



# The *Lion* of St. Mark's

MAY 2005

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## IT'S QUITE A MILESTONE!

Many of our Milestone events have marked special days for our younger members. Now we

turn to some of our most senior members. On Sunday May 1 we are recognizing those seven couples who are celebrating wedding anniversaries this year from 59 to 66 years! Wow! God has indeed granted many gifts of persistence, longevity, and love. At the 10:30 service, we give thanks to God for:

- ❖ Glenn & Ruth Lunger for 66 years
- ❖ Kester & Eleanor Sobers for 65 years
- ❖ Ralph & Elda Zeigler for 63 years
- ❖ Randall & Lillian Miller for 62 years
- ❖ Eugene & Reba Jacobs for 61 years
- ❖ Charles & Ruth Homan for 60 years and
- ❖ Fred & Shirley Dieffenbach for 59 years of marriage.

After the final prayers of the service, the folks will greet everyone, pose for a photo, and then move to Fellowship Hall where a served dinner is planned for the couples and their families. We have several presentations to be revealed at the event.

The Milestone Committee heading the festivities is led by Alice Alt, Sharon Comini, and Becky Miller Pryor, and they are being assisted by a number of other congregational members.

Do take a moment to congratulate the honored couples, and to add your prayers to this one that we share on May 1:

*Blessed are you, Lord God our Father, who places the solitary in families, gives long years of marriage to some, and calls us into the fellowship of the Gospel through Holy Baptism. Thanks and praise be to you for your grace active in the lives of these seven couples. Fill them with tenderness and patience, and give them love toward you, toward each other, and toward the world.*

*Be with them and their families, and the whole family of the church today and until that day when we celebrate the marriage feast of the Lamb which has no end; through Jesus Christ our Lord.*

**Amen.**

Illustration by: Sharon Comini

## COUNCIL UPDATE

*The Council met in regular session on Monday, April 18 in the Crossways room.*

A study time begins many Council meetings. This one began with a review of the status of the ELCA study on human sexuality.

The Council:

- (1) received the regular reports of the officers and committees.
- (2) elected Cindy Huff to a second term on the Mutual Ministry Committee.
- (3) discussed as a committee of the whole the issue of council officers for the next Council, in preparation for elections that will take place in June.

(4) approved the request of the Property and Finance Committees for the regular maintenance contract for the boilers in both buildings and also for the replacement of several worn valves. The cost is \$3,678.

(5) joined the Property Committee in offering a resolution of thanks to Kester Sobers for his many years of service on the Property Committee and related responsibilities.

(6) thanked those persons who conclude terms of service on the Congregation Council this month: Larry Lundy and Stephanie Fortin, 2<sup>nd</sup> terms; Matt Alt and Nancy Larson, 1<sup>st</sup> terms; and Pam Jensen, a one year completion of a term.

The next regular meeting of the Council will be on June 6.

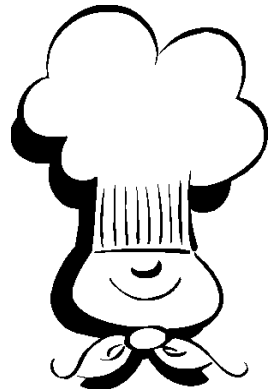
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## LADIES SPRING BANQUET

The Women of St. Mark's, young and old, will enjoy their annual dinner on Wednesday, May 4th at 6:00 p.m. The female barber-shop quartet, "Heart's Desire", will perform their unique a cappella harmony. This style of singing is rooted in historical American tradition. They have won awards in competing with other groups nationally. Prepare for a treat!

## LUNCH 'N FELLOWSHIP

Wednesday, May 18th at noon will be the next meeting of the Lunch 'N' Fellowship group. On the menu this month is the tasty treat served at the Seder Meal, "Carol's Chicken" (recipe printed in last month's *Lion*), with mashed potatoes. As always, bring a side dish or dessert, invite a friend and join us for an hour of fellowship and 'good eats!'



