



PACS FAX

Portland Adventist Community Services

I Wonder.....

“Come to mommy,” she cooed. He chortled happily in anticipation. With arms outstretched, clad in a tiny striped shirt and a diaper, he took a few unsteady steps, then dropped to all fours to finish the journey.

After receiving his hug he turned quickly and crawled to the window. Pulling himself up he beat on it with all his might. His chubby little fists flailed wildly and mom and dad beamed.

I watched, mildly amused. It was nice he could move about on the airport floor, stretching his little legs and giving his parents a few moments of reprieve from the airplane.

He moved amazingly fast, crawling under seats and pulling himself up on empty chairs. Climbing up on my computer case he gazed at me through round blue eyes. Red hair framed his face as he looked at me solemnly. Just as quickly he wriggled away.

As he crawled away from me my mind flooded with thoughts. This tiny little boy, not even a year old—what did his future hold?

Might he be one of the statistics? Might he be one of the one-in-five children who live in poverty in Oregon? Might he be one of the children who does

poorly in school because of chronic malnutrition?

What about his world when he grows up? Will global warming be creating havoc with huge natural disasters becoming commonplace? Will terrorism be something he takes for granted? Will the earth be using one currency? How will people communicate? Will anyone believe in God?

And then my thoughts turned closer to home. What is PACS doing to give tiny tots a future? Do we really care?

Thanks to you, the answer is “Yes.” You volunteer your time and dollars to provide proper nutrition and health care. You smile and give encouragement. You put stickers of Jesus on tiny little hands. Your dollars give him a future.

And it’s all worth it, because as they wriggle away, you know they have experienced Jesus through you.



Volume 11, Issue 5
September/October
2006

Special points of interest:

- Check out our website at: www.portlandacs.com
- Did you know that 1 in 5 children under the age of 2 has a TV in their room?—Kaiser Family foundation, May 24, 2006
- “Perhaps no one of us can be as strong in the faith as all of us can be.”—Jerry Thomas, Adventist Review June 22, 2006.

Inside this issue:

<i>Temple Builders</i>	2
<i>Meet Brian</i>	2
<i>Save-the-Date</i>	2
<i>Mary Jones</i>	3
<i>News Notes</i>	3
<i>Prayer & Wish List</i>	3
<i>The Worst Food</i>	4

The Little Shop that Could

Excitement has been great at many of you have taken advantage of our pre-holiday clearance sale in the Gift Shop.

But, just in time for your holiday shopping, we have new wonderful things now lining our shelves.

We are eagerly anticipating an-

other strong 4th quarter. You’ll understand why when you see the variety and quality of our gift items. And the prices are reasonable, too. Each month we have new merchandise.

You can also find a sampling of our items for sale at the NW

Adventist Credit Union on SE Market Street across from Adventist Medical Center.

We’re proud of our little store and the committee that keeps it going.

Check us out—it will be worth your time!



"Temple Builders" Capital Campaign Continues

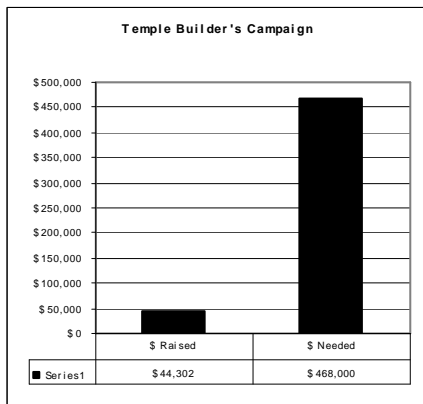
A special "Thank you" goes to all of you who have been so generous with the Temple Builder's campaign. To date we have raised \$44,302, nearly one-tenth of our goal.

We are still moving forward. We have sent out two mailings and will be following up with a Phone-a-thon.

Your gifts have already begun to ease this financial burden, making it possible to help our hungry neighbors even more.

What is an impossible burden for one becomes light when all of us share the responsibility.

Thanks for making a difference!



The Israelites brought freewill gifts, each as he could afford until the temple was built. They were so generous that Moses had to tell them to stop giving.

Changing of the Guard

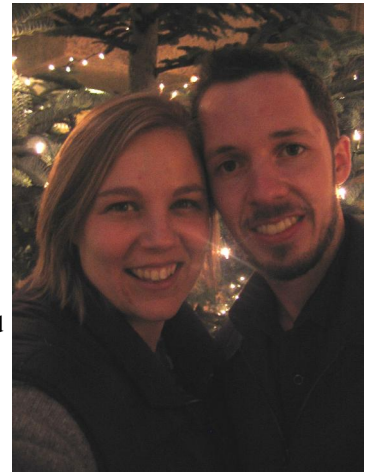
"Wow, who was that?" "He was so professional." "It's great to talk to a live human being!" Yes, instead of an automated attendant you now reach a real person when you call PACS.

We are pleased to welcome Brian Vistaunet to the PACS team. He is taking on the duties of answering the phones, greeting visitors and general office coordinating.

Brian and his wife, Liesl, came to Portland in July from Idaho where they worked in Public Relations and media production. We are enjoying Brian's technical expertise and appreciating the many skills he brings to PACS.

