



**WE WALK BY
FAITH**





Nothing more quickly inspires faith than the
exercise of faith. -PK 351.3









Journey to Truth

THE SAME WAY



FOOD, INC.

TO CHANGE OUR FOOD SYSTEM

1. Drink fewer sodas and other sweetened beverages.

Fact: If you replace one 20 oz soda a day with a no calorie beverage (preferably water), you could lose 25 lbs in a year.

2. Eat at home instead of eating out.

Fact: Children consume almost twice (1.8 times) as many calories when eating food made outside the home.

3. Support the passage of state and local laws to require chain restaurants to post calorie information on menus and menu boards.

Fact: Half of the large chain restaurants do not provide any nutrition information to their customers.

4. Tell schools to stop selling sodas, junk food, and sports drinks.

Fact: Over the last two decades, rates of obesity have tripled in children and adolescents aged 6 to 19 years.

5. Meatless Mondays...Go without meat one day a week.

Fact: An estimated 70% of all antibiotics used in the United States are given to farm animals.

6. Buy organic or sustainable foods with little to no pesticide use.

Fact: According to the EPA, over 1 billion pounds of pesticides are used each year in the U.S.

7. Protect family farms, visit your local farmer's market.

Fact: Farmers markets enable farmers to keep 80 to 90 cents of each dollar spent by the consumer.

8. Make a point to know where your food comes from – READ LABELS.

Fact: The average meal travels 1500 miles from the farm to your dinner plate.

9. Tell Congress that food safety is important to you.

Fact: Each year, contaminated food causes millions of illnesses and thousands of deaths in the United States.