## CHRISTIAN COMMUNITY NEWS



### A Child in Our Hands/ Passing the Faith Event

On Friday May 13<sup>th</sup>, our church will be hosting Dr. David Anderson, the Director of Home and Congregational Renewal at the Youth and Family Institute in Bloomington, MN. Dr. Anderson, author of acclaimed book *Frogs without Legs Can't Hear*, will be discussing "Stuff That Works", a way to start, continue and implement milestone ministry into our congregation. All Christians (especially parents!), clergy, lay people, Sunday School teachers and church council members are encouraged to attend!

### Parenting Forum

The first parenting forum was held on April 17<sup>th</sup> with four couples in attendance. It was a successful event with much discussion about how to parent our kids in these tough times. The group decided that it would be nice to have the congregation be a part of it by giving your thoughts on questions that were raised at the session. One of the parents asked, "My two year old will only eat carbs. Any suggestions on what we can do to encourage our kids to eat a well-rounded diet including fruits and vegetables?" If you encountered a problem like this with your child, we would love to hear how you solved it! Please email (youthandministry@chilitech.net) or call the church office with your advice. **We will print your answers** to this month's parenting question in next month's newsletter.



## 92 Items and Counting



The United Churches' Center City Food Pantry provides a three-day supply of food for a complete breakfast, lunch, and dinner for each household in need of this assistance. Households can qualify for this help once a month. With the increased unemployment and underemployment in our area, Gail Burkhart reports food items leave the shelves almost as soon as they arrive.

During April our congregation donated ninety-two items of food to the United Churches' Center City Food Pantry. A special thanks goes to Lou DeSeau for delivering these items to the Food Pantry. We will continue to collect non-perishable food items throughout the month of May. Will we be able to match April's donations?

See the display in the Narthex for items most in need at this time. Thank you for continuing to support this outreach to our community.

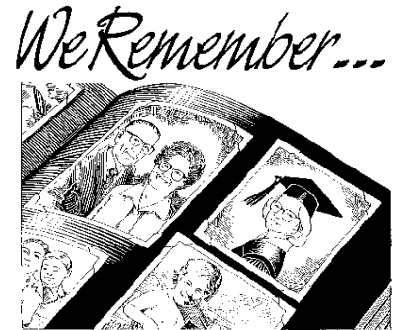
*God is able to provide you with every blessing in abundance, so that by always having enough of everything, you may share abundantly in every good work.*

-2 Corinthians 9:8 (NRSV)



As a follow-up to our front page story in the April *Lion*, here are a few more members of our church family who have been mentioned recently in the local press:

- ❖ **Makensie Doebler** was pictured in the *Sun-Gazette* eating her snack as part of a Wild West unit in her pre-school class.
- ❖ **Jane Kline** was pictured in the *Sun-Gazette* with fellow members of The Community Theatre League's Reader's Theatre group in preparation for a recent performance.
- ❖ **Matthew Hartsock** was pictured in the *Sun-Gazette* preparing for a leading role in Williamsport High School's production of "Oklahoma!"
- ❖ **Donna Elkin** and "**Marty Woofers**" (standard poodle) are pictured (2x) in the current issue of *Go Rally! Magazine* as they are engaged in rally training, a new obedience regimen.
- ❖ In a recent issue of Webb Weekly, **Dot Berndt** and **Marian Rubendahl** were interviewed for a nostalgic look back to the lives and careers of their husbands and veteran WRAK radio announcers, Irving "Bud" Berndt and Ev "Rube" Rubendahl. In the article, Dot recalls that she met Bud when they both worked at the radio station in 1939 and, by June of 1940, they were married. About that time, they met the Marian and 'Rube' Rubendahl, who had met each other here at St. Mark's when they were both members of the choir. Recently, Dot mentioned (with a smile on her face) that the interview resurrected many fond memories of days long gone.



You can see and read these articles and many more on the bulletin board in the church office hallway. Stop by!

To the members of St. Mark's and others who have offered prayers & concerns for Harriet:



*It's hard to find words that would even begin  
To thank you enough for how thoughtful you've been.*

Thank you also for the many gifts and cards during her recent illness and confinement. The bread & soup and also the cookies from the young ones were greatly appreciated. God has been good to both of us.

