

How many Americans more than age 65 would you guess live in institutions? Only 5 percent, say gerontologists. Know how many homes for the aged there are in Shanghai, China, one of the largest urban areas on earth? Just one.

With burgeoning numbers of the

elderly, most of whom don't live in convalescent centers, what impact are senior citizens having worldwide and upon younger persons?

Being productive

In Hong Kong, where Chinese families have customarily cared for their elderly, reports show that the pressure of overcrowding may be breaking down the once cherished tradition.

Rising rents, small apartments and other problems in Hong Kong, the world's most densely populated city, have caused some families to throw out aged parents who are no longer earning money. Some move into apartments with as many as 60 to a room, with caged spaces to protect their belongings.

"The pressures of living in overcrowded conditions continually grow worse," stated Sean Burke, an American who lived in Hong Kong for 10 years working to obtain adequate housing for the elderly. "It is obvious that increasing numbers of

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Bermuda sea gate faces uncertain future

Gene Hogberg and his wife Barbara are accompanying Pastor General Herbert W. Armstrong and his personal aide Aaron Dean and Mr. Dean's wife Michelle to Africa and Europe.

JOHANNESBURG, South Africa — Nov. 4, Pastor General Herbert W. Armstrong and his party arrived in this bustling African metropolis, after a six-hour flight from Abidjan, capital of the Ivory Coast. We refueled along the way at Windhoek, South-West Africa (Namibia).

Abidjan was a rest stop—and an interesting one at that—en route to Mr. Armstrong's major destinations in South Africa, Kenya, Greece and Spain.

The Ivory Coast is perhaps Black Africa's most successful nation. Its huge outpouring of coffee (world's third largest producer) generates considerable national income.

Abidjan's skyline is indeed quite impressive as is the layout of the city itself, weaving its way around a series of coastal lagoons.

Abidjan was not our first stop, however. The first day and a half were spent on Britain's Atlantic island colony of Bermuda, situated 580 miles east of North Carolina.

To those of us in Mr. Armstrong's party, Bermuda was a most pleasant and beautiful surprise.

The archipelago, which can be driven by car from end to end in only an hour and a half, is a most idyllic spot. One readily sees why it is such a favorite destination for tourists, who come by the thousands during the peak April to October holiday season, mainly aboard cruise ships from New York City.

Verdant, subtropical Bermuda is too far north to be considered part of the Caribbean, but it is warmed nevertheless by the soothing Gulf Stream.

Bermuda's economy is strong, with unemployment virtually nil. Tourism directly accounts for 40 percent of the employment, with the operation of "exempt companies" (foreign operating, locally registered firms) providing the second largest source of employment. Bermuda authorities are careful

to maintain the island as what they call a "quality tourist destination." As a result of these policies, Bermudians enjoy an income said to be one of the 10 highest in the world.

Mr. Armstrong well-known

Bermuda is an impressive outpost for God's Work as well. Because of being on radio and television for many years, Mr. Armstrong is a well-known figure to most Bermudians.

About 58,000 people occupy Bermuda's 21 square miles.

Mr. Armstrong's arrival was reported on local news, along with an announcement of his Monday evening, Nov. 1, *Plain Truth* readers' lecture. Nearly 300 readers responded. About half of them were Church members.

Mr. Armstrong was interviewed by a woman reporter for the daily newspaper, *The Royal Gazette*.

Thanks to advance preparation by Stan Bass, regional director of God's Work in the Caribbean, the minister in Bermuda, Roland Sampson, plus a solid support team of area members, a series of high

level meetings were arranged for Mr. Armstrong.

On Monday afternoon, Nov. 1, we met the deputy governor of Bermuda (representing the British Crown), the premier and the consul general of the United States. (Bermuda has been self-governing since 1620, the longest of any Commonwealth country outside of the British Isles.)

Value to Britain and America

There is another side to Bermuda however, one far removed from its

The onset of World War II, however, changed the strategic picture, as the United States realized the military importance of Bermuda.

In 1941, the United States began construction of a naval air station under a 99-year lease.

Other military facilities were constructed as well. In this manner the United States was better equipped to keep open the vital Atlantic shipping lanes between America and war-ravaged Europe.

And it was at Bermuda that the secret German code of World War II was broken. (Mr. Armstrong has spoken quite a lot about this code lately, drawing a parallel to the Bible being written in code form as a message from God to those whose



WORLDWATCH

BY GENE H. HOGBERG

idyllic setting. We experienced this as well.

Throughout a large portion of its history, Bermuda, a little-recognized sea gate, has been of strategic value to the descendants of Israel.

Bermuda, by the way, is named after Juan Bermudez, the Spaniard who first saw the islands, but did not land on them.

The Spanish were not interested in Bermuda, considering its reef-strewn waters only a navigational hazard to be avoided by their ships going home with gold from the New World. They called the region La Isla de Demonios—Island of the Devils.

Bermuda had, since the American Revolution, served as one of Britain's New World military outposts, with a Royal Navy dockyard. Bermuda was even at one time called the Gibraltar of the West.

minds are opened by the Holy Spirit.)

Eye on Russian subs

Since the war, Bermuda has played perhaps an even more critical role, this time in the context of the East-West nuclear standoff. This was explained to us by Max Friedersdorf, U.S. consul general, in his office in Hamilton, Bermuda's capital, population 2,127.

Mr. Friedersdorf pointed out how P-3 Orion aircraft, stationed at the U.S. Naval Air Station, fly in shifts over the Atlantic, ranging eastward from Bermuda, performing continuous antisubmarine surveillance, detecting the movements of Soviet undersea craft.

At another military base in the archipelago, computers monitor reports filtering back from a net-

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Just one more thing

By Dexter H. Faulkner

Senior brethren possess storehouse of knowledge

Solomon wrote in Proverbs: "Wisdom is the principal thing; therefore get wisdom. And in all you getting, get understanding" (Proverbs 4:7, New King James Version, throughout).

Do you know what is one of the most overlooked sources of useful, practical wisdom in God's Church?

The Bible tells us: "Wisdom is with aged men. And with length of days, understanding" (Job 12:12).

To help open up this storehouse of wisdom, *The Worldwide News* is publishing four pages of articles dealing with senior citizens.

This is the third in our series of delving into a single subject. We began with articles on coping with the recession in the July 5 issue and articles about single members of God's Church in the Aug. 2 issue. Response has been heartwarming.

To be frank, as the *WN* staff began to research and interview ministers and brethren about the subject, we were constantly surprised and interested to learn of the depth of this particular subject.

First, we tried to find out what you call elder brethren. Some view the label "senior citizens" as degrading. Others don't like to be called "elderly." Still others think any descriptive noun used to describe "old people" is inaccurate. So we ended up using all of the terms.

We hope that no one winces when they read whatever term. We agree with evangelist Joseph Tkach when he says that the older people in God's Church are not a segregated group. Brethren are brethren, whether young or old.

And that's the major thrust of these articles.

In this issue you'll read of the responsibilities of the young toward the aged, and the aged toward the young. You'll read of conditions faced by the elderly around the globe.

There are articles about nutrition and good eating habits for our senior brethren and how they can make

their homes safer from accidents.

Where did all these articles come from? The ideas started in one of our *Worldwide News* editorial meetings three months before the 1981 Feast of Tabernacles.

Evangelist Ronald Kelly, a senior writer for *The Plain Truth* and faculty member at Pasadena Ambassador College, gave much advice and input in a subsequent meeting.

We asked for ideas and advice from the field ministry in the *Pastor General's Report*, and we received numerous articles, ideas and phone calls.

The section begins with reprints of two articles by Mr. Armstrong.

Meanwhile, over the months preceding this issue, the *Worldwide News* staff reviewed multiple dozens of books and articles on the elderly.

We attended area Bible studies for senior citizens and interviewed ministers, including evangelists Joseph Tkach and Herman L. Hoeh. We talked to senior brethren about their feelings and experiences all the way from Sri Lanka to England and more during the Feast of Tabernacles.

One item that Mr. Tkach brought out in an interview appeared many times during our research. Several ministers called it a test of conversion.

The revealed principle is found in James 1:27: "Pure and undefiled religion before God and the Father is this: to visit orphans and widows in their trouble, and to keep oneself unspotted from the world."

As Carn Catherwood, regional director of God's Work in Italian-speaking areas, asked his Christian leadership class, "When was the last time you visited a widow or orphan?"

That question is what one of our staff members called "a spiritual tooth-rattler." That is, when you've been hit so hard in the head you feel your teeth rattling. Somebody has finally gotten your attention.

Mr. Tkach said that just being a widow or orphan is often a trial in itself. Compound that with some financial or health problems, and you've really got a trial on your hands.

God expects brethren to help: "Bear one another's burdens, and so fulfill the law of Christ" (Galatians 6:2). See also Titus 3:14 and Luke 10:25-37.

How can we help? First, by getting to know our senior brethren and finding out what their needs are. Don't rush up, however, grab an older woman by the arm and say, "I'm going to help you."

Be respectful of the dignity of the aging—they don't want a handout.

Remember that when an aged person has the overview of several decades or even a century, they have a good deal of advice that will prove helpful to you. I wish I had five cents for all the times I've seen family and marital problems threaten to engulf some couples. Most, if not all of these problems could be solved if sounded out on a grandfather or grandmother.

When one looks back over seven, eight or nine decades of life, these problems tend to be placed in their proper perspective.

After you get to know the senior brethren in your congregation, try to fulfill their needs. This is the essence of the give way and when practiced, benefits both parties.

Do you know an older man who doesn't like to cook for himself? Have him over for dinner. Do you know an older woman who likes to have a vegetable garden each year, but can't take care of it because of arthritis? Volunteer to do a little hoeing and watering.

Mr. Tkach pointed out another important service. The single biggest problem faced by the aged is transportation. For physical, financial or other reasons, many aged brethren are no longer able to drive themselves around.

This means they have problems getting to services, doing their shopping and just getting out of the house when they get cabin fever.

How many widows and older people are so relieved when they receive a phone call from one of their brethren: "I'm going to do a little shopping, would you like to go, or can I get something for you?" Or how many elderly whose immediate family has moved away would like to be invited to a movie, a museum or a concert?

Are there people like this in your congregation? I'm sure there are. And I hope these articles in *The Worldwide News* motivate you to do something about it.

Letters TO THE EDITOR

Comments on Feast

The Feast of Tabernacles is truly God's (spiritual) Feast for us. We'd like to convey a great big "Thank you!" for all those that participated in making our Feast so meaningful.

It was super organized [in Tucson, Ariz.]. What with over 6,000 smiling faces! The services and activities schedule were beautifully worked out. There was something for everyone. We also appreciated the daily announcements and the information they provided.

The power of God's Spirit was evident in all the sermonettes and services we received. We are so spiritually uplifted and "Thank God" for the ministers He provided for us.

We are filled with words of living waters that should quench our thirst and help us to serve in a better way for the rest of the year.

Howard and Lila Stein
San Diego, Calif.

This is a thank you to all the brethren who helped us during the Feast of Tabernacles. During our recent stay in Tucson for the Feast, my husband lost his wallet. It contained photos and various cards, besides a substantial sum of money.

An announcement was made during services concerning our loss, but the wallet was not returned. However, a much greater return was received by us, the love and concern of so many brethren.

Although the loss came at the very beginning of the Feast, we were given and bought so much by others that we still were able to rejoice and had our best Feast ever!

Mr. and Mrs. Howard Bloxham Jr.
Farmington, N.M.

My three children and I received Festival assistance to attend the Feast of Tabernacles this year. We would like to thank the members of God's Church for their obedience and generosity.

We had a wonderful time, learned valuable lessons and made many new friends. We are very grateful.

Jill Andrews
Sycamore, Ga.

We spent many happy hours as a fami-

ly walking around the lovely (Pasadena Ambassador) College grounds. Our young daughters aged 2 and 4 would ask us to read the little signs identifying the various plants to them.

We would especially draw their attention to the signs, which read "Dichondra, please do not walk on the grass," and explain that it was special and fragile. This occurred many times.

On the way home from the Feast our 4-year old asked me to tell her the story of Moses: "When I got to the part about a burning bush where God told Moses to remove the shoes from his feet because the ground he was standing upon was

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Views

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elderly will be pushed out."

An explosion in the number of elderly in the Third World, said a United Nations summary, is likely to place intolerable burdens on the working population, by greatly increasing the overall dependency on an already over-burdened group. Programs for the aging in India are virtually nonexistent. In Madras, 22 percent of the aged live in huts within slums; another 45 percent live in one-room hovels.

With little, if any, governmental relief, senior citizens have to rely on their children. Almost no programs — even less equipment — are available for the vast numbers of elderly in Central America.

In Japan, where the elderly are traditionally revered, many aging persons are perceived as burdens. Youths, who are beginning to regard elderly people as unable to contribute to the production of wealth, shun and neglect the elderly.

A fixed retirement age of 55 in Japan doesn't make it any easier monetarily, especially when pension payments normally begin at 60.

Some Japanese elderly blame a society designed for the young as depriving them of the ability to care for themselves. The suicide rate for the elderly in Japan is the second highest in the world for women and ninth for men.

Women hardest hit

Aging women seem to be affected the most. Reports show that aging women in Europe and North Amer-

ica are less likely to be able to care for themselves financially than elderly men.