10. Demand job protections for farm workers and food processors, ensuring



Sabbath Sabbath Sabbath



Thou shalt
have no other
gods before me

Thou shalt not
make unto thee
any graven image

Thou shalt not take
the name of the Lord
thy God in vain

Remember the sabbath
day, to keep it holy

Honor thy father
and thy mother

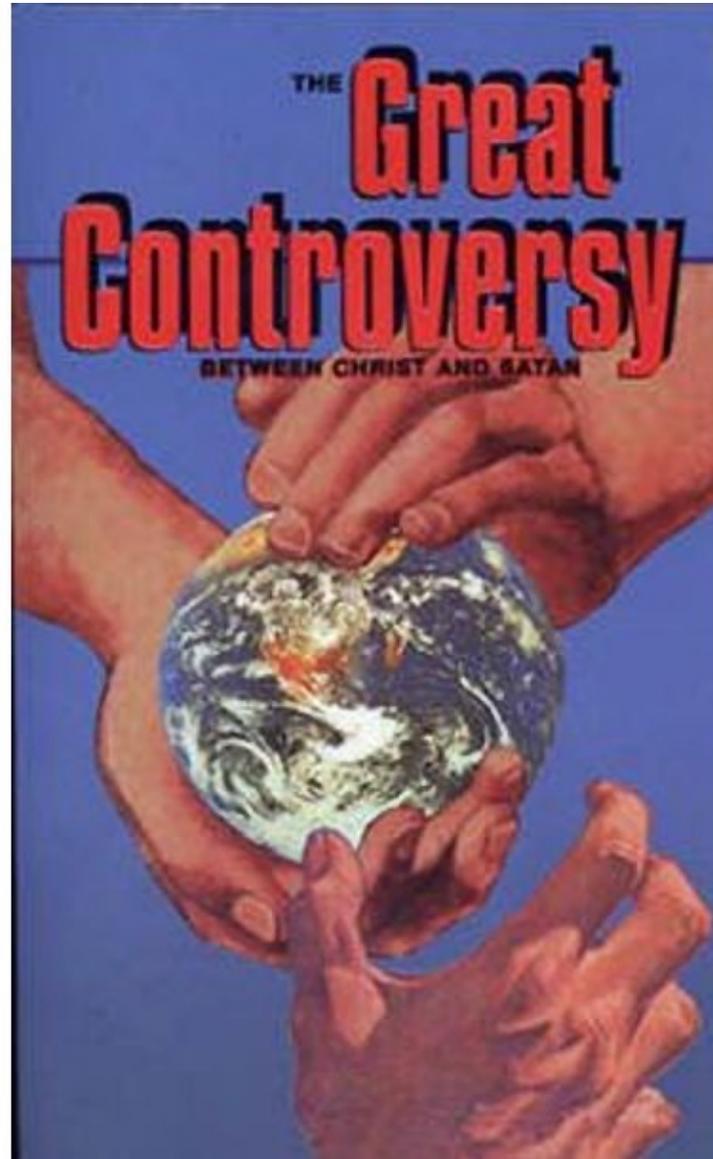
Thou shalt
not kill

Thou shalt not
commit adultery

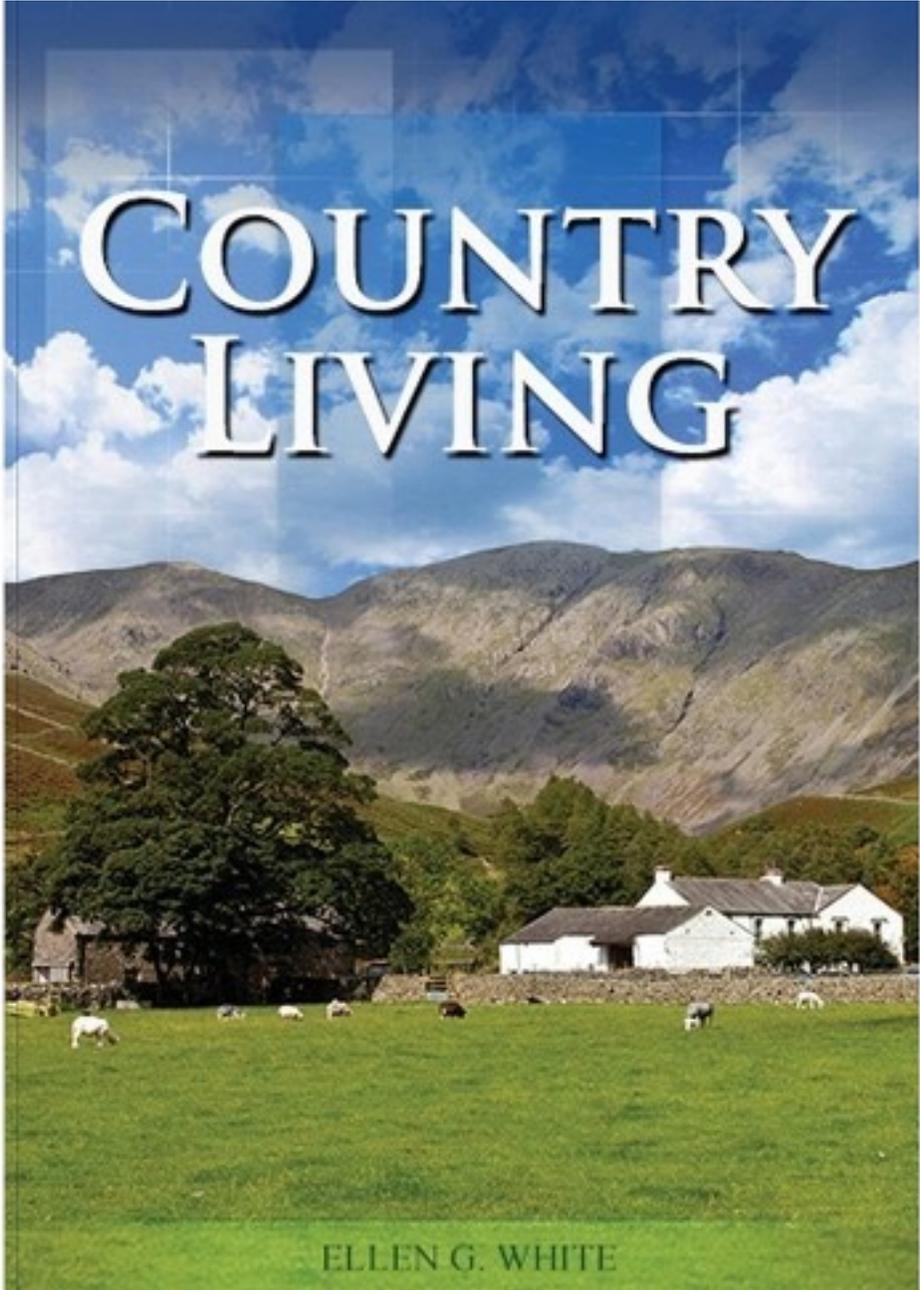
Thou shalt
not steal

Thou shalt not
bear false witness
against thy neighbor

Thou shalt
not covet



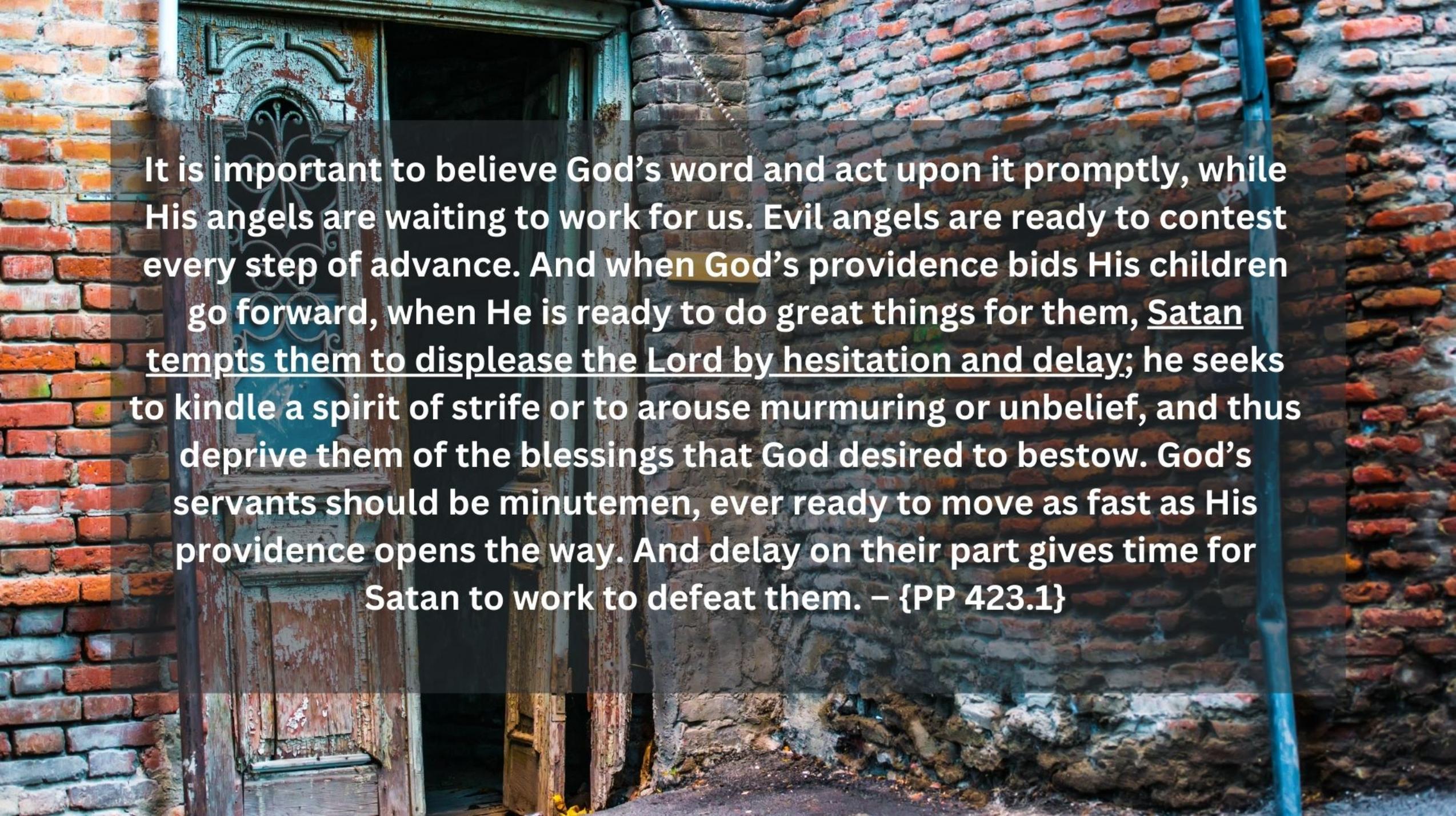
COUNTRY LIVING



ELLEN G. WHITE

**Move no faster, brethren, than the
unmistakable providence of God opens
the way before you. – {1T 559.2}**





It is important to believe God's word and act upon it promptly, while His angels are waiting to work for us. Evil angels are ready to contest every step of advance. And when God's providence bids His