Sincerely, Harriet & Henry Fornwalt

# Christian Community News



## *Mark your calendars!!*

Sunday, June 5th will be the annual Church Picnic starting at 1:00 PM at Indian Park in Montoursville.

There will be games for both children and adults as well as Sunday School Teacher recognition.

The church will be supplying hot dogs, hamburgers, and drinks! Please bring a dish to share, your appetite and folding chairs. We look forward to seeing everyone there for food, fun and laughter!



## **To St. Mark's Members & Friends:**

**The pew bibles will be in soon! It is not too late to place an order for them. The cost of the NRSV Bible is \$6.50. The cost of the Adventure Bible or Beginner's Bible is \$10.00.**

You can purchase these bibles in honor of a loved one or in memory of a loved one who is now with the Lord in Heaven. This is also a great way to celebrate a family milestone such as a birthday, baptism, wedding anniversary or confirmation, or to thank God for many blessings and to help spread the message of Jesus Christ.

### How do you place your order?

Call the church and place your order with Sharon Comini, call the Comini residence at 337-3226 and leave a message or tear off the bottom of this page, fill it out and place it in the offering plate.

We'll call you to get your order. We ask for your prayers that God will watch over this project. Thank you and God Bless you.

### **BIBLE ORDER**

Name: \_\_\_\_\_  
Phone: \_\_\_\_\_

## YOUTH & FAMILY NEWS

*Faith Life Weekly*, a take-home resource, is available in the Narthex every Sunday. This resource offers an at-home plan for nurturing faith and faith practices based on Sunday's worship service. Also, *Kid's Celebrate* is available for youth to use during the worship service or to take home to add to family devotional time throughout the week. Stop and pick up a copy!



Children's Church will be held on Sunday May 8, 2005 at 10:30 a.m. in the Chapel.

**FOR CONFIRMANDS: The LAST OF THE SEASON student, mentor, parent meeting will be on Sunday May 8<sup>th</sup> beginning at 7:00 p.m.** in Fellowship Hall.



**Are you looking to get WILD about God?** Get our your safari gear ready and join us for an awesome trip through the Serengeti to catch a glimpse of the journey that God has in store for you! **St Mark's Vacation Bible School will be the week of June 19<sup>th</sup> - 23<sup>rd</sup>.** Anyone interested in helping or volunteering for VBS may call the church office

at 323-4619 or sign up on the sheets located in the office hallway.



On Sunday May 15<sup>th</sup> 2005, Pentecost, eight youth from our congregation will be confirmed at the 10:30 a.m. service. This is such an important time in our youth, as well as our church's, faith journey. The following catechetical students will be confirmed:

- ❖ Brett Campbell
- ❖ Lauren Campbell
- ❖ Derek Gilbert
- ❖ Sara Larson
- ❖ Tali Thorne
- ❖ Taigen Thorne
- ❖ Andrew Zeigler
- ❖ Peter Zeigler

Please join us after the 10:30 a.m. service as their parents provide hospitality for this occasion. Be sure to congratulate our youth on the beginning of their adult services in the church.



**CAMP MOUNT LUTHER**

Interested in a great camping experience? Let Mt. Luther be the place for you! Parents, guardians and future campers will find brochures about the Lutheran based that is camp located in the outskirts of Lewisburg in the Narthex. If you are interested in more information, please contact Alice Alt at the church office, 323-4619.

# Christian Community News



## It's New Windsor trip time!

Twice each year there is a bus trip planned to the Service Center at New Windsor, MD, the site where our quilts and many other items are prepared for shipment wherever they are needed around the world. Please speak with the Pastor *immediately* to see if there is a seat for you on Monday, May 2, for the next venture. The cost is \$23 for bus and lunch. Supper is an additional cost. We leave St. Mark's at 6:00 A.M. and return at about 8:30 P.M.