In many industrialized societies, women are forced to retire from work earlier than men and during their working years they generally earn less than men. Women usually receive smaller pensions than men. This disadvantage carries over into retirement.

When people don't work or contribute to society, they are often labeled useless.

A 72-year-old woman from New York told the San Diego, Calif., *Union*: "When you're old, no one has any use for you. Younger people just think we get in the way. It makes you feel like you're ready to go anytime."

Indigent elderly persons usually view life with a sense of futility and hopelessness. With no control of their life situations, state gerontologists, they are bound to age less sturdily and live fewer years than their vibrant, active counterparts.

People who live past 100 years of age in the Soviet regions of the Caucasus mountains bear this out.

Is it the honey and walnuts they eat every day for breakfast? Is it their jigger of vodka at mealtime? Is it the air they breathe or their communion with nature?

Authors Henry Gris and Milton Merlin point to the fact that none of these men and women have ever stopped working or been "retired."

Quite a contrast to how anthropologist Sula Benet portrays the elderly in the United States: "In the richest, most technologically advanced country in the world, older people are farmed out, discarded,

hidden away in hospitals, nursing 'homes,' artificial retirement villages or falsely cheerful apartment compounds. To be old means to be exiled from the active life of society."

Positive examples

Yet, in spite of suffering poverty and often ostracism by their families, senior citizens in some countries are still regarded with respect — and have been for centuries.

A Chinese proverb states: "If you have an old person at home, it is as if you have restored a piece of treasure."

In Thailand, reaching the age of 60 merits a *Sae Yid* celebration, with congratulations from friends and relatives. Older women in India too are given recognition.

The elderly in southeast Asia are revered and their advice is sought on matters ranging from sowing crops, deciding marriages or settling village disputes, to prescribing herbal remedies.

"Knowledgeable [Hawaiian] elders," reports the July-August, 1981, issue of *Aging*, "are used to teach the native language to adults and children; gardening to families; cultural concepts to intermediate and high school dropouts; culture, arts and crafts to youths in high schools, the correctional facility and summer programs; and oceanography, agricultural concepts and culture to adults."

Some senior citizens take advantage of their large numbers: political elections. In Queensland, Australia, a wealthy class of aging persons cast scores of influential conservative votes. Experts say the same could take place in the United States.

In Nice, a fashionable resort in southern France, one person in four is retired, and the retired vote matters come election time — almost always to the benefit of right-wing candidates.

To be old should not mean enduring loneliness, depression, anxiety. The accompanying articles strive to point out solutions to these problems and give hope for those who have reached that plateau of knowledge and wisdom acquired through decade of experiences.

You will read that a primary key is keeping busy — being an active elderly person. God wants the aging to be that way: "They shall still bear fruit in old age; They shall be fresh and flourishing" (Psalm 92:14, New King James Version).

Most vital, of course, is contact with God and trusting Him. "Even to your old age, I am He. And even to gray hairs I will carry you! I have made, and I will bear; Even I will carry, and will deliver you" (Isaiah 46:4).



BERMUDA VISIT — Pastor General Herbert W. Armstrong examines a wood etching of the island of Bermuda Nov. 1. Roland Sampson, Bermuda pastor, stands right. [Photo by Aaron Dean]

Leaders

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Swan was elected to head his political party, and appointed premier by the British governor.

The group was impressed by Premier Swan minutes into the meeting. From the conversation it was clear that he had a good literary understanding of the Bible and practiced many biblical principles in his own life.

Mr. Armstrong discussed his early life and conversion, speaking of his wife Loma's personal challenge to him on the Sabbath question. He continued the discussion, outlining God's plan for humanity, with the ultimate goal of becoming God.

In a discussion of becoming perfect as mentioned in Matthew 5:48, Premier Swan asked how humans could change, seeing the evident imperfections and fallibility of man.

The two-hour meeting, which included Mr. Bass and Mr. Sampson, ended with the premier presenting Mr. Armstrong with an autographed copy of a book *Images of Bermuda*.

He asked the pastor general to sign his autograph book and extended an invitation to visit him again when Mr. Armstrong's schedule would permit. Mr. Armstrong accepted.

At 7:30 that evening Mr. Armstrong delivered a powerful message to about 300 *Plain Truth* readers in the Bermuda Beach Hotel in St. George.

In his address the pastor general spoke plainly of how other churches fail to teach the Bible and the instructions of God. He further showed how humanity cannot understand the Bible without the aid of God's Holy Spirit.

Tuesday morning, Nov. 2, Mr.

Armstrong and his group boarded the G-II for a 9 a.m. departure for Abidjan, the capital of the Republic of the Ivory Coast.

Continuing trip

En route to the African coast, the G-II made a fuel stop on the Cape Verde islands, a former Portuguese colony.

Flying through four more time zones, the G-II touched down with the pastor general aboard at 9:30 p.m. Abidjan time. The group stayed there through Nov. 3 to adjust to the time change before proceeding.

Mr. Armstrong and his group left Abidjan for South Africa, touching down at Windhoek, South-West Africa (Namibia), to refuel before continuing to Johannesburg.

Nov. 5 found Mr. Armstrong and his group adjusting to the 5,740-foot elevation (1,750 meters) of Johannesburg. Despite having a few problems adjusting to the thin air, Mr. Armstrong spoke powerfully to 1,246 brethren in Johannesburg on the Sabbath, some of whom had driven from Zimbabwe to hear him. Another 1,000 brethren heard the pastor general through telephone hookups.

Sunday Mr. Armstrong flew to Cape Town, where he spoke to 388 brethren. In both sermons Mr. Armstrong outlined the purpose of the Church, the need for brethren to build perfect character and the ultimate purpose of man to become God and teach other humans God's way of life.

Mr. Armstrong addressed the South African ministry on events in the Church and the minister's role in helping brethren prepare for their jobs as teachers in the coming Kingdom of God.

(Views of Mr. Armstrong's trip will be continued in the Nov. 29 issue of *The Worldwide News*.)

Letters TO THE EDITOR

(Continued from page 2)

holly ground, my daughter stopped me to ask, "Mom, was it dichondra he was standing on?"

Needless to say we were highly amused.

Kathleen Kakaack
Idaho Falls, Idaho

It is hard to believe that the Feast of Tabernacles 1982 has already come and gone. But I am extremely excited to say that it was the best Feast ever.

Someone asked me what the most exciting or outstanding thing I did this Feast, and I had to say it was attending services.

I can remember previous Feasts where I could hardly wait for services to be over so I could leave and do as I pleased. But now I look forward to learning and growing more during the Feast.

All thanks are due to Jesus Christ for getting His Church back on the track.

Michelle Messier
Langley, B.C.

☆☆☆

Mouth of babes

Sometimes we think our children won't understand God's deep truths so we neglect teaching them certain things. Well, last week I was explaining to our 5-year-old son what God had revealed to Mr. [Herbert W.] Armstrong about the Church being the embryo of the Kingdom of God.

A few days later, at lunch, he looked at me and said, "Mommie, are we in God's tummy?"

I had to think a minute and then smiled and said: "Yes, we are. The Church is our mother and God is our Father."

Troy replied, "And we will be born when Jesus comes back and be spirit beings!"

He really did understand a profound truth.

Kathy Williams
Longmont, Colo.

☆☆☆

Combating loneliness

I would like to especially thank Mr. Dexter H. Faulkner for his article in the September [13] issue of *The Worldwide News* on "Employ Two Principles in Combating Loneliness." It came at just the right time to help me understand what was happening in my life.

Name withheld

Singles' comments

Please allow me a space here to answer you back from the articles on singles in the Aug. 2, *WN* issue.

I being one of the singles aged 24 years and a cripple, was very much helped by your most inspiring principles, which I know even God approved them. I cannot say it is only me but at least everyone else under this situation and being in God's Church.

To me the articles came just when I longed for them. Surely God had arranged for me to eat this type of food at this right time.

Thomas K. Ikunvua
Meru, Kenya

I thank all of you so much for the articles on being single today in God's Church. For me the articles came at the right time in my life. When I'm trying to answer the questions, Who am I? Who does God want me to be? As a child of His? As a Christian? As a woman?

But now more than ever do I feel God's love moving and growing in His Church and His people. Where I can say now that it's not so cold out there.

Marie Thompson
Montvale, N.J.

In my local area I think many of the older generation think because we don't have a girl we don't desire one.

They don't recognize that we can't go down to the local dance or mix in social groups where there are opportunities.

We have acted disinterested to stop the usual comments which only make things look worse.

D.J. Crow
Colchester, England

☆☆☆

Challenging columns

It is always with great pleasure and real uplifting interest that I read Mr. [Dexter] Faulkner's and Mr. [Gene] Hogberg's columns. It is also a fun challenge to compare their view with those of the world on subjects such as psychiatry and world politics and see with gladness their superior "clairvoyance."

We should all praise our great God for giving His true servants this wisdom, knowledge and perspicacity.

In a world walking deeper and deeper in darkness, truth has never been so comforting and reassuring; truly God's Word is the beginning of wisdom and Christ the light of the world.

Robert Ethier
Ste. Foy, Que.

Bermuda

(Continued from page 2)

work of sensing devices scattered over the ocean floor between Bermuda and the U.S. mainland. (In much the same manner the Swedes detect Soviet submarines in their coastal waters.)

Mr. Friedersdorf proceeded to explain just how serious this deadly cat and mouse game really is. There is an area in the Atlantic Ocean where at any given time, all the time, sit three or four Soviet nuclear-powered submarines. Each of these submarines sneaks down from Leningrad, goes on duty, and then returns, all the while below surface in a monthlong tour of duty.

Each submarine holds 16 underwater Polaris-type missiles armed with three atomic warheads apiece. Each warhead is targeted on a major American East Coast city, and each warhead — again three to a missile — is far more powerful than either of the two weapons that applied the coup de grace to Japan in 1945. And

the flight time of these missiles is less than 15 minutes.

As Mr. Friedersdorf added, the American public has no real comprehension of such activity going on, or of U.S. submarine patrols with their warheads aimed at Soviet cities.

Independence: What then?

The friendly and prosperous people of Bermuda certainly did not choose to be caught up in the middle of the world's most deadly power struggle.

Nevertheless, such is the reality beneath the apparently calm, multi-hued waters offshore.

Bermudians face another reality, one that bears heavily on the first. Inevitably it seems, this self-governing island will go independent.

Why? Some would ask. Why give up a life of tranquility — and no income tax. (A 30 percent duty on imports leads to a rather high cost of living, but still . . .)

It just seems that to be independent is the thing to do. There is mounting pressure to head in this direction. Even the ruling United

Bermuda Party, no enthusiastic supporter of independence, now says it will not stand in the way. Neither, of course, will Britain, which allows its colonies to choose their own political course.

What position would the government of an independent Bermuda take regarding its contribution toward Western defense?

For a starter, mark this well. The Soviets would love to change the status quo because they can't get beyond this locked sea gate.

It is unlikely that an independent Bermuda, because of its well-distributed prosperity, could succumb to extreme leftism a la Cuba. But the Soviets could pressure the country to sever the defense links with the United States in order to give them a free hand in the Atlantic.

There would be calls for Bermuda to be "neutral" or in today's parlance, to go "nuclear free."

America would be exposed to even greater peril.

As Bermuda faces its uncertain future, we are reminded of the tiny sea gate's motto: *Qua fata ferunt* — whither the fates lead us.

'Never on Saturday'

Runner sticks to convictions

The following article about Ron Hansen, who attends the Chicago, Ill., Southeast church, is reprinted courtesy of the Kankakee, Ill., Daily Journal.

By Dave Dyer

ST. ANNE, Ill. — "Never on Saturday" would be a strange motto for most high school cross country coaches but, if he could somehow arrange it, Eastridge's Joe Wischnowsky would have adopted it for scheduling meets the last couple of years.

During the week, when all of his runners have been healthy, Wischnowsky has put together one of the strongest area teams in recent years. A strong second-place finish in the Manteno Conditioner was testimony to that.

When the weekend arrives, however, the Raiders have found themselves a vital man short for the all-important invitationals, conference championship meet and state series.

"It's frustrating," says Wischnowsky. "We could have our strongest team ever... it's tough coaching this way and it's tough on the other guys on the team."

What's frustrating is that senior Ron Hansen, who's usually the Raiders' No. 2 runner behind senior John Pommier, is never available on Saturday. For him, it's a day of com-

plete rest as a member of the Worldwide Church of God.

According to the beliefs of the Worldwide Church of God, which Hansen says is derived from the Fourth Commandment, members can't do any kind of work on Saturday. That day is reserved for worship in church, religious study and rest.

Now, there are few more religious and low-key coaches than Wischnowsky, but he regrets that Hansen can't compete in the big weekend meets. For one thing, a coach always wants to see his athletes reach their potential, which Hansen can never do and, for another, there are the other members of the team to consider.

"He (Hansen) has got a world of potential," said Wischnowsky. "You can see that by the 2:01 (for 800 meters) he ran in track last year. If he trained properly, there's no telling how good he'd be."

Hansen, who doesn't run at all in the summer, also wonders about his potential. "If I ran all the time, I feel I'd be almost as good as John (Pommier). In track, I feel that if I worked at it, I could get down to 1:50."