children go forward, when He is ready to do great things for them, Satan tempts them to displease the Lord by hesitation and delay; he seeks to kindle a spirit of strife or to arouse murmuring or unbelief, and thus deprive them of the blessings that God desired to bestow. God's servants should be minutemen, ever ready to move as fast as His providence opens the way. And delay on their part gives time for Satan to work to defeat them. – {PP 423.1}



In an effort to excuse themselves some say: “My home duties, my children, claim my time and my means.” Parents, your children should be your helping hand, increasing your power and ability to work for the Master. Children are the younger members of the Lord’s family. They should be led to consecrate themselves to God, whose they are by creation and by redemption. They should be taught that all their powers of body, mind, and soul are His. They should be trained to help in various lines of unselfish service. Do not allow your children to be hindrances. With you the children should share spiritual as well as physical burdens. By helping others they increase their own happiness and usefulness. – {AH 485.3}



THE

VINEYARD

VEGETARIAN CAFE & JUICE BAR



Vineyard Café Provides Health Challenge

The vegetarian restaurant in downtown Summerville gave a 10-day health challenge provided meals to a group of interested participants. The group lost almost 50 pounds during that span. From left, are Vineyard Dr. Seth Robinson, Midge Phibbs, Gabriel McClover, Donnelle McClover, Deborah Moore and Robbie Richter. (Staff Photo).

Veggie Diet A Success

A group of Chattooga County residents who took local restaurant's 10-day healthy eating challenge lost almost 50 pounds.

challenge.

All the participants' blood pressure levels improved and four people moved out of the high blood pressure

gram. One person decreased their total cholesterol by 20 points.