## A Gift Received

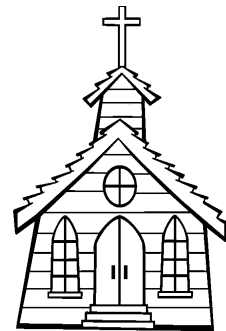
Luther and Betty Stroup enjoyed a wrought iron decorative piece in their home for many years, and wished to share it with the choir. The swirl of musical clef, staff, and notes now adorns the east wall of the choir room. It was received with prayers of thanksgiving on Sunday, April 10, just before the 10:30 service. It looks like it "belongs" on that wall. Stop in to see and enjoy it.

## Official Notice of Congregation Annual Assembly

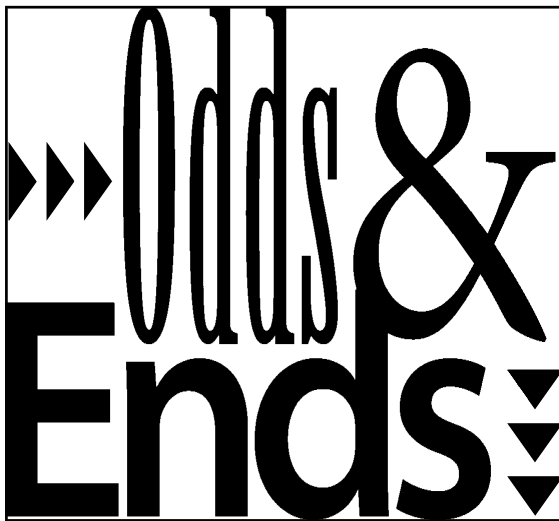
The Congregation Council has called the Annual Assembly of the Congregation for Sunday, May 8, immediately following the 10:30 service, in the Nave. There will be elections of five Council members.

Those who have been nominated by the Council include: Matt Alt and Nancy Larson for second terms, and Gary Weber, Eric Comini, and Brenda Bittner for first terms. Nominations from the floor are also in order, if prior consent from the nominee has been secured.

Reports from the various committees and officers will be available in written form two Sundays prior to the meeting, to give adequate time for questions, corrections, or clarifications to be made. At this time, the Council is not planning to bring other motions to the floor. The meeting need not be long, but it is nevertheless important to review the past year and plan appropriately for the future.



**CONGREGATIONAL  
MEETING**



❖ Mary Helen Scinicariello wrote to us recently and sends her best wishes to the people of St. Mark's.

❖ Katy Elkin hopes to be home for a visit from Spain in late August.

❖ One of our enterprising members didn't just get clothing for the clothing sale from her own closet; she went around her neighborhood and filled the van with donations!

❖ The excavation that has been going on outside the parish house all through the winter has been much more difficult, complicated, and costly than the contractors ever imagined. It has involved the relocating or gently working

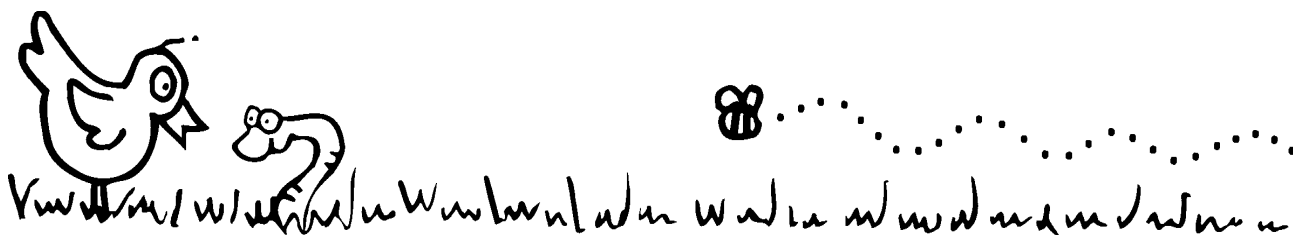
next to so many things: gas lines, water mains, high-voltage electric, computer and communication fiber optic cables, and the sanitary sewer. The black plastic pipes that we saw for a number of weeks were carrying the active sewage around the work area and were rated at 40 million gallon capacity to cover any possible problem. The new sewer line is 4 feet in diameter and is laid at a depth of 23 feet. As they approached the conclusion of the project, the workers went to round-the-clock shifts to make the disruption in service as short as possible.