But a time of 1:50 is of national caliber. And wouldn't improvement in cross country be a boon to the rest of the Raider team, which Wischnowsky said "was down" in Wed-

nesday's practice in Hansen's absence?

"We're not going to be the same team without Ron and the kids know it," said Wischnowsky. "I respect his beliefs, but it's still tough on his teammates."

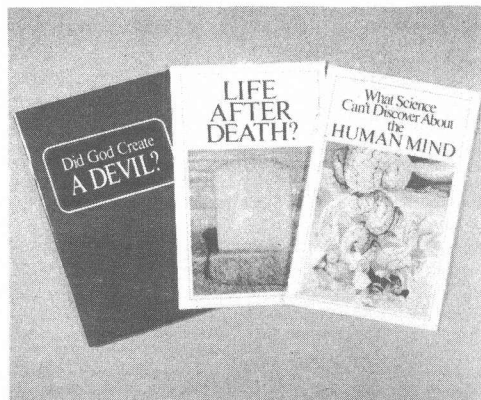
Said Hansen: "I've thought about that, because the coach has brought it up. But my convictions are more important."

"I compete in cross country and track because I like to run. It's fun and I enjoy it. I think sports should be fun. It's also character building because of the way you have to push yourself to do your best. I like to run hard to see how well I can do."

But how can you do your best, when you're not properly trained to do that?

"You just do the best without it becoming a dominant part of your life," answered Hansen, a good student who plans to attend Ambassador College (which is affiliated with his church) in Texas next year. "I've seen people get too involved in sports. They drive themselves so much, they lose their temper, they're not as easygoing, they're not like themselves."

"I think you should do your best, and although it's hard for me to get excited about the (cross country) season, I always try to do my best. But that's it. I'm not running to be famous or anything. I'm in it for fun."



NEW LITERATURE — Above is new literature published by God's Church. *Did God Create a Devil?*, *Life After Death?* and *What Science Can't Discover About the Human Mind* were written by Pastor General Herbert W. Armstrong. Dexter Faulkner, managing editor of the Work's publications, said more booklets are now being produced by Mr. Armstrong.

In fact, Hansen's fun ended for the season Tuesday when he finished fourth in a double dual meet at Herscher, Ill. He's headed this week to Florida for an eight-day religious holiday, which will be extended to three weeks in conjunction with his parents' annual vacation. By the time he returns, the only meets remaining will be weekend meets.

With that in mind, Wischnowsky is not sure whether he should award a varsity letter to Hansen. Last year, Hansen did earn one, but he'll miss more time this year.

"I don't know if most coaches

would put up with his schedule like I have," said Wischnowsky, who wouldn't mind having some of the bigger meets scheduled for the midweek. "It's difficult to have rules (about participating in meets and practices) that apply to everyone but one person."

Still, as Wischnowsky agrees, it's also difficult not to admire a person for sticking to his convictions. And, even with limited participation, there's no question that Hansen has contributed something to his own growth and to the early season success of the East program.

Children's Corner

THE HIDDEN PRESENTS

By Vivian Pettijohn

Debbie and Chris helped Mother rinse and stack the Sabbath breakfast dishes. Then, since they weren't to leave for services until afternoon, Dad asked them to join him in the living room. Mother, Chris and Debbie sat together on the sofa, and Dad stood in front of them.

"How would you like to play a new game?" Dad asked.

"Sure, Daddy!" Debbie answered.

"Oh, boy, I like new games," said Chris.

"This is a game we can play any time," said Dad. "Beth, are the papers hidden?" Mother smiled and nodded.

"In this game," Dad explained, "you are to find presents."

"Yea!" said Chris. "Let's start!"

"All right, just as soon as I explain the game. First, find the two sheets of paper hidden in this room that have words printed at the top. One says 'Family'; the other says 'God and Church.' Bring me the papers as soon as you find them, and I'll tell you the next part of the game."

Chris and Debbie darted here and there, looking behind the sofa pillows, behind the music on the piano and under the Bible on the lamp table. Soon each found one paper.

"Now, Debbie," Dad said, "which word is at the top of your paper that has to do with presents?"

"Daddy, it says 'Family' — but I don't see any presents!"

"You will," Dad said, smiling, "but you have to see these in your mind by thinking about presents you get every day from your family. Mother will write down the presents you name. Can you tell us one?"

"I guess so. Would food be one?" Debbie asked. "You pay for our food, and Mommy cooks it."

"You have the right idea, honey. Now, Chris, can you think of another present from the family that may seem hidden?"

"Well," Chris answered slowly, "we have family fun lots of times. Is that a present?"

"Sure it is!" Dad replied.

"Why, you're right, Chris," Mother said, laughing. "I hadn't thought of fun as a present, but it certainly is! Think of all the fun that our family had together at the Feast — and at Grandpa and Grandma Osborn's house — and on the train rides to and from the Feast — and working together on our model railroad layout. We give each other a present when we give each other fun."

"And Daddy," Debbie added excitedly, "where would we live if you didn't give us a home to live in? We would get cold in the winter — and we'd get wet when it rains if we didn't have a home!"

"That's right. And," Dad asked, "what present do we try to give each other every day when we try not to hurt each other's feelings, and we try to make each other happy?"

"I know that one, dear," Mother offered, "we receive a love present from each other. That is an important present!"

"All right, Chris," Dad said, pointing to him, "now tell us about the hidden presents that belong to your paper. What do you have?"

"Mine says 'God and Church.' And some of the presents we get from the Church — well, there are our Bible

lessons, the youth magazine, good friends, fun times at activities, and... But, Daddy, the presents from God?" Chris paused, frowning.

"Yes, son?" Dad asked. "What's wrong?"

"Well, those things that were presents from the family on Debbie's list — aren't they from God too? Didn't God have to give them to you before you could give them to us? If so, then we'll have to take Debbie's whole list and add it to mine as God's presents!"

Dad picked up the Bible from the lamp table, sat down by Chris and put an arm around his shoulders.

"Sometimes, Christopher — and you, too — Deborah — you make us so pleased with you! And that reminds me of Proverbs 23, verses 24 and 25."

Dad read: "The father of the righteous will greatly rejoice, and he who begets a wise child will delight in him. Let your father and your mother be glad, and let her who bore you rejoice."

Dad paused, then said: "Whenever you and Debbie show that you love God and want to obey Him — or when you show that you understand even a part of what God is doing for you now or is planning for your future — we're so glad. Just seeing you grow in understanding and obedience is like a present to your mother and me."

"That's right, children," Mother agreed. "Now, let's not forget more of God's presents — health, protection, His guidance through the Bible and the knowledge of what Jesus Christ has done and is still doing for us!"

"We receive so many presents every day, but some seem hidden, and we have to look for them. And, just as we

should always send thank-you cards to people who give us presents, we must remember to thank God every day for all of His presents!"

"I just thought of something great!" Chris said, jumping up. "This game is helping me with school! The teacher gave us a Thanksgiving assignment for next week to make a list of things we are thankful for. All I had thought of were my Feast gifts. Now I have a long list in my mind, especially since I have found a lot of hidden presents!"

Find Your Presents

Hidden in the puzzle below are nine presents. Look for them by reading forward, backward, at an angle and from bottom to top. Circle each word in the box as you find it and check it off the list. The first one is done for you.

- ✓ BIBLE
- FOOD
- FRIENDS
- FUN
- GUIDANCE
- HEALTH
- HOME
- LOVE
- PROTECTION

H	G	U	I	D	A	N	C	E	F
T	T	H	A	N	U	K	E	V	R
E	G	L	O	F	D	F	L	O	I
O	M	R	A	A	L	L	B	L	E
P	R	O	T	E	C	T	I	O	N
H	I	S	H	P	H	R	B	E	D
S	D	O	O	F	E	N	T	S	S

The Western World's Growing Tragedy— Growing Old Before Our Time

By Herbert W. Armstrong
MILLIONS have been believing a myth that has brought on one of modern civilization's greatest tragedies.

I saw a pitiful example of this one day in Miami, Fla. A few of my traveling team decided to take a drive over on Miami Beach. We crossed over near the southern end, then drove north to and through the luxury hotel area. But driving up from the southern end we passed first through a district of economy-class retirement hotels.

This article is reprinted from the December, 1976, Plain Truth magazine.

As we drove slowly by, our attention was arrested by the sight of many retired "elderly" — probably between the ages of 60 and 70 — sitting idly on front verandas passing away the time. It was the despondent, beaten look on their faces that caught our attention and filled us with

dismay. Plainly, they had nothing to look forward to. There was just a tired, uninterested, hopeless stare on their faces. They were just eking out an existence until finally death would deliver them from endless monotony.

I had to wonder: WHY should people believe in a myth that cheats millions out of one of the happiest times of life? WHY should the MILLIONS believe a myth that makes them old before their time and robs them of usefulness, vigor, sparkling interest in life and real accomplishment?

I remember when I was a boy still growing up. My two grandfathers were dead, but my grandmothers, one in her late 50s, the other in her early 60s, were still living — not that my ancestors died young. I remember, between ages 3 and 5, a great-grandfather in his 90s and a great uncle, also in his 90s. My mother lived to age 95½, and she had brothers and sisters who lived into their late 80s and 90s.

But my grandmothers, after about age 50 or 55, had changed their attire to dress like "old folks." It has seemed to me that

it must have become custom for people to think they are "growing old." I have noticed that many young men, reaching somewhere around 25, begin to cultivate a changed personality, put on a facial expression and adopt a manner of speech of one "more MATURE." As they reach the later 40s and turn 50, they seem to feel they must talk, look and act like they suppose the "middle-aged" ought to appear. And by or before 60, they seem to feel they have now become "old." They appear to feel their usefulness is now over, and they must "retire."

This feeling is so universal that many corporations have retirement programs timed to age 60 or 65.

Somehow I never could quite understand that type of outlook on life. I have never reached "middle age," at least not consciously — not in my mind and manner of thinking and acting. After age 83, I have enjoyed joking about being "37, going on 36." I have simply been too BUSY to think of "growing old" or ever "retiring."

One of our employees came to

me at age 55. He wanted to retire. True, he had been on our payroll for some 25 or 30 years. He had been divorced and had married a widow who had a camper. She had a small income.

"We can travel very cheaply," he said, "and I want to get to travel and see some of the United States before I have to meet my Maker." He had already "grown old" — in his mind. Well, "as he thinketh in his heart, so is he," said Solomon (Proverbs 23:7).

There is a new book just off the press, *Love in the Later Years*, authored by Dr. James A. Peterson and Dr. Barbara Payne, gerontologists. The book reports a wealth of research on one of the Western world's most senseless growing tragedies and quotes some astonishing statistics, unrealized, I think, by most.

For example, it is stated that some 70 years ago, the average life span was only 47 years. Few marriages lasted until all the children had grown to maturity and left home. Most marriages lasted only until middle age and usually ended by the death of one. Now, for the first time, at least in modern history, many marriages are lasting into what has been called "old age" — 60 and past.

Such facts actually seem rather shocking to me when I think of how my marriage lasted 50 years, lacking 3½ months to the day, and I still thought of the "wife of my youth" as "young," though she died at age 75½. To me she was still only 25. (We were both 25 when we were married.) And I have seriously needed her more, these past nine years, than while she lived — although she could never have

(See TRAGEDY, page 6)

What Are the Secrets of My Youthful Vitality, Energy, Drive and Long Life?

By Herbert W. Armstrong
There is no question I am asked more often, it seems, than "What is the secret of your long life, youthful vitality, energy and drive?"

"No one secret," I usually reply. "I suppose many things enter into it."

Recently I asked a man I had never seen before, who knew something of what is being done and accomplished, but had never heard my age, if he would guess it.

This article is reprinted from the July 12, 1975, Plain Truth.

"Well," he said thoughtfully, "I suppose in mid- or late 50s — perhaps near 60." He wouldn't believe it when I told him I would be 83 in less than two months.

Many know that I frequently say jestingly, but significantly nevertheless, that I am now 37, going on 36. For a long time I went along with Jack Benny, claiming age 39, but after he admitted to a much older age, I decided to throw away a year every birthday.

Seriously, however, I doubt if many men of 50 or 55 could stand up under the rigorous ordeal of constant global travel, writing, radio and TV interviews, public speaking, the responsibility of major decisions in worldwide enterprises, and

devoting 14 hours a day to vigorous, driving work.

Yet this very constant activity, I'm sure, is part of the "secret." I have just finished writing another article in which some of this activity was mentioned, and that triggered the idea to devote this article to the same subject and carry the subject further. I think, at this point, it might be as interesting and helpful to readers as anything I could write.

Ever since I was 21 years old, I have been interested in this question of youthful longevity. This lifelong interest was sparked by a chautauqua lecture I heard in 1913. The speaker's name I do not remember, but he had been physician and physical trainer to President William Howard Taft, whose term in office expired March 4, 1913. This doctor-physical therapist had interviewed every person in the United States of 100 years or older. He had questioned every one as to the reason for such a long life.

Various ones gave various reasons. Some said it was because they never used tobacco, but others had used tobacco all their lives. Some gave credit to being teetotalers, but others used wine, especially in their old age, and even gave that credit. And so it went.