Though we were nice to Brian the first couple of weeks, he is now finding it difficult to stay on top of everything. It's a steep, quick learning curve and he is handling it well. He's challenging us to become more computer savvy, so we are on a learning curve as well.

We appreciate Brian's high Christian values and his commitment to serving God and caring for others. Welcome Brian!



Brian & Liesl Vistaunet

Save the Date

Nov. 5, 2006

PACS' Second Annual Awards Dinner will be held on Sunday, Nov. 5, 2006 at the Benson Hotel 309 SW Broadway in downtown Portland (Complimentary valet parking) Silent auction opens at 5:00 PM

This dinner gives us the opportunity to honor God for the gifts He has given to us that allow our staff and volunteers to perform His works here on earth.

For further information contact Carol at 503-252-8500 Or check on our website: www.portlandacs.org



Mary Jones 1916—2006

It hardly seems possible that Mary is gone. We miss her cheerful greeting and willingness to do any task.

Born to Russian-German heritage, her parents came from Moldova to homestead in Montana where life was hard. Mary learned to speak English when she was 9 years old.

Because her mother died when Mary was 16 years old, Mary was left to raise her four younger brothers. She always had a special place in her heart for babies.

Later she moved to College Place, Washington, married Cecil Jones and they had a daughter, Connie.

Mary and her family lived in South Beach, Hillsboro, Laurelwood, then St. Helens where they bought a store. In 1963 they closed the store to retire and Mary worked in the strawberry fields. After her husband died in 1992 she moved to Portland. She loved being outdoors and her yard always looked like a park.

For the last nine years PACS has been the highlight of Mary's life. She loved to come and we appreciated her capable help.

Mary loved the Lord, taking part eagerly in the morning worships at PACS. We miss her and look forward to being with her for a heavenly morning worship someday.

News Notes

If you need a **ride to the Award Dinner** on November 5, please call Brian at 503 252-8500. Transportation will be available that night from the PACS parking lot for about 40 people on a reservation basis.

Did you know you can you double your donation to PACS? Many companies offer matching gifts when you make donations to PACS.

Local and worldwide companies like Nike, Intel, Blount, Wells Fargo, Macy's and 1000's of others offer matching funds to their em-

ployees who make donations to non-profit organizations like PACS. Check with your HR department to see if your company offers a match, and then follow their procedures to help multiply your donation today!

If you want to look it up, give us a call or email at info@portlandacs.org

A special Thank You goes to the **Samuel S. Johnson Foundation** and the **Hoover Family Foundation** for a grant of \$5,236 for children's care in our Health Clinic and to the

Vera L. Smith Foundation for an unrestricted gift of \$5,000.

Thank you to Safeway in Milwaukie for a donation of 60 dozen eggs, and to a couple of our volunteer friends for helping to make that happen. What a blessing!

And thanks to **Best Western Hotel** for 30 king-size beds and box spring sets. We were able to share some with other agencies and sell the rest.

Prayer & Wish List

- Package tape
- Baby Diapers
- Razors
- Vegetables, canned
- Feminine hygiene supplies
- Small shampoos, deodorants
- Sticky notes, small and medium
- 2006 Physician's Desk Reference
- Someone to do IDC9 coding in the Health Clinic
- Someone to help pick up donations on Monday or Thursday afternoons.
- Canned fruit
- Plastic grocery bags
- Toothbrushes for the homeless
- Small tubes of toothpaste for the homeless.
- Pasta
- Rice
- Cereal



Portland Adventist Community Services

11020 NE Halsey
Portland, OR 97220

Phone: 503-252-8500

Fax: 503-257-2884

Email: info@portlandacs.org



Portland Adventist
Community Services

People Active in Christ's Service

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



The Worst Food on the Planet

You guessed it—soda pop. As Steve Edwards says in Nutrition 911, Part VI, “And just what are the worst calories you can consume? The answer is soda pop. Forget about brands;...it’s all junk....From a nutritional point of view, soda’s only place in the world is to make people fat, sick, and unhappy.”

Mr. Edwards goes on to state that in 2005 on average each of us drank 52.4 gallons of pop; that’s somewhere between 10 and 15 teaspoons of refined sugar per day just in soda pop.

This may help explain why obesity is such a problem, not to mention type 2 diabetes, osteoporosis, dental erosion, and greater risk of kidney stones and heart disease.

The Center for Science in the Public Interest (CSPI) suggests five ways you can help edu-

cate the public about this. Contact your local government officials and/or the Food and Drug Administration (FDA) and suggest these things:

- National and local governments should require chain restaurants to declare the calorie content of soft drinks and all other items on menus and menu boards.
- The FDA should require labels on non-diet soft drinks to state that frequent consumption of those drinks promotes obesity, diabetes, tooth decay, osteoporosis, and other health problems.
- Local, state and federal governments should provide water fountains in schools, government buildings, parks, and other public spaces.

- School systems and other organizations catering to children should stop selling soft drinks (as well as candy and other junk foods) in hallways, shops, and cafeterias.
- State and local governments should consider levying small taxes on soft drinks, with the revenues earmarked for promoting health and fitness. A national 2-cent tax on a can of soda pop would raise \$3 billion annually.

Next time you pop the top, consider the cost carefully.