❖ Let be sensitive to the special needs of our friends at St. Mark's when we choose where to park. The handicap spaces that are close to the building are in high demand. If you need to use one of them, by all means do so. If it is possible for you to park a little farther away from the door, you will be helping out someone else. During these many months of bridge construction, there will continue to be dirt and gravel all around, sometimes in unexpected places. Watch your step! We'll try to be vigilant about cleaning up each week, but there will undoubtedly still be problems. Eventually, all will be done.



❖ Please offer to take a turn at Hospitality following one of the services. Simplicity is fine; there is no need to try to outdo one another with elaborate repasts. If you think the responsibility too great, team up with one or more other persons. Each doing a little can lead to a very positive result! The purpose is not the consumption of calories. Our aim is to provide a comfortable atmosphere in which caring conversations can take place.

❖ The round tables in Fellowship Hall are pleasant to use, aren't they? They are light and easy to handle, and help conversation. We'd like to have more of them. Would you like to make a contribution toward such a purchase? Any amount toward the \$145 each is welcome. Mark your envelope clearly "round tables" so that the financial secretary is sure of your intent.





## SPECIAL THANK YOU'S



The members of St. Mark's provided **The Pregnancy Care Center** with 10 handmade quilts, 5 receiving blankets, 2 crocheted baby afghans, 400 disposable diapers, 3 large cans of formula, 9 onesies, 6

pairs of baby socks, 7 one-piece rompers, 8 bibs/burp cloths, 2 baby bath towels, 18 baby washcloths, 1 crib sheet, 2 bassinet sheets, 2 plush baby toys, 21 hygiene items for moms, 4 boxes of baby cereal, 3 tubs of baby wipes, 12 baby bottles, 18 feeding dishes, 12 feeding spoons, 2 comb and brush sets, 2 pacifiers, 16 bottles of baby juice, 22 jars of baby food, and 17 hygiene items for babies.

Your care and concern for the unborn and newly born in our community was evident to the staff of The Pregnancy Care Center. Thank you for your generosity.

(See note below for personal "thank you" from the Pregnancy Care Center)

*A*  
*Special*  
M • E • S • S • A • G • E

**Lillian Skeebey** wishes to express her thanks for the assistance she received on a Sunday when she became ill at St. Mark's. Lou DeSeau drove her home. Ken and Beth Shafranko returned her car, and then discovered that she needed to go to the hospital. They graciously accompanied her there and remained available for several hours as her situation was being evaluated. Pastor Elkin visited her twice in the Emergency room. Louise Kneedler followed up with a bread-and-soup visit. It is wonderful when the members look out for one another and offer aid as it is needed. Thanks also to others who continue to do similar things unheralded.

*Thanks*  
for your  
participation

Thanks to the wonderful group of folks who helped to run the **Clothing Sale** on Saturday, April 16, 2005 in Fellowship Hall. There were some who came on Wednesday and Thursday

to organize things, some who helped with the sale itself, some who prepared food for patrons and workers, and then those who helped to clean up afterwards. The sale concluded at 1:00 (with a profit of \$361.68) and the truck came at 2:00 to take away the remainders, and everything was done shortly thereafter. We also packed some clothing for the Needlework Guild for children's needs, packed sweaters and jeans for Lutheran World Relief that we take along with us to New Windsor on May 2, and packed T-shirts for the next container the Synod sends to Liberia which will be readied for shipment in two weeks. The event was under the leadership of Shirley Hill, President of the Women of the ELCA and Becky Miller Pryor, Social Ministry Chair.