Just one thing every centenarian did, yet none gave it any credit. Every one had taken a daily rubdown, either with a

bath towel after a daily bath or with a massaging brush of some sort.

I was impressed by that. I have followed the daily rubdowns after a daily shower with near-perfect regularity ever since.

But I give that only partial credence.

I think my "SEVEN LAWS OF SUCCESS" might be applicable here.

Law No. 1 is having the RIGHT GOAL. It seems most people have no goal in life at all. They simply drift aimlessly — going nowhere in life. I started my adult life with a definite goal. I had chosen the profession of advertising and journalism. But about 50 years ago that was changed. I learned then that it had prepared me for the RIGHT GOAL, which became my LIFE GOAL — a very great commission, and it is even yet far from FINISHED. I think there is no other "secret" that has had more to do with preserving youthful vitality and zeal and keeping me alive and active more than 14 years past the supposed "allotted life span."

That life GOAL keeps me always looking FORWARD, in anticipation, not backward, living in the past. It impels me to observe carefully many of the other laws of success — the DRIVE, the resourcefulness, the endurance — sticking to it with perseverance, when many others would have given up, retired and

(See SECRETS, page 8)



TWO FRIENDS — Kenyan President Jomo Kenyatta (left) was 83 when Pastor General Herbert W. Armstrong met him at the Nairobi, Kenya, State House May 29, 1975. President Kenyatta led Kenya until his death in 1978.

Senior statesmen stand on decades of experience

By Dan Taylor

If you have any doubts about what can be accomplished in the later years of life, take a look at what these individuals have done.

Herbert W. Armstrong, 90, is pastor general and apostle of the Worldwide Church of God, chancellor of Ambassador College, editor-in-chief of four publications and ambassador without portfolio for world peace.

This information was compiled by Dan Taylor, a researcher for The Plain Truth.

Konrad Adenauer, at 87, was chancellor of West Germany.

George Burns, at 80, won his first Academy Award for his role in *The Sunshine Boys*.

Pablo Casals, at 88, was still giving cello concerts.

Winston Churchill, at 65, became prime minister of Great Britain. At 82, he wrote, *A History of the English Speaking Peoples*, in four volumes.

Benjamin Franklin, at 81, helped work out the framework of the U.S. Constitution.

William Gladstone, at 82, became prime minister of Great Britain for the fourth time.

Vladimir Horowitz, 78, still gives piano concerts, including a command performance for Prince Charles at the Royal Opera House July 19.

Herbert von Karajan, 74, conducts the Berlin Philharmonic Orchestra, which performed at the Ambassador Auditorium Oct. 27 to 31.

Jomo Kenyatta, at 71, became president of Kenya. He served until his death in 1978, at age 85.

Grandma Moses, at 100, was still painting.

Ronald Reagan, at 69, became the oldest man ever elected President of the United States.

Arthur Rubinstein, at 89, retired from his concert tours.

Frank H. Wheaton, at 101, is the active chairman of Wheaton Industries and goes to work every business day.

Active elderly brethren retain zest, vitality throughout lives

The following articles were submitted in response to a request in the Pastor General's Report.

ANCHORAGE, Alaska — No roads connect Anchorage and Dillingham, Alaska, a fishing village on Bristol Bay. So Edra Pfeiffer must travel 350 miles by jet to attend Sabbath services in Anchorage.

Because of the distance and expense, she attends services only on Holy Days or special occasions and receives tapes of the Anchorage weekly services.

The 75-year-old widow has lived in southwest Alaska since 1944 when she arrived in Dillingham as a 37-year-old unmarried nurse to work in the Kanakanak hospital.

After 2½ years of working seven days a week in an understaffed hospital, she married Paul Hildebrand and helped him run an ice cream parlor, and afterward Hildebrand's General Store, until his death six years later.

More than a year after Mr. Hildebrand's death, she married Rudy Pfeiffer. Together they continued the successful operation of the general store. Since Mr. Pfeiffer's death in 1971, Mrs. Pfeiffer has run the store herself, most of the time without any help.

Edra and Rudy Pfeiffer were both baptized in 1959 in Pasadena by Burk McNair, now an evangelist. The first minister to visit her white house overlooking Nushagak Bay was Bill Gordon, who flew to Dillingham in 1971 to perform Mr. Pfeiffer's funeral. Carol Roemer.

LOUISVILLE, Ky. — Ten years before Virgil Pryor was baptized in 1956 by Gerald Waterhouse, now an evangelist, Mr. Pryor owned racehorses and operated a roller coaster and restaurant in Los Angeles, Calif.

Mr. Pryor was in charge of seating in the dining room for four years at the Feast of Tabernacles in Big Sandy, from 1957 to 1960, and from 1961 to 1964 in Squaw Valley, Calif.

He attended Sabbath services in Los Angeles and Pasadena from 1956 to 1965.

In 1965 Mr. Pryor moved to Louisville, where he became a charter member of the congregation. He acquired the first hall for services at the St. Matthew's Women's Club Nov. 26, 1966.

The church still meets there, 16 years later. Bob Bertuzzi was the first minister to pastor the Louisville church. The congregation is now pastored by Ray Meyer.

Mr. Pryor's brother opened Pryor's Restaurants in Louisville in 1922. When Mr. Pryor moved to Louisville he worked as host in one of the restaurants until three years ago.

Now 80 and with a heart condition, Mr. Pryor keeps physically fit by riding an exercise bicycle. He and his wife Mary attend services every Sabbath and miss Bible studies only because of inclement weather. Ray Meyer.

MONTVALE, N.J. — One thing bothered Rose Chaparian after she listened to Pastor General Herbert W. Armstrong's 15-minute broadcast from Eugene, Ore., every night in 1944 — she always hungered for more.

One evening as she listened to Mr. Armstrong her husband Paul announced, "Rose, God has answered your prayers." The broadcast had been lengthened to half an hour, and since that day Mrs. Chaparian has continued to listen and believe.

Born in Novasturtun, Syria,

March 15, 1893, Mrs. Chaparian was taught about God from her father, a strict Apostolic, and her mother, a Protestant. Hers was a tightly knit family, in which little Rose was taught to bake bread in a brick oven, clean house and care for the younger ones.

At 14 she was engaged to her childhood sweetheart, Paul. Her father gave her approval to marry but not until she was 21. Paul was nine years her senior, but they were both willing to wait.

Then tragedy struck and left a mark she can never forget — her father died on a Sunday and was buried on Monday. Paul was drafted into the army on Tuesday. Rose prayed and cried all night.

The next morning her mother declared, "My poor child, you are white!" Rose's long black hair had turned almost completely white overnight.

Paul did return. Then, he came to the United States Aug. 12, 1912, and within the year sent for Rose. She sailed across the Atlantic with 12 friends and relatives Sept. 13, 1913.

She and Paul were married in January, 1914, by an Armenian minister. There were no wedding clothes, no reception and no diamond ring, but Mrs. Chaparian says, "I had a diamond husband."

Rose had left her extended family in Syria with small hope of seeing them again. Now she poured her energy into building her own family in America.

Paul was a silk weaver and they moved to where work could be found. They had settled in Paterson, N.J., when the Depression hit. They lost their house and were forced to go on relief. Yet, with only \$12 a week, they managed to meet all their expenses during those years. Rose trusted God to care for them.

Once when they went to bed hungry, she asked God to "prepare something for the morning." When they awoke, a basket of canned goods, meat, fruit, milk and bread was on their doorstep.

God brought her into His truth through her husband who, until his death in 1952, listened faithfully to Mr. Armstrong. Mr. Chaparian would remark: "This is the man God has chosen, Rose. This is His Church; don't ever leave."

Mrs. Chaparian was baptized by Bob Spence, now pastor of the St. Louis, Mo., churches, in 1966. She now attends the Montvale congregation and continues to serve the brethren and ministry by entertaining in her home with Armenian cooking.

In the past few years cataracts have claimed most of her vision. She still listens to the broadcasts, not missing a chance to hear it on radio or television.

Rose Chaparian is the embodiment of Titus 2:3-5: "The aged women likewise, that they be in behaviour as becometh holiness, not false accusers, not given to much wine, teachers of good things; that they may teach the young women to be sober, to love their husbands, to love their children, to be discreet, chaste, keepers at home, good, obedient to their own husbands, that the word of God be not blasphemed."

Talking with her is a wonderful inspiration to the younger women in God's Church. Her greatest hope is to teach in God's Kingdom.

Mrs. Chaparian has four children, 11 grandchildren and seven great-grandchildren. She lives with her daughter and son-in-law in North Haledon, N.J. Marcia Brig-gie.

PIKETON, Ohio — Mirza Dobbins keeps her home neat and clean, cooks her meals, raises a garden,

freezes vegetables and bakes bread. Not so unusual, except Mrs. Dobbins, 82, suffers from a deteriorating spine condition that inflicts virtually constant pain.

An optimistic person, Mrs. Dobbins might say, "It's so provoking not to be able to do what you like!" But that's as close to complaining as she'll get.

She first heard about Pastor General Herbert W. Armstrong in 1964. After studying the Church's literature, Mrs. Dobbins was baptized in December, 1967.

She considers her poor health a natural deterioration of a physical body, but also a tool God is using to help her develop character — "God didn't say we wouldn't have trials."

Brethren in the Portsmouth and Chillicothe, Ohio, churches check on Mrs. Dobbins and provide transportation to services and activities. The 82-year-old doesn't worry though about her personal safety. She says that as long as she does her part to be careful, God will take care of her.

If she were to have an accident at home, Mrs. Dobbins is confident that someone would "happen by," call or somehow discover the situation. Teddi Treybig.

SALEM, Ore. — Retha Dillon met Pastor General Herbert Armstrong at her marriage to Gilbert



MIDWEEK GATHERING — Senior brethren from the Pasadena Auditorium P.M. congregation listen to assistant pastor John Borax speak on living a balanced life at an Oct. 27 senior citizens' Bible study. A potluck followed. [Photo by Warren Watson]

Dillon, older brother of Mr. Armstrong's late wife, Loma, in July, 1927.

"We really did not get to know Mr. Armstrong very well until Gilbert and I moved to Portland [Ore.] in 1929," said Mrs. Dillon.

"The Armstrongs were living there at that time and were going through some very difficult times. It was just like he wrote in his book [the autobiography] or even worse."

"More than once I can remember Loma bringing the children over in the wintertime to warm them by our fire and get a little something to

eat," said Mrs. Dillon. "They were living in absolute poverty."

When Mr. Armstrong came to a knowledge of the truth he tried to preach to his in-laws. Gilbert and Retha Dillon didn't understand at first. The couple listened to the *World Tomorrow* broadcast and took the Bible Correspondence Course. They were baptized in 1957 and attended the Portland church.

After Mr. Dillon's death in 1970, Mr. Armstrong took Mrs. Dillon with him on a trip to England and Israel for the spring Holy Days.

Today Mrs. Dillon lives in her (See VITALITY, page 7)

Tragedy

(Continued from page 5)

undertaken this new and present dimension of the "great commission" that has devolved on me, for she could never have withstood the rigorous ordeal of worldwide travel I have to endure now. And I would never have left her alone at home, for I am now away about three fourths of the time.

But back to some important facts brought to light in this new book. Another trend — the experts agree — is that the divorce rate of people from 45 to 60 is rising rapidly.

And this is one factor that is contributing toward a new and growing TRAGEDY in the United States, and undoubtedly, in many other countries.

This growing TRAGEDY is the fact that 11½ million people over age 55 are living ALONE — widows, widowers and the divorced — plus a comparative few who never married.

THIS IS APPROXIMATELY ONE THIRD OF THE ENTIRE U.S. POPULATION ABOVE 55!

In March, 1971, there were in the U.S. approximately 11 million married couples, or approximately 22 million people above age 55, who were married. But approximately 11.5 million people above 55 were single and ALONE. Of these, for every single man, there were FOUR single women above 55 living alone.

When God said, "It is NOT GOOD that the man should be alone," woman had not yet been created. It was for that very reason — that it was NOT good that one should be alone — that God created WOMAN. If it is not good that a man should be alone, the same applies to a woman.

The enormity of this growing

tragedy becomes all the more apparent when we consider that this is a GROWING condition. Dr. Peterson's book states that in the U.S. within two decades HALF the total U.S. population will be over 50 years old.

For this very reason, he says, it is very important that the myths about "old age" be exposed and eradicated from the popular mind. These, he says, are myths that are DESTROYING the lives of people above 55.

The Peterson and Payne book gives a breakdown on the single persons left ALONE past age 55, as of March, 1971. There were approximately 8.3 million widows, 1.7 million widowers and approximately one million single women who had been divorced and a half million single men because of divorce. This totals the tragic number of 11.5 million people over 55 who are single and most living ALONE — slightly more than half as many as were married.

The book points out that every human being — male and female alike — NEEDS love and affection. And this applies to infants in their first year who need and thrive on affection and love expressed by parents. Growing children NEED not only companionship and guidance (yes, and discipline exercised with wisdom), but also love and affection from parents. No one questions the need for romance sure to be sought by or before the early and mid-20s. Companionship, with the expression of affection and love, is necessary, even as an emotional and spiritual FOOD throughout marriage — which, IDEALLY, should last throughout life, regardless of age.