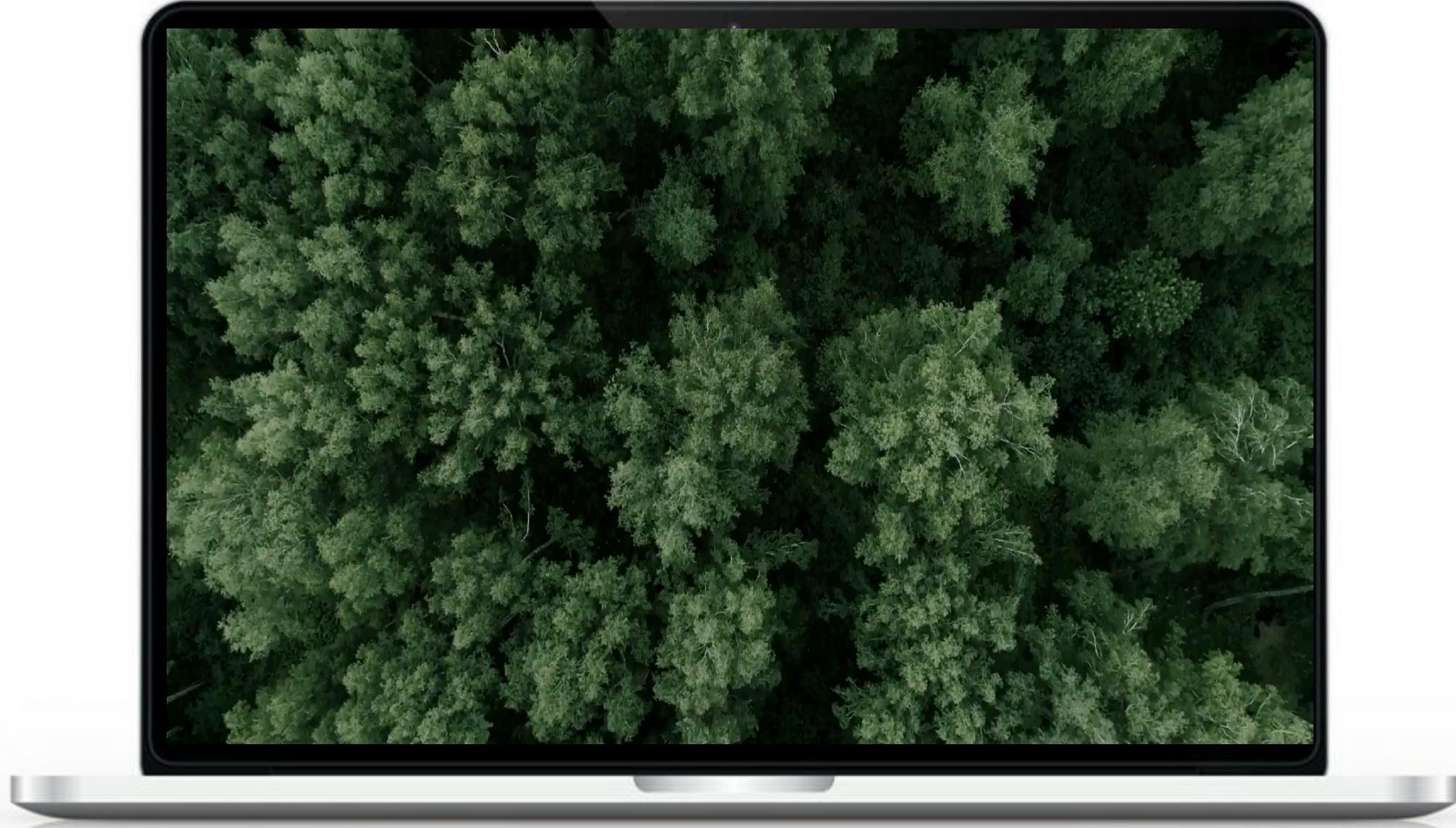
The director of the 10



F.I.T.T. CHALLENGE

— *Let the healing begin* —

F.I.T.T. CHALLENGE





Est

2015

HEALTHY TASTE



A man with a shaved head, wearing a blue jacket over a checkered shirt, is shown in profile, looking to the left. He is speaking. In the background, there is a banner with a heart icon and the text "F.I.T.T. CHALLENGE". The setting appears to be an indoor space with large windows and string lights.

F.I.T.T.
CHALLENGE

GABRIEL MCCLOVER
DIRECTOR, HEALTHY TASTE CHATTANOOGA















WEATHER

Flooding in northwest Georgia | Threat continues into Labor Day

Gov. Brian Kemp issued a state of emergency for Chattooga and Floyd counties.