# SPECIAL DATES



**Look who's having a  
Birthday!**

5/2	Robert Clokey Ruth Homan
5/7	Alex Larson Alexander Oberheim
5/10	Carl Weaver Kline Alt
5/13	Catherine Lundy Lori Ann Zimmerer
5/14	Karen Boone Doris Buzzerd Elizabeth Kreider
5/15	Heather Merrill

5/16	Jane Larson Frank Vognet Bob Schultz
5/18	Stephen Boone Arthur Decker
5/19	Candace Dewar Amy Stugart
5/20	Michael Fillnow
5/21	James Seelye
5/23	Owen Lukens
5/24	Catherine Drake James Kreider Dawson Owen Dustin Pelleschi
5/25	Joe Peluso Jr. Kenneth Goldy
5/26	Jane Angle Harriet Fornwalt Norma Prato
5/27	Audrey Albright Joyce Hershberger Kyseem Smith
5/29	Kathleen Gilbert Owen Gair
5/31	Steven Bieber III

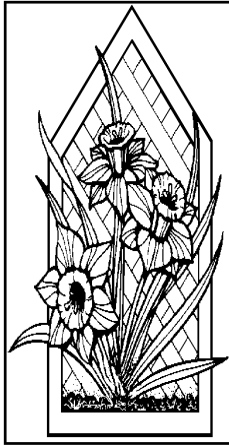


5/1	Jeffrey & Patricia Hershey
5/2	Hugh & Marie Byerly
5/7	Randall & Lillian Miller
5/8	James & Elizabeth Kreider
5/12	Matthew & Alice Alt
5/15	Galen & Pamela Davenport Jr.
5/16	Erick & Stephanie Fortin
5/25	James & Debra Buckman
5/28	Creighton & Christina MacGill
5/30	Michael & Pam Jensen

# SPECIAL THANK YOU'S

Dear Members of St. Mark's:  
 John & I send our thanks for the delicious bread (still warm) and soup brought to us by Louise Kneeder.

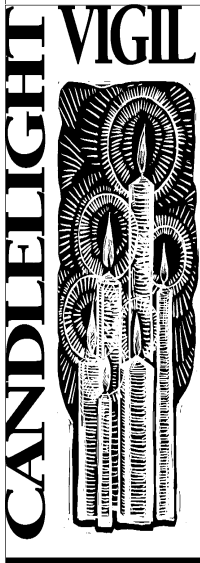
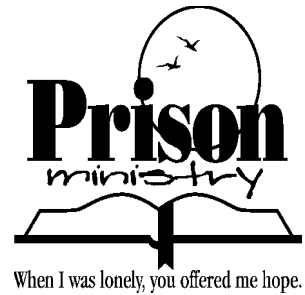
Thanks, also, for the pot of flowers brought by Jane Larson and the church flowers brought by Bill & Prudy Poff.  
 ~ John and Gail Hoffman



To the Members and Friends of St. Mark's Lutheran Church:

Thank you so much for your contribution of \$75 to the work of Yokefellow Prison Ministry. Your continued quarterly financial contributions are appreciated and help to keep the ministry in the various correctional institutions in our area running smoothly.

Yours truly,  
 Evadna Cline  
 Yokefellow Prison Ministry



Dear Pastor,  
 Thank you so much for your hospitality in allowing me to participate in the Seder Meal and Easter Vigil service at St. Mark's. It was a pleasure to be there and very meaningful. The Vigil service Saturday was especially beautiful with the symbolic meaning of Jesus Christ as the Light of the World. As I was participating with the congregation and reflecting on the spoken words, I found a renewed sense of hope stirring

within me because of All God is and that his promises are there and very real.

Thank you again.  
 Andrée Kleese Psalm 12:6

Dear Friends,

We acknowledge with thanks the receipt of \$25 for the Annual Fund. The Lutheran Theological Seminary at Gettysburg community thanks you for your continuing support of our ministry. Your partnership is important in providing quality education for the leadership of Christ's church.

Sincerely,  
 Rev. Christine E. Reimers  
 V.P. for Stewardship and Leadership Dev.

Dear Friends in Christ,

Thank you for your recent gift to the ELCA World Hunger and Disaster Appeal. Your donation of \$1,082 was designated for the South Asian Tsunami Relief Fund and will help rebuild the lives and communities torn apart by this unprecedented disaster.

Thank you for your commitment to bring help and hope to people in great need.