The "GREAT MYTH," as I would phrase what is the great concern expressed by Dr. Peterson and Payne in *Love in the Later Years*, is the general

supposition that romance, love, and affection are appropriate and even needed in the 20s, but by middle age or after they are ridiculous; that by middle age people are not supposed to retain energy, vigor and active-minded accomplishment. Companionship, love and affection are the very FOOD for an energetic and dynamic success built through the 20s, 30s and 40s, and perhaps even into the early 50s, but after that people are supposed to become senile, sexually indifferent, impotent, frigid and completely useless. They are supposed to retire and sink into helplessly uselessness.

It is precisely because so many going through the 20s to and through the 50s think that is what they are SUPPOSED to do that they bog down and live up to the enslaving MYTH!

People seem to assume that after the 50s the human mind is supposed to decay. Perhaps some few, accepting the myth, have bogged down and grown senile. That is a tragedy. It happens only to the mind that has not been USED. A mind IMPROVES with use and age. Wisdom comes with experience and AGE.

In my personal experience — and why shouldn't I share the benefit of that experience and knowledge with my millions of readers? — I have produced my greatest accomplishments since I hit the calendar age of 80. Of course that's not my actual age — only what the calendar says. The most important KNOWLEDGE has been learned since then. I speak today with more vigor, effectiveness and power than in my 40s.

Yes, as a man THINKS in his heart, so is he.

More power to Drs. Peterson and Payne, and to other researchers, in their efforts to abolish the satanic MYTH!



BLIND MEMBER — Uldine Jesse Thelander, 84, types on a braille writer in her home in Boise, Idaho. (See article, this page.) [Photo by Barry Baker]

Vitality

(Continued from page 6)

Salem home and attends the Salem church. Her mother, 96, stays with her part time. Mrs. Dillon keeps busy knitting toys and animals for children. In addition to her two children, she has eight grandchildren and nine great-grandchildren.

"I don't get to see Herbert very much anymore," says Mrs. Dillon, "although whenever he is in the area he always makes sure that we get to visit." *Rex Sexton.*

BOISE, Idaho — Uldine Jesse Gartin was born Jan. 13, 1898. Her failing sight was noticed when she was 4 and by high school she was legally blind. She was totally blind when she was graduated from the College of Idaho.

After graduation she taught country public school, which included first through ninth grades.

She was instrumental in helping the state of Idaho establish a commission for the blind in 1967. She worked 22 years as an instructor for the adult blind. Her work required travel, which she did with guide dogs.

On behalf of the blind, she served at conventions in Washington, D.C., Seattle, Wash., Philadelphia, Pa., and New York.

She married E.V. "Vic" Thelander, one of her blind pupils, in 1964. Together they traveled to conventions for the blind, until Mr. Thelander died in 1970.

Mrs. Thelander started attending Sabbath services in 1966 and kept Festivals in Tucson, Ariz., Fresno, Calif., Salt Lake City, Utah, and Spokane, Wash.

In spite of her blindness, arthritis, heart condition and hearing problems, Mrs. Thelander still shows a willingness to encourage others with cheerfulness and a spice of humor. *Jeff McGowan.*

SEATTLE, Wash. — In the fall of 1981 a three-phase project was proposed to brethren of the Seattle church, pastored by evangelist Dennis Luker. The goal of the project was to dispel false ideas about the elderly and bridge the gap between older members and those having difficulty communicating with them.

Another goal was to make available to the brethren the vast storehouse of information gained by older members through lifetimes of experience.

The initial phase became known as the Seniors' Biography Project, a looseleaf book containing the bio-

ographies of more than 40 senior members 65 or older in the Seattle church. Workshops were conducted to teach volunteers fundamentals of writing and interviewing.

Photographs were taken of each senior citizen, completing the book. The looseleaf form was chosen so additional biographies could be

(See VITALITY, page 8)

Best insurance against disease

Eating right can enrich your life

By Sandi Borax

We all grow old — physically we are aging, day to day, nothing can change that. But we can affect the way that we age and how long we live by what we eat.

According to Mary Hegvold R.D., chairman of the Pasadena Ambassador College Home Economics Department, diet is a factor in longevity. And not only will a balanced diet of nutritious foods contribute to length of life, it will produce healthful later years and cut down on the diseases that plague the elderly.

Proper dietary habits require effort no matter what age. As we get older, dental problems, decreased mobility and increased digestive problems can limit the types of foods that we can eat.

Scarce transportation for grocery shopping, lessened interest in the taste of food and a lack of knowledge of food preparation make it harder for many to prepare appealing, nutritious meals.

Instead the "tea and toast" or "coffee and pastry" type diet is substituted, sufficient in calories, but void of real nutritious value.

Poor nutrition is a major factor in osteoporosis, a weakening of the bones common in women and in cases of certain types of anemia. It contributes to the severity of nearly every known disorder.

A balanced diet throughout life is the best insurance against diseases. But, even after having practiced good dietary habits, other changes also may be necessary as we grow older.

Our bodies become far less active and our metabolism rate (rate at which our bodies burn calories) slows. Fewer calories are needed to fuel the body, but its nutrient needs remain the same, and may even increase, in women past menopause.

Eat foods packed full of nutrients — there is no place in the diet for "empty foods" that contribute little

Seasoned senior brethren offer 'steadying hand of experience'

By Michael A. Snyder

Do you younger members find it difficult to get to know the older people in your congregation? Perhaps you have tried, but with only moderate success.

Most of you have experienced, to one degree or another, the satisfaction of serving the senior members of God's Church.

But comparatively few have really understood and fully reaped the rich rewards of a proper relationship between God's elderly and younger brethren.

The Bible commands us to "rise in the presence of the aged, show respect for the elderly and revere your God" (Leviticus 19:32, New International Version).

The apostle James wrote for us today, when he said: "Pure and undefiled religion before God . . . is this: to visit orphans and widows in their trouble, and to keep oneself unspotted from the world" (James 1:27, New King James Version throughout unless noted).

Combating world's influence

Much of Western society favors the young. Advertising includes or promotes the desirability of youth. Electronic media tilt programing toward those who are younger. Too many organized social events exclude the interests of the elderly.

Why? Because society ignores an

important principle: "Wisdom is with aged men, And with length of days, understanding" (Job 12:12).

For thousands of years, successful families practiced the principle that "age should speak, and multitude of years should teach wisdom" (Job 32:7). While many Western nations ignore this, other societies continue this practice and prosper.

This article was compiled from Worldwide News interviews with evangelists Joseph Tkach, director of Ministerial Services, and Herman L. Hoeh, editor of The Plain Truth, as well as material from a July Christian leadership continuing education class at Pasadena Ambassador College.

Carn Catherwood, regional director of God's Work in Italian-speaking areas, taught the class.

God knew that this principle would strengthen and enrich our lives. He included it in His outline of sound and successful living — the Ten Commandments — one of which is: "Honor your father and your mother" (Exodus 20:12).

The apostle Paul reinforced this instruction in the New Testament when he wrote the Ephesian brethren to "honor your father and moth-

er . . . that it may be well with you and you may live long on the earth" (Ephesians 6:2,3).

But today the world subtly influences those countries that profess the word of God and even members of God's Church to ignore this vital principle.

The key to combating this is: "Do not forget to do good and to share, for with such sacrifices God is well pleased" (Hebrews 13:16).

Exchange time for knowledge

To develop and benefit from a proper relationship between the young and old in God's Church, there must first be communication and fellowship.

Older brethren have the responsibility to share their experiences in an interesting manner that younger people can relate to.

Often, as a result of society's pressures, the elderly begin to think of themselves as old and uninteresting. This attitude is dangerous and untrue, and it can become a self-fulfilling prophecy if one is not careful.

If seniors aren't wary of this, they might focus excessively on the past, reliving over and over again past experiences.

We must never stop learning and developing our minds, no matter at what age, adding to our wealth of experience.

Senior brethren have a commanded responsibility to enrich the lives of physically younger brethren.

As the apostle Paul pointed out, senior women are "to teach what is good, and so train the young women to love their husbands and children, to be sensible, chaste, domestic, kind and submissive to their husbands, that the word of God may not be discredited" (Titus 2:3-5, Revised Standard Version).

Senior men are often spoken of in the Bible as standing in the gate (see Ruth 4:11, Proverbs 31:23), where the important business and affairs of the city were conducted. The elderly were consulted and they provided a steadying hand of experience.

God does require, of course, a little sacrifice of the self to receive the benefits of this steadying hand of experience. It's simply the sacrifice of a little time.

Younger brethren must make time available to listen to and sift through the experiences and advice of the older brethren.

The value of senior men and women is clearly seen in the accomplishments of several 20th century leaders (see article, page 5).

In Clarence B. Randall's book *Sixty-Five Plus*, he notes the example of the late British prime minister, Winston Churchill: "His life reached its greatest usefulness at 65 plus; and then went on growing through 75 plus. At 40 he was bold, but reckless, facile of speech, but unseasoned in judgement. Not until his very senior years did he reach the unshakable peak of leadership" (page 11).

The same is true of senior men and women in God's Church today. But without a concerted effort to fellowship together and exchange these experiences and tested knowledge, younger brethren allow valued information to slip through their fingers.

Through service opportunities, younger brethren can serve and honor both their physical family elders and spiritual elders in the Body of Christ. By providing transportation, physical labor for various jobs and most of all a ready ear, younger brethren can enrich their lives and benefit from the experiences of the elderly.

but calories.

Eat foods from each one of the food groups: milk and dairy products, fruits and vegetables, meat and poultry, and breads and cereals. These groups allow for variety and substitution.

One is not restricted to milk only to fulfill the calcium requirement; cheese, yogurt or fish with the bones mashed are fine substitutes. If one food is not easily digested or chewed, another food from the same group can be substituted.

Stews and casseroles are ideal for one or two persons because they are easy to prepare, provide a variety of nutrients, and can be easily stored. Puree them to make a variety of soups for those who have difficulty chewing solid food.

Eating should not become a drudgery. The sensitivity of the taste buds may decrease with age. Compensate for this by using herbs such as basil, marjoram, rosemary and thyme to enhance the flavor of meat and vegetable dishes. Also, don't overcook vegetables — over-

cooking causes a loss of nutrients and adversely affects flavor.

Avoid fad diets at any age. Don't try to lose weight on crash programs. To deprive your body of nutrients or even adequate calories is dangerous. Include plenty of liquid in your diet to aid elimination.

Nearly as important as what you eat is how often you eat. Eat at least three regular meals a day, possibly as many as five. Frequent, small meals provide your body with continuous energy, and evidence indicates that a person is less likely to store fat than if larger amounts of food are eaten less frequently.

What are the responsibilities of friends and relatives of the elderly? At the risk of being nosy, find out if they are eating well.

If you live nearby, help with transportation to the store and with the shopping. If not, find someone in the area who can be relied on to do this consistently.

It takes effort to improve eating habits, but a longer, healthier, more productive life is worth it.

Discover creative paths leading to hidden talents

By George Hague

At 82, Benjamin Franklin helped draft the Constitution of the United States. At 78, Vladimir Horowitz gives piano concerts regularly. History is rife with examples of the productivity and creativity of people well past their threescore and ten.

In our Western society people are often forced to retire at an early age. That should be no reason, however, to stop learning and developing talents and interest, especially for those in the Church with the knowledge of God's master plan for humanity.

"Retired people can perform voluntary public service to libraries, hospitals or used clothing outlets," suggested evangelist Herman L. Hoeh, *Plain Truth* editor. "Senior citizens can enrich the lives of others in the community this way."

Evangelist Joseph Tkach Sr. recommended organizing activities in local church areas. "I know many brethren, some even with handicaps, who started crocheting, sewing or making knickknacks in their later years," said Mr. Tkach.

Evaluate your interests. Perhaps (See PATHS, page 8)

Step up to right exercise: tonic for mind and body

By Jeff Zhorne

How healthy are you at age 60, 70, maybe even 90?

A 1981 survey found that 46 percent of Americans were paying more attention to their health — more exercise and better nutrition. How about you?

Chances are that, as you grow older, you don't exercise as much as you used to. Neglect of exercise, however, causes the body to deteriorate physically as it grows older.

Though muscle strength and elasticity tend to diminish with age, studies indicate that exercise, along with good diet, can play a big part in preserving strength and tone of muscles, improving movement of joints, stimulating circulation and aiding in both digestion and elimination.

The U.S. surgeon general, in a *Report on Health Promotion and Disease Prevention*, stated: "People who exercise regularly report that they feel better, have more energy, often require less sleep. Regular exercisers often lose excess weight as well as improve muscular strength and flexibility."

Hans Kreitler of the Tel Aviv, Israel, University Department of Psychology did a study called "Movement and Aging." Dr. Kreitler found that older people who are habitually inactive "turn inwardly against themselves and suffer depression, insomnia and fretfulness."

"Aches and pains in the muscles," says Raymond Harris, president of the U.S. Center for the Study of Aging, "low back pain, high blood pressure, coronary spasm — all may benefit from proper exercise programs."

Studies at Duke University in Durham, N.C., showed that exercise increases the body's ability to dissolve blood clots that often contribute to heart attacks and strokes.

Stress, which some scientists believe may be responsible for more illness than any virus, is also alleviated by exercise. Exercise provides an effective outlet for pent-up energy and frustration and, in doing so, dissipates stress.