Jennifer Hurley





▶ DOWNTOWN
SUMMERVILLE



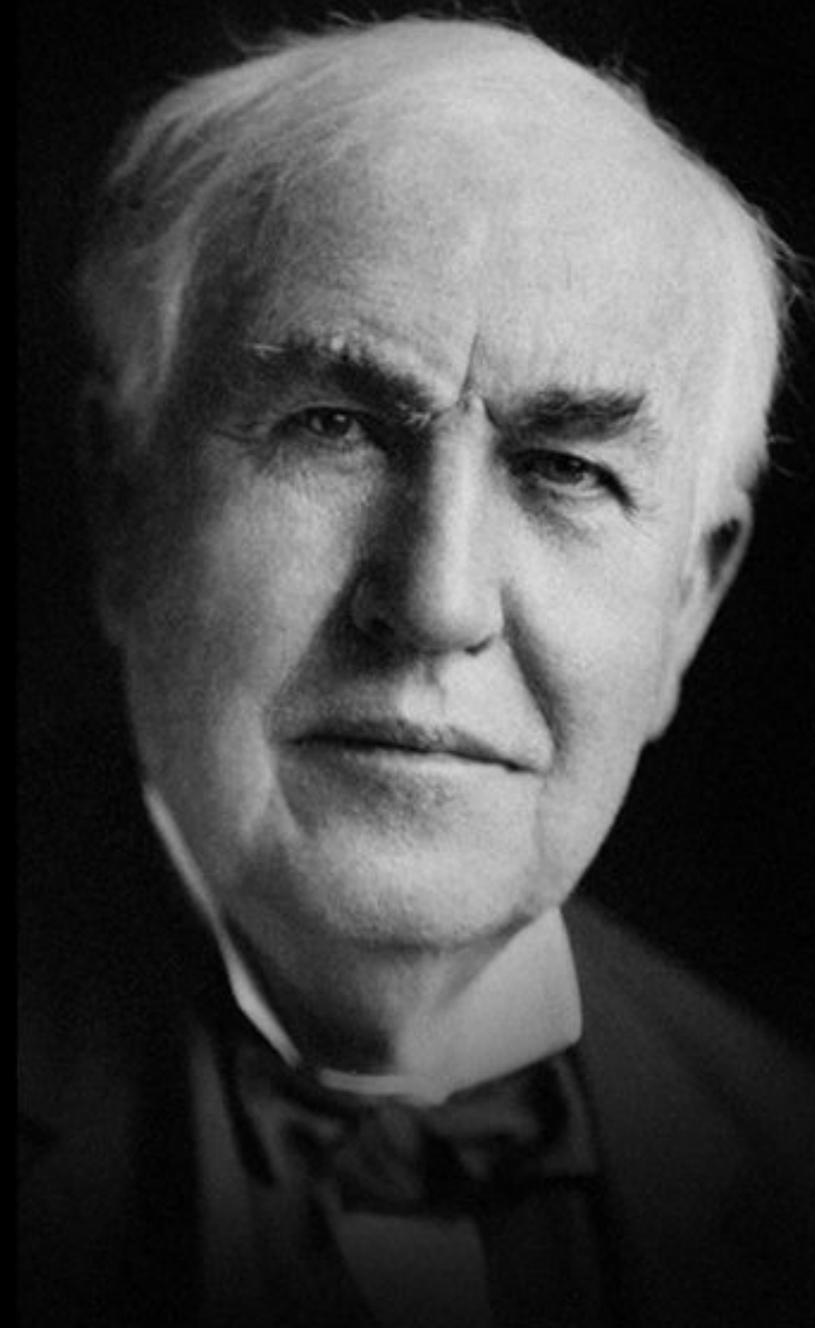




'I'm going in there!' Uvalde mom describes running inside elementary school during mass shooting to save her kids

Angeli Gómez says she was handcuffed by police shortly after arriving at Robb Elementary School during the shooting.





Many of **life's failures** are people who did not realize **how close** they were **to success** when they **gave up**.

- Thomas Edison

LEGACY