In Christ's Service,  
 Kathryn Sime, Director ELCA World Hunger and Disaster Appeal



# SPECIAL CONCERNS LIST

Patricia Alexander  
1745 Chestnut St.  
Williamsport, PA 17701

Ruth Best  
Sycamore Manor  
1445 Sycamore Rd., Rm 213  
Montoursville, PA 17754

Nancy Bohartz  
624 Sixth Ave.  
Williamsport, PA 17701

June Decker  
338 Sherwood Ave.  
South Williamsport, PA 17702

Larue Dieter  
2150 Warrensville Road Apt. 2  
Montoursville, PA 17754

Jane & Luther Doebler  
Wmspt. Home, Apt. #115A  
Williamsport, PA 17701

Harriet Fornwalt  
729 Wilson Street  
Williamsport, PA 17701

Doris Fortin  
Rose View Court  
1251 Rural Ave., Apt. 308  
Williamsport, PA 17701

Earl Foulkrod  
Sycamore Manor  
1445 Sycamore Rd., Rm 412  
Montoursville, PA 17754

Anna Harris  
2018 Wheatland Ave.  
Williamsport, PA 17701

Charles Homan  
2215 Warrensville Rd.  
Montoursville, PA 17754

Charlotte Hughes  
140 Blueberry Lane  
Williamsport, PA 17701

Lucille Markel  
Rose View Center  
1251 Rural Ave.  
Williamsport, PA 17701

Geraldine Martin  
1900 Ravine Rd. Rm. 109  
Williamsport, PA 17701

Anne Miller  
947 Hepburn St.  
Williamsport, PA 17701

Randy Miller  
2420 North Hills Dr.  
Williamsport, PA 17701

Jane Oakes  
Rose View Center  
1251 Rural Ave.  
Williamsport, PA 17701

Frank Pile  
Manor Care S., Rm. 52  
Williamsport, PA 17701

Anne Rhodes  
Rose View Center  
1251 Rural Ave.  
Williamsport, PA 17701

Dorothy Rivetti  
450 Center Street Apt. 505  
Williamsport, PA 17701

Marian Rubendahl  
1900 Ravine Road Bldg. C  
Williamsport Home Apt. 1010  
Williamsport, PA 17701

Mary Helen Scinicarello  
Danville St. Hospital  
Ward #311  
Danville, PA 17821

James Sechler  
Manor Care N. Rm. 202  
Williamsport, PA 17701

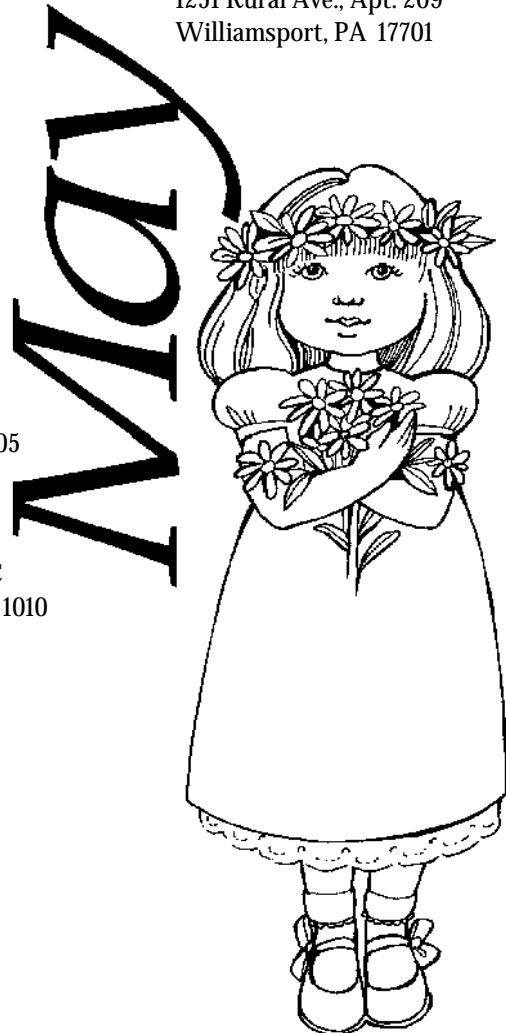
Geraldine Shipman  
1900 Ravine Rd.  
Apt. #222A  
Williamsport, PA 17701