Teeth, joints, muscles and arteries cannot, of course, be restored after a lifetime of indifference. Natural physiological changes occur with aging: bones become more brittle, the blood supply has a more difficult time reaching critical organs (including the brain) and muscles lose the spring and elasticity they once had.

Some elderly persons are incapacitated, infirm or perhaps otherwise restricted in performing certain exercises. Walking may not even be safe in some areas.

But, the fact remains that exercise is an investment in health. Exercise should be done under the instruction of a recognized authority who can tailor programs for each person that include specific types of exercise and how much is recommended.

"There's no question that [older adults] can start an exercise program at any age and gain benefits," states Robert Wiswell, research associate at the University of Southern California. "The process should be slow and deliberate."

If someone has not exercised in 30 years, he won't be able to run a marathon after a month of training, he adds, but steady workouts bring top results.

Dr. Wiswell said swimming is best because it reduces strain on joints. There are hundreds of activities possible for physical fitness.

Dr. Nagler stresses the importance of realistic exercise goals. He advises long walks. "Walk at a brisk pace with swinging arms," he says.

"Walking, wherever pursued, has a tonic effect on the mind, body and spirit. With a frequently changing

pace... the blood is effectively squeezed upward through the valves in the veins of the lower extremities, back toward the heart, enriching the entire circulation system with oxygen and other nutrients, enhancing respiration and tranquilizing the most jaded spirit" (*Be Alive as Long as You Live*, Lawrence J. Frankel). Older persons should remember to warm-up longer and cool down more after finishing a workout.

Several books describe exercises, many of which can be performed right in your home: *Aches and Pains — How the Older Person Can Find Relief Using Heat, Massage and Exercise*, by Robert Bristow; *Be Alive as Long as You Live*, by Lawrence J. Frankel; and *Games, Sports and Exercise for the Physically Handicapped* by Ronald C. Adams.

Vitality

(Continued from page 7)
written as Church members reached age 65.

The second and third phases of the project consist of a visiting and moving program involving senior members and giving others the opportunity to get to know the seniors. Copies of the book of biographies are available in the Seattle church library. *Beverly Pronishan*.

EDGEMONT, S.D. — What was life like in one of America's last frontiers? Breaking sod, building homes for other homesteaders and raising livestock were more than just chores. In 1924 they meant sur-

Secrets

(Continued from page 5)
decided they were too old to stay on the job.

Law No. 2 is proper education to achieve the goal. Part of this education blends into the third law — maintaining GOOD HEALTH. Without good health one can accomplish little. I make it part of my education to study the factors that maintain good health. I learned that we humans are just what we eat. We came out of the ground. We are maintained by food that grows out of the ground. I learned that some famous doctors say that approximately 90 percent of sicknesses and diseases are caused by faulty diet. So I studied, many years ago, to learn about nutrition and diet. I try to avoid excesses of starches and the carbohydrates. I learned that different people are of different chemical composition, and that is why one man's meat is another man's poison. I learned that I am a combination of chemical constituencies, but that calcium seems to dominate. Therefore I have tried to always consume a reasonable amount of milk, cheese, butter and other milk products, because they are strong in calcium. Could that be the reason I have not had to see a dentist in the last 50 years? — although I did, prior to learning this point of health.

I haven't followed a PERFECT regimen of diet, but I'm sure I have been more careful about the food I eat than most people. Traveling almost constantly



HOMESTEADERS — Harry and Marie Sheaman, who braved America's frontier by homesteading in Mule Creek Junction, Wyo., in 1924, remember when Pastor General Herbert W. Armstrong's broadcasts in the 1950s "tromped" on their toes. They sold their ranch and now live in Edgemont, S.D.

vival for Harry and Marie Sheaman of Mule Creek Junction, Wyo.

The Sheamans' homestead eventually grew from 320 acres to 1,000 acres. (A homestead consisted of 320 acres, and after three years, ownership was transferred to the homesteader.)

They survived the Great Depression by eating produce grown by Mrs. Sheaman's father.

After buying a radio in about 1950 they started listening to Herbert W. Armstrong on *The World Tomorrow*.

"Mr. Armstrong tromped on my toes real hard," said Mr. Sheaman.

In 1955 they began receiving *The Plain Truth*, and Mrs. Sheaman began tithing. "That's when I first noticed we started coming out of debt," Mrs. Sheaman said.

Frank McCrady Jr., now pastor of the Long Island and Manhattan, N.Y., congregations, and David Albert, now a faculty member at Pasadena Ambassador College, baptized them June 20, 1962.

They attended the first Rapid City, S.D., Bible study in 1963. They were also there in 1970 when the Bible study became a church area.

Mr. Sheaman is 82 and his wife 77. Though they sold their ranch, they are still nearly self-sufficient in food production.

What is there to look forward to for the Sheamans? There is no doubt in their mind. "We're waiting patiently for the Kingdom of God," said Mr. Sheaman. *John W. Jarrett III and Douglas Johanssen*.

VANCOUVER, B.C. — At 92

these days, I am careful to eat only in the best hotels and restaurants, and I do not sample the strange foods of other nations, but stay on the plain and simple diet I've accustomed myself to these last 50 years.

Part of my education about health has been to try to get the right amount of sleep and exercise (although I haven't been getting in as much of that as I need recently), and to get plenty of fresh air and water. In traveling in faraway parts of the world, I stick pretty closely to bottled drinking water.

Education is something one must pursue all his life, if he expects to maintain efficiency, youth and longevity. I have always, therefore, kept my MIND ACTIVE. And that undoubtedly has contributed greatly to still being spry and active at 84 (calendar age).

This GOAL has served to prod me constantly in the fourth law of success — *drive!* I've kept a determined prod on myself all my life, to drive, *drive, DRIVE* myself on. "Aren't you going to wear yourself out and shorten your life doing that?" one might ask.

NEVER! A person can RUST out and into an early death, but, as long as I get sufficient rest and sleep and necessary short periods of relaxation, I shall never WEAR myself out. Along with this goes DETERMINATION. Often, when I feel like letting down, I have to use determination and FORCE myself to keep DRIVING on!

The combination of all these things has helped me to practice the fifth law, *resourcefulness*.

The sixth law is PERSEVERANCE — "stick-to-itiveness." Never give up; never just lie down and quit! Many a time I've felt like it. Sometimes I have given up and quit at bedtime, but after a night's sleep it's all a NEW BALL GAME, and next morning I'm plunging into it with renewed vigor and enthusiasm!

Then comes the most important of all, the seventh law, which is the guidance of, and faith in, and reliance on God the Creator. I'm in constant contact with Him all the day long — EVERY DAY! I seek His guidance constantly. I seek and rely on His HELP, His DELIVERANCE from troubles, His PROTECTION from physical harm. Things have happened I can ascribe only to presence of an invisible angel. But perhaps the greatest "secret" of all is that I rely on Isaiah 40, the last four verses. These verses constitute a PROMISE from God, and I apply them and RELY on God to keep His promise! Many times when people ask me, "How do you do it?" or "What's your SECRET of such youthful vigor and such long life?" I just tell them, "Read the last four verses of Isaiah 40. You'll find it there!"

Of course God expects us to do our own part. He does for us what we can't do for ourselves! But when you put BOTH together — your own best and add what God can do that's beyond what you can do — you've got a combination that PAYS OFF!

Those are my "secrets." If they have helped some of my readers, I'm very happy indeed!

Florence Howden has put more than 550 miles on her exercise bicycle, keeps physically fit in a calisthenics class, which she organized five years ago and walks up to a mile a day.

Miss Howden regularly attends Bible studies and Sabbath services here. She heard about God's Church from her nephew, Bill Leeder, a deacon in the Abbotsford, B.C., church. She was baptized in 1976.

For 25 years Miss Howden taught home economics at King Edward High School in Vancouver. Her initial salary was \$2,000 a year, but it dropped to \$1,800 during the Great Depression. In 1930, she started a cooking class for boys, the first of its kind in Vancouver.

She served as president of the Home Economics Association of Canada and the Vancouver chapters of the Daughters of the Empire and the United Empire Loyalists. She declined the presidency of the Canadian Association of Consumers, however, to care for her sister Eva, who was stricken by polio.

Surveying her life, Miss Howden emphasizes not complaining. "You don't get anywhere doing that," she says. "I took what I was given to do in stride and worked at it." *Fred Whitehead*.

(See VITALITY, page 10)

Paths

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you are keen on history, creative writing or photography. What about your hobbies? Maybe you weren't able to delve into these activities when you were working full time.

Maybe you'd like to develop a new interest. How do you begin?

You can find information on almost any subject at the public library. Bookstores have hobby and special interest sections. Don't forget the possibility of taking a class that interests you. Check a public library or community college for continuing education classes. Oftentimes, you'll be surprised to find the number of others your age attending.

One of your hobbies could even serve as exercise. For example, bicycling or fishing.

It's been said that the more the fisherman knows about his art, the greater reward it will afford him. Try applying that to golf, bowling, painting, wood carving, chess or card games.

Study subjects that interest you — botany, art, music or history. Learn another language. Don't study like it is work. It's an opportunity to enrich your life. If failing eyesight or hearing is a problem, check with your library to see what audio or visual services are available or ask a Church member to

(See PATHS, page 9)

LOCAL CHURCH NEWS

CHURCH ACTIVITIES

ADELAIDE, Australia, brethren celebrated the church's 10th anniversary Sept. 18. After services sparkling wine was served, and the person who has been a Church member the longest, Bill Piercy, cut a 21-pound cake, which was in the shape of a Bible, and led a toast. Guy Ames was the first resident pastor, and Kerry Gubb is the present pastor. *Chris Schutz.*

JACKSONVILLE, N.C., brethren met at Emerald Isle Oct. 17 for a day of surf fishing. Two three-pound blues were caught early in the day. *JoAnn Winn.*

Twenty-one members of the Alpha Charlie Amateur Radio Net, with families and friends, attended a get-together at the Black Angus restaurant during the Feast in TUCSON, Ariz., Oct. 4. The net has 160 members in North America, with 11 scattered around the world: South Africa, one; Ireland, one; Australia, five; New Zealand, one; Sweden, one; England, one; and Germany, one.

Interested amateur radio operators can join the net. The main schedules are: Sundays — 14.327 MHz, 1600 GMT, NCS-KBSMF; daily — 7.230 MHz, 0200 GMT, NCS-N6SN; and Mondays, Tuesdays, Thursdays — 7.237 MHz, 0300 GMT, NCS-WB4HSR. Write: Garland Snuffer, Ambassador Amateur Radio Association, 300 W. Green St., Pasadena, Calif. 91129.

Brethren of the TUGUEGARAO and SANTIAGO, Philippines, churches spent a seven-hour trip to the Feast site in Baguio City, Philippines, on a chartered bus appreciating the scenery along the way. At the seniors' night during the Feast, Frue-

tuoso Soriano, aged 80, was honored. On Oct. 8 the brethren had a get-together at pastor Felipe Casing's cottage. Meals served by Manuela Mina and Lolita Martin and their group concluded the day's get-together. *Maximino R. Pagulayan.*

CLUB MEETINGS

The first CHICAGO, Ill., WEST Ladies' Club meeting of the year was Oct. 18, at which time Church member Doug Metz gave a talk on diet and nutrition. Refreshments were served afterward. *Dolores Coco.*

The EDMONTON, Alta., Spokesman Club had its first meeting of the year Oct. 17 at the Don Larsen Building. Codirector Gordon Graham welcomed the 30 members, including 14 first-time members. President Sait Balroop outlined the club program, and members introduced themselves. After a break for coffee and doughnuts toastmaster Tom Huber led the speech session. Speeches were given by the officers: Mr. Balroop; Gerry Brown, vice president; Ben Hofer, treasurer; Gary Schultz, sergeant at arms; and Gerry Sinkler, secretary.

In his overall evaluation Mr. Graham stressed proper club dress and the finer points of topics mastership and toastmastership. Awards were presented to Mr. Schultz, Most Effective Speech; Mr. Brown, Most Improved Speaker; and Don Bergstrom, Most Helpful Evaluation. *Gerry Sinkler.*

Sons of MELBOURNE, Australia, NORTH Graduate Club members accompanied their fathers to a father-son evening Sept. 21 with the theme of Christian manhood. Graeme Morris led

the topics session, and Jim Murray was toastmaster for speakers Richard Nankivell, Barry Rice, Kelvin Tennant and Ian Watson. In his closing comments director Brian Orchard exhorted the members to display a positive can-do attitude, give attention to physical strength and energy and to set a masculine example for their children. *Heikki Murto.*

SINGLES SCENE

The DES MOINES, Iowa, "Singles in September" Labor Day weekend Sept. 3 to 6 at the Iowa 4-H Camping Center attracted 152 singles from nine states for a weekend of varied activities, including archery, Bible studies, canoeing, dancing, rappelling and swimming. Evangelist Herman Hoeh spoke at the Sabbath services and two Bible studies. Before he departed Dr. Hoeh was presented with a book on Iowa and a thank you card signed by the singles. Nora Wanamaker, 95, was the oldest single present at the weekend activities. *Michael G. Bacon.*



BUMPER CROP — Five baby boys received the blessing of little children in the Chico, Calif., congregation Oct. 23. They were born in a six-week period after the 1981 Feast of Tabernacles. Mothers with their children are (from the left): Linda Strong and James, Lisa Segall and David, Melinda Johnson and Russell, D.J. Dunlap and Zachary and Melinda King and Justin. (Photo by Dean King)

SPORTS

Ten teams saw action Oct. 16 at the OKLAHOMA CITY, Okla., church's

family volleyball evening. Four men's, three women's, one YOU and two peewee teams played round robin games at the gym facilities of El Reno Junior College in El Reno, Okla. Games are scheduled for every other Saturday evening until basketball season begins. *Mike Crist.*

YOUTH ACTIVITIES

GRAND JUNCTION, Colo., pre-YOU children and their families who attended the Feast in Tucson, Ariz., enjoyed a trip through Reid Park Zoo Oct. 3. Leading the safari were Al Chandler and Bill Ladd. Afterward the group headed for Farrell's Ice Cream Parlor for an ice cream and cake party. *Diana Ladd.*

RED DEER and **WETASKIWIN**, Alta., pastor Will Wooster and his wife Linda played host to a supper for about 80 YOU members and parents at their home in Blackfalls, Alta., Oct. 16. Mr. Wooster conducted a Bible study on the background and scriptures used in Handel's *Messiah*. Pointing out the scriptures used in each segment, Mr. Wooster then played the segment. *Jeanette Engblom.*

CHECKLIST FOR CHURCH NEWS WRITERS

Since "Local Church News" is such a great way for you to let others know what's happening in your area, here are a few helpful suggestions in telling your story. You can use this as a checklist whenever you are the reporter for a big happening in your area.

1. Include your complete name, address and phone number on the article itself (not just on the envelope or accompanying letter).
2. Include date and location of the event in the article. Reports lacking the date of the event cannot be run.
3. Give complete, accurately spelled names of all people mentioned. Include first and last names.
4. Label pictures. Identify people in the photo, tell what's happening and give the photographer's name.
5. Write in the third person; use *he, she, they, not we or I*.
6. Type article or print legibly. Always double-space.
7. Reports must be postmarked no later than 14 days after the event takes place.
8. Be creative, but brief! Tell the story in 250 words or less.
9. Be sure to include your *WN* or *Plain Truth* mailing label.

Paths

(Continued from page 8)
read to you.

How do you know you can't learn until you try? And if you try and succeed, you have developed a skill or accomplishment that can break what may be a monotonous life pattern.

Not to leave out television. You can make television watching an art rather than a careless flipping of the dial. Check out TV guides; they keep you informed about coming educational features, drama, travel, documentaries and news.

If collecting stamps, coins, books, china or other things sounds boring, try narrowing your field. For example, in a general stamp collection every stamp qualifies. But collecting stamps of only one country or

one period of history or on certain topics can be more exciting.

The same is true of books. The narrower the field of collecting, the more fun and stimulating it can be.

If you already have a specific interest or hobby, why not use it to help others? If you sew, knit or crochet, but do not need clothes for yourself, make gifts for families in your area who could probably use the articles. Young people newly married or with small children are usually happy to receive such items.

Maybe you could grow extra vegetables in your garden. Fresh, garden-grown vegetables are always appreciated by others.

Don't let this world's system of retiring people just as they have acquired valuable wisdom and experience keep you from following God's exhortation to grow and endure to His Kingdom.



READY RESPONSE — Melbourne, Australia, North Graduate Club members respond during the topics session of a father-son evening Sept. 21. (See "Club Meetings," this page.) (Photo by Norm Smith)

Reduce injury risk for elderly by employing safety standards

By Debbie Yavelak

Falls are second only to automobile accidents as the most common cause of accidental death among persons age 65 or older.

Of these, more than 60 percent occur in the home. Most could have been prevented if proper safety precautions had been taken.

Safety precautions include the construction of the home itself, placement of emergency exits and electrical system design. These are probably not within your control, but there are things you can do to make your home safer.

According to the National Safety Council, the bedroom is by far the most dangerous room for the elderly. More than 50 percent of all accidents in the home occur here.

Particular care should be given to the floor and rugs. Watch out for loose boards or warps that cause sudden changes in floor level. If no rugs or coverings are used, be sure the floor itself is not too slippery from waxing.

Rugs should lie flat on the floor and be firmly tacked down or have a rubberized backing to avoid slipping.

Each room should have at least one permanent lighting unit with a wall switch control at each room entrance. A night light or flashlight can help prevent falls.

If you must use extension cords

don't put them in paths where people walk. Be sure not to overload them either. Some recommend not using extension cords.

Bedrooms are especially dangerous at night. Plan in advance for an emergency, particularly a fire.

Clear stairs, doors and hallways to allow easy passage. Stairways should have handrails on each side. Furniture (as well as draperies and carpets) should be made of non-flammable or flame-retardant fabric, be easily movable and not have sharp edges or corners that could cause cuts or bruises.

Allow for easy escape by not blocking windows with plants, air conditioners or other items. Plan an escape route or plan of action before tragedy occurs.

Kitchens, with electrical appliances and household cleaning agents, are also hazardous. Sliding doors on cabinets are preferable, but if they are the vertical pullout type, they should not project into traffic lanes or be left open.

Keep pots and pans in low cabinets near the area where they'll be used. This prevents accidents caused by stepping on chairs or reaching for items above eye level.

Adequate ventilation will remove a possible accumulation of gas as well as cooking odor.

Food should be kept completely away from cleaning agents, insecti-

cides and other harmful chemicals.

Bathrooms can be hazardous because of a combination of water and electricity. To prevent bathtub or shower injuries, install a grab bar along the wall and a nonskid mat on the floor of the tub.

Bathtub seats are available for those who find it difficult to sit and rise from the tub.

Shower and tub enclosures should be made of shatterproof plastic, safety glass or wire.

To prevent scalding or frigid water from the shower head, a temperature regulating valve can be used.

Because of the possibility of accidents, the bathroom door should be able to be unlocked and opened from the outside.

Another source of danger in the bathroom is the supply cabinet. Put consumable liquids in separate cabinets than bathroom cleaners and other nonconsumable items. Or cover them with fluorescent tape or some other item to distinguish them in the dark.

Avoid accidental poisonings. Keep your eyes open to potential safety hazards and correct them immediately. Preventing accidents is better than responding to them after they occur.

If all of these tips are followed, homes will be safe for older and younger family members.

FOCUS ON YOUTH

YOUTHS HONORED

KAMLOOPS, B.C. — Victoria Clowater, 15, was honored June 17 for having a B-plus average and perfect attendance for three consecutive years, by the MacArthur Park Junior Secondary School.



VICTORIA CLOWATER

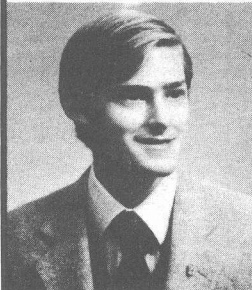
Vicky was named to the principal's list and was honored with 16 other students at a banquet attended by teachers, parents and guests.

Vicky has had a paper route for five years and has won prizes for diligence on the job. She was goalie for her school's field hockey team for two years. She is the daughter of Mr. and Mrs. Corry Clowater.

KANSAS CITY, Kan. — Angela Gilley, 13, daughter of Harvey and Patty Gilley, was named a member of the Zonta Chapter of the National Junior Honor Society of Secondary Schools May 17. Membership is based on scholarship, leadership, service, character and citizenship.

Angela attends the Olathe, Kan., church with her parents, sister and brother.

TOPEKA, Kan. — Paul D. Briscoe, 18, was named a semifinalist in September for the 1983 National Merit Scholarship competition. Paul, who attends Highland Park High School, was the only representative from his school.



PAUL D. BRISCOE

The semifinalists nationwide represent the top half of 1 percent of each state's high school senior class. Winners of the National Merit Scholarships will be announced in the spring.

Paul also is a delegate of the Model United Nations at Emporia State University and Washburn University, the Student Association parliamentarian and a contributor to *Looking Glass*, the literary magazine of his high school.

Besides being vice president

of the National Honor Society at his school, he is also treasurer of the Topeka chapter of Youth Opportunities United (YOU) and participated in the Bible bowl, basketball and track teams.

PORTLAND, Ore. — Stephen Hailey, 12, and two friends, ages 12 and 13, appeared as witnesses in Multnomah County Circuit Court, Aug. 11.

Their testimony resulted in the conviction of an 18-year-old bicycle thief. Last May the three boys saw the suspect steal Stephen's bicycle. Their action resulted in the thief's arrest about two hours later.

The judge complimented all three boys on their testimony, which remained clear and concise despite heavy questioning from an attorney.

Stephen attends the Portland East congregation with his parents.

PIASA, Ill. — Leah Maddox, 9, took second place in the talent contest at the Jersey County Fair, Jerseyville, Ill., July 7.

Dressed like a cowgirl, she performed a Mac Davis song, "It's Hard to Be Humble." Leah attends the St. Louis, Mo., church with her parents Mr. and Mrs. Ben Maddox.



DALE POPE

GAINESVILLE, Ga. — Dale Pope, 20, received an outstanding academic achievement award May 3, presented only once in the past three years.

Dale also received a letter of commendation from Zell Miller, lieutenant governor of Georgia, who expressed his appreciation for Dale's accomplishment.

Dale attends the Gainesville church with his mother, Maxine Pope.

MASSILLON, Ohio — Joe E. Wengerd Jr., 12, son of Mr. and Mrs. Joe Wengerd, was chosen as carrier of the month of June for *The Evening Independent*.

He has been a paper carrier to 50 customers for three years. Joe received a \$50 United States savings bond and a letter of congratulations from Congressman Ralph Regula.

Joe attends the Canton, Ohio, congregation with his parents.

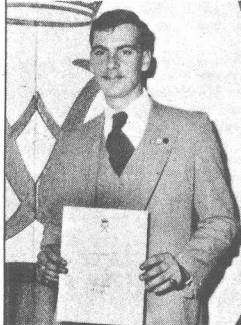
RUSHVILLE, Ill. — Polly Royer, 16, was inducted into the National Honor Society at Rushville High School April 16.

Members are chosen on the basis of scholarship, service and character. Polly is rated scholastically among the top 15 students in her class of 109. She attends the Macomb, Ill.,

church with her mother Clarene Royer.

SEDRO-WOLLEY, Wash. — Adiel Anneberg was the winner of a "What America Means to Me" essay contest sponsored in May by the Anacortes, Wash., Emblem Club.

Adiel, a fifth grader, read her winning essay to the club, after which she was presented a check for \$75. Adiel attends church here with her parents Mr. and Mrs. James C. Anneberg.



ANDREW PITT

SYDNEY, Australia — Andrew Pitt, 20, was presented the Gold Duke of Edinburgh's Award by James Rowland, governor of New South Wales, Australia, June 28.

To receive this award Andrew had to achieve proficiency in five divisions: expedition and exploration, hobby and interest, social activity, community service and residential course.

Andrew started the awards program in 1978 and completed it in 1981. Having qualified for the silver award in 1979, he moved on to the gold. Each award usually takes at least two years to complete.

To meet some of the requirements for the gold award, Andrew assisted at a junior Summer Educational Program (SEP) and participated in an eight-day exploration of the Kosciusko National Park.

Andrew attends the Sydney South church.

WEST UNION, Iowa — Kathleen Annette "Kay" Roys, 18, was one of six outstanding students who were graduated May 23 from North Fayette High School.

Kay was salutatorian of her



KAY ROYS

class with her only B from a physical education class. She received several awards, including a Beall English award,

Rotary Club math award, W.H. Antes award for social studies, Outstanding German Student for the northeast region and State of Iowa Scholar.

Kay was also named Honorary National Merit Scholarship winner of \$1,000. During high school Kay earned a letter in cross country and track, and she participated in band and yearbook staff.

She also advanced to regional competition in track and talent competitions of Youth Opportunities United (YOU). Kay has been attending services for 13 years. At the time of her graduation she attended in Waterloo, Iowa. Kay spent a month in Germany last summer.

Kay is a Pasadena Ambassador College freshman.

GIBSON CITY, Ill. — Gretchen Young, 17, was named valedictorian of her graduating class at Gibson City High School for the 1981-82 school year.

She was also selected for the second time to be in *Who's Who Among American High School Students*. In addition to being a member of the National Honor Society, she was a starter on the girls' basketball team.

Gretchen was named by her fellow students as the outstanding female athlete for her high school, even though she missed several games because of the Sabbath.



GRETCHEN YOUNG

An active Youth Opportunities United member participating in volleyball, cheerleading and track, she attends the Champaign, Ill., church with her mother, Janice Young, two sisters and two brothers.

WICHITA, Kan. — Tonya Elmore was named a 1982 United States National Award winner in French. She will appear in the United States Achievement Academy yearbook.

Tonya attends Wellington High School.

The academy selects winners upon recommendations of school officials and its own standards for qualification. Selection criteria include academic performance, interest and aptitude, leadership qualities, responsibility, enthusiasm, motivation to learn and improve citizenship, attitude and cooperative spirit and dependability.

Tonya is the daughter of Jerry and Alice Elmore.