Fred Stover  
600 Bayard St. Ext. SW  
S. Williamsport, PA 17702

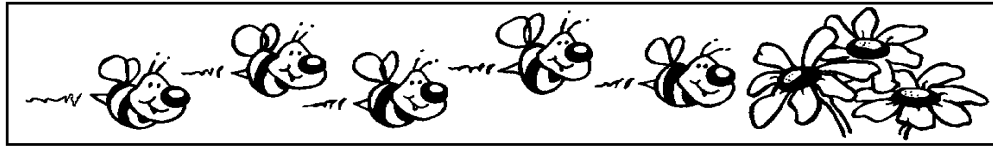
Kester & Eleanor Sobers  
425 W Highland Ave.  
S. Williamsport, P A 17702

Ira Tuxford  
1838 Blanchard Ave.  
Williamsport, PA 17701

Ralph Zeigler Sr.  
Rose View Court  
1251 Rural Ave., Apt. 209  
Williamsport, PA 17701



## HEALTH, HEALING AND WHOLENESS



The Bible contains many references to honey. It was basic food in the wilderness (Mark 1:6) and symbolized a rich and productive land (Exodus, Deut., Joshua and Ezek.) and the ultimate in sweetness (Ps. 119:103). Honey is no longer used in the quantities that it was in Biblical times, and because it is a "simple" sugar, should be used sparingly by those who need to restrict their carbohydrate intake. For these folks, artificial sweeteners may have become the answer to assuaging their sweet tooth, or helping to keep blood sugar under control.

Artificial sweeteners are everywhere – in sodas, cereals, and baked goods, but, are they safe? According to Ruth Kava, PhD, RD, director of nutrition for the American Council on Science and Health (ACSH), "My overlying feeling is that artificial sweeteners are safe. The only caveat is aspartame in people with a rare disorder known as phenylketonuria (PKU) who are unable to metabolize phenylalanine." (www.mywebmed.com). PKU is detected at birth through a mandatory blood-screening test.

The key to use, is *moderation*. Here is a brief note regarding some of the evidence on some of the most popular sweeteners:

**Acesulfame K (Sunett and Sweet One)** – 200 times sweeter than sugar and can be used in baking. According to the FDA it is backed by more than 90 studies.

**Saccharin (Sweet'N Low, Sugar Twin, etc.)** - Almost banned in 1977 because of studies in rats linking it to bladder cancer. Since then, the National Cancer Institute and the FDA have concluded that its use is not a major risk for bladder cancer in humans.

**Aspartame (Nurta-Sweet, Equal)** – The American Medical Association and the FDA have both concluded that aspartame is safe at recommended levels, except for those who test positive for PKU (see above).

**Sucralose (Splenda)** – 600 times sweeter than sugar, begins as sugar, but is converted sucralose by altering its chemical makeup – has a fraction of a calorie.

**Neotame** – Most recently approved, it is 7-13,000 times sweeter than sugar. It is derived from aspartame, but with a chemical change.

But should we use them? The American Dietetic Association has approved the use of all five sweeteners for people with diabetes, pregnant women, and children. Although they are considered generally safe, some experts remain wary.

If you are uncomfortable about using artificial sweeteners, despite scientific evidence, you can get by without them! You may wish to try one of the following: drink flavored seltzer water instead of diet soda; by cutting back on the amount of sugar you add to foods, your taste buds can learn to like other ways of sweetening, such as with fruits; read labels, some packaged foods use less sugar than others; instead of eating a whole serving of dessert, share it with someone else! In addition, always remember that though a product is labeled "sugar-free" does not mean it is calorie free!

Finally, a word of wisdom from Michael Jacobson, PhD, executive director of the Center for Science and Public Interest, "Somebody who consumes a lot of artificially sweetened foods should think twice about their diet and ought to be eating real food." (www.mywebmed.com) Let the people say, "Amen."

Spring blessings!  
Debbie Best, Congregational Health Ministries and Family Life Services  
Diakon Lutheran Social Ministries