GLOUSTER, Ohio — Denise Ann Ramsel, 15, was chosen

to participate in an Honors Academy Workshop at Ohio University in Athens. The classes, for which she will receive college credit, include computer programming, library science, philosophy and math.

She was also a National Science Merit Award winner, and her biography appears in the 1982 edition of the United States Achievement Academy yearbook.



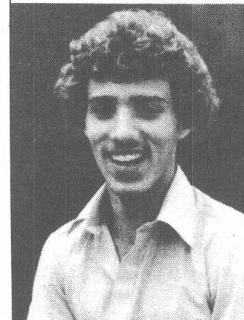
DENISE ANN RAMSEL

Denise attends the Parkersburg, W. Va., church with her parents Mr. and Mrs. David Ramsel, where she is a cheerleader and member of the volleyball and track teams.

JOHNS CREEK, Ky. — Anna Mullins of Johns Creek High School was awarded a scholarship to the North Carolina Summer Institutes in Choral Art, Inc., in Boone, N.C. She was scheduled to attend the week of June 13 through 18.

Besides being active in chorus, Anna also participates in track. She won first place in the 100-meter dash at the Youth Opportunities United (YOU) District 21 track meet in Salem, Va., May 2. She attends the Pikeville, Ky., congregation with her parents Mr. and Mrs. Hoyt Mullins.

DECATUR, Ill. — Bruce Bushert, 18, was named salutatorian of his graduating class at Argenta-Oreana, Ill., High School.



BRUCE BUSHERT

He was a four-year member of the student council, a National Honor Society member and received the Senior Math Award for being the outstanding math student in his school.

Bruce, a Youth Opportunities United (YOU) member, is active in basketball and track. He attends the Springfield, Ill., church with his mother Linda Bushert and his two brothers, Steve and Mark.

NEWS OF PEOPLE, PLACES & EVENTS IN THE WORLDWIDE CHURCH OF GOD

UPDATE

BIG SANDY — Dr. Lynn Torrance, registrar and director of admissions at Ambassador College here, escaped unharmed except for bruises when he was struck by an automobile while crossing a road on the campus Oct. 25, according to the registrar's office.

Dr. Torrance was taken to Ford Memorial Hospital in Gilmer, Tex., and released Oct. 29.

After recuperating at home for a week, he returned to work and teach two speech labs Nov. 1.

He conducted a Bible study Nov. 3 at Pittsburg, Tex., and gave a sermon in Paris, Tex., Nov. 6.

Dr. Torrance left for a registrars' convention in Houston, Tex., the following day and arrived back in Big Sandy Nov. 10, the registrar's office said.

☆☆☆

PASADENA — Ministerial Services here released the following ordinations and ministerial transfers Nov. 10:

Ordained pastors during the Fall Festival season are **Mel Dahlgren** of the Tacoma and Olympia, Wash., churches; **Sam Kneller** of the Paris, France, church; and **Dick Thompson** of the Dayton, Ohio, congregation.

Ordained local elders in the employ of the Work and Church are **William Bentley** to serve the Bulawayo, Zimbabwe, church; **Bruno LeClerc** to serve the French-speaking congregation in Montreal, Que.; and **Norman Myers** to serve the Denver, Colo., church.

August and September transfers that took place were: Mr. **Barnes** to San Francisco and Oakland, Calif., from Cincinnati, Ohio, West; **Karl Beyersdorfer** to Cincinnati West from Baton Rouge and Lafayette, La.; **Alton Billingsley** to Baton Rouge and Lafayette from Fresno and Visalia, Calif.; **Glen White** to Fresno and Visalia from Seattle, Wash., where he was the associate pastor.

Al Dennis to Cincinnati East from Long Beach, Calif.; **Les McCalm** to Long Beach from Santa Barbara and San Luis Obispo, Calif.; **Carlton Smith** to Santa Barbara and San Luis Obispo from Oakland, Calif.

Dennis Milner was transferred to San Francisco and Oakland to assist Mr. **Barnes**. He assisted **Ron Howe** in the Pasadena Auditorium A.M. church. **Victor Root** was transferred

from the Berlin, Hamburg and Hannover, West Germany, churches to assist Mr. **Howe** as an associate pastor of the Auditorium A.M. church.

☆☆☆

PASADENA — God's Work now has "good overall coverage of the United States. We have the potential of reaching up to 90 percent of the U.S. population, said **David Hulme**, media liaison for the Work and Church Nov. 9.

He said that the Church's goal in the United States is to acquire better times for *The World Tomorrow* on television and radio.

"We will continue to end any duplication of effort and expand where we can increase the efficiency of our coverage," he said.

The Work is in negotiating in markets outside the United States, and Mr. **Hulme** requested the brethren pray "that God will contin-

ue to open doors as He did in Monte Carlo" ("Church Forges Ahead in Media.") *W.N.* Oct. 18).

Markets often open up unexpectedly, and the Church must move quickly to secure the time for the *World Tomorrow* program, he said.

Mr. **Hulme** said the following stations have contracted to air the *World Tomorrow* program:

TELEVISION

- TMC-TV, Monte Carlo, Monaco — 5:15 p.m., Sunday, channel 10
- KJAM-TV, Agaña, Guam — 9:30 a.m., channel 8
- WAFB-TV, Baton Rouge, La. — 11:30 p.m., Saturday, channel 9 (begins Dec. 4)
- WTJ-TV, Altoona, Pa. — 11:30 a.m., Sunday, channel 10 (time change effective Dec. 5)
- WPDE-TV, Florence, S.C. — 10 a.m., Sunday, channel 15 (time change effective Nov. 21)
- KCBQ-TV, Lubbock, Tex. — 9:30 a.m., Sunday, channel 11
- KDNL-TV, St. Louis, Mo. — 9:30 a.m., Sunday, channel 30 (time changed Nov. 7)
- KFPW-TV, Fort Smith, Ark. — 10:30 a.m., Sunday, channel 40
- KODE-TV, Joplin, Mo. — 7:30 a.m., Sunday, channel 12 (begins Nov. 21)
- KIMT-TV, Mason City, Iowa — 10 a.m., Sunday, channel 5
- KSBW-TV, Salinas, Calif. — 7:30 a.m., Sunday, channel 8 (time changed Nov. 7)
- KSBY-TV, San Luis Obispo, Calif. — 8:30 a.m., Sunday, channel 6 (begins Nov. 28)
- KSWB-TV, Roswell, N.M. — 9:30 a.m., Sunday, channel 8
- KTEN-TV, Ada, Okla. — 10 a.m., Sunday, channel 10

RADIO

- WETO-FM, Knoxville, Tenn. — 7 a.m., Monday-Saturday, 9 a.m., Sunday, 94.3 MHz
- WDGY-AM, Minneapolis, Minn. — 7:30 a.m., Sun-

- day, 1130 kHz (begins Dec. 12)
- WFIR-AM, Roanoke, Va. — 11:30 p.m., Monday-Friday, 7:30 a.m., Sunday, 960 kHz (begins Nov. 29)
- WUSL-FM, Philadelphia, Pa. — 7 a.m., Sunday, 98.9 MHz (begins Nov. 28)
- KRLD-AM, Dallas, Tex. — 11:35 p.m., Sunday, 1080 kHz (begins Nov. 28)

Best

(Continued from page 1)

Generalmusikdirektor of Europe and was featured on the cover of the Oct. 25 European edition of *Newsweek*.

Mr. **Armstrong** originally planned to schedule Mr. von Karajan and the Berlin Philharmonic to officially open the Ambassador Auditorium in 1974, but schedule conflicts prohibited it, Mr. **LaRavia** said.

In a 1973 private meeting in Karlsruhe, West Germany, Mr. von Karajan personally recommended Carlo Maria Giulini, then conductor of the Vienna, Austria, Symphony. Mr. Giulini, now conductor of the Los Angeles Philharmonic, accepted.

In addition to attending two of the four performances in person, Mr. **Armstrong** was host to a pre-concert dinner Oct. 27 in honor of

the Pasadena board of directors. Pasadena mayor **Loretta Clickman** attended, as well as members of the Church's Advisory Council of Elders.

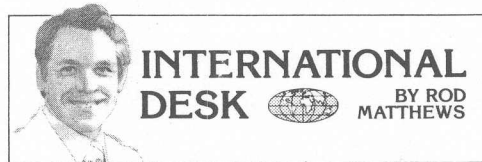
Los Angeles mayor **Tom Bradley**, then a candidate for governor of California, was unable to attend the dinner because of a prior engagement, but later attended the concert, Mr. **LaRavia** said.

Music critics noted their inability to fully describe the Philharmonic's performance in the Auditorium.

Mr. **Stiles** of the *Star-News* wrote: "Language is useless with music like this. The usual critical jargon — virtuosity, precision, balance, coloration, dynamic nuance — is meaningless... no other orchestra can play like this."

Speaking of the performance of Beethoven's Fifth Symphony Oct. 30, Mark **Swed** of the Los Angeles *Herald-Examiner* wrote: "The blazing C-major chord at the end of the symphony was so sonically rich and musically fulfilling that its glories cannot be described... Not one second of the performance failed to inspire awe."

Donna Perlmutter, also writing for the *Herald-Examiner*, added: "We may never hear anything quite like this again."



PASADENA — Reports reaching the International Office indicate that the Feast was an oasis of peace in a year of increasing troubles.

The realities of this violent world and of God's protection were evident in a report from the Philippines.

Tex Benitez, pastor of the Pagadian City, Ozamis City and Sindangan churches on the southern island of Mindingo wrote Oct. 11: "Last week, when I took the first bus trip at 3 o'clock in the morning returning to Ozamis from Sindangan, we were stopped by a man asking the driver to fetch the mayor in his home. At first the driver refused, but the conductor insisted.

"The mayor came up immediately with a big hat shading his face. He sat behind the driver. As soon as he was seated most of the passengers moved to the back seats.

"One whispered to me, 'We are in danger of ambush — this mayoral has been wanted by the rebels for a long time.' But nothing happened on that trip.

"The following day, at the same time, the same bus trip was fired upon by the rebels. Many died on the spot.

"A young man who was going to Manila to take a board exam was hit by four bullets in the chest. Also the driver was hit in the right leg, but was able to maneuver up to Oroquieta City.

"If the information given to the rebels had not been wrong, we would have been ambushed that previous day.

"The second bus trip on the day the ambush took place was fully occupied by our members who were going to Cebu City for the Feast. They witnessed the unloading of dead bodies.

"During the Feast of Trumpets, our members from Pagadian who attended in Ozamis were apprehended by a group of rebels who were hiding behind bushes along the highway when it was getting dark.

"Earlier that day, they saw dead bodies of soldiers that were attacked in their detachment. Mr. **Nancian-**

Guillar, a retired military officer who is a Church member, commanded the driver not to stop.

"I think this time we should inform the membership to pray for all ministers who are doing their work in the provinces."

In Mindinao insurgent activities were experienced in many areas, including the Davao City area, where pastor **Bien Macaraeg** reported bombings in early September.

Seventy members live in the Davao City area, with nearly 800 throughout Mindinao.

Mr. Waterhouse in Philippines
Evangelist **Gerald Waterhouse** completed his tour of Philippine churches with a Nov. 7 Bible study in Tacloban. He spoke in 14 places, with many of the 35 churches combining.

Mr. **Waterhouse** was responsible for opening the Work's office in Manila 20 years ago.

Tuesday Nov. 9, Mr. **Waterhouse** flew to Auckland, New Zealand, to speak to the churches there. His itinerary will take him to 10 locations to address the 12 churches in New Zealand, then to Suva, Fiji, for a Bible study Monday Nov. 22.

He will then fly to Australia, and is scheduled to speak on the following occasions:

Nov. 24, Toowoomba; Nov. 25,

Warwick; Nov. 27, Brisbane (combined); Nov. 28, Gympie (morning), Childers (afternoon); Nov. 29, Rockhampton; Nov. 30, Mackay.

Dec. 1, Townsville; Dec. 2, Cairns; Dec. 4, Gold Coast; Dec. 5, Grafton; Dec. 7, Newcastle; Dec. 8, Bathurst; Dec. 9, Wollongong; Dec. 11, Sydney (combined); Dec. 12, Canberra and Temora (combined); Dec. 13, Wodonga; Dec. 14, Bendigo; Dec. 15, Ballarat.

Dec. 16, Morwell; Dec. 18, Melbourne (combined); Dec. 19, Hobart; Dec. 20, Launceston; Dec. 21, Devonport.

Jan. 6, Adelaide; Jan. 8, Perth; Jan. 9, Bunbury.

Mr. **Waterhouse** will then travel to Mauritius and Africa before returning to the United States in February.

German area

In September the fall advertising campaign began with 72,000 flyers appearing in the Austrian magazine *Profil*. So far more than 1,600 responses (2.2 percent) have been received.

A total of 5.7 percent of *Klar & Wahr* subscribers (5,700) responded to the semiannual letter, which appeared in the September issue. This response brought the incoming mail in September to a 124 percent increase over September last year.



MINISTERIAL SESSION — Ministers and wives attending the 11th session of the Ministerial Refreshing Program II take time out for a photo Nov. 11. Individuals from Sri Lanka, Canada, the Philippines, South Africa, England, Australia and the United States participated in the Nov. 8 to 18 session. [Photo by G.A. Belluche Jr.]

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