



UMAPINE BULLETIN

September & October 2018

Vincent Water Board Five Months Later

by Keith Carlin

At the Vincent Water Company meeting at Tate's Mercantile at 6:30 pm on October 11 you can ask the new board members why they increased the monthly charge for water 20%. And you can learn how the new board is addressing the maintenance issues of the system. You can also ask if the quality of the water you receive is fully compliant with all county and state safety and purity requirements.

As Umapine citizens and subscribers to the water system, you have a right to those answers. You may discover that it is 37 years since the system was last upgraded in 1981; that the normal deterioration of pipes and valves and meters has begun to require significant work to maintain the service you enjoy. Last year there were seven failures requiring repair. This year there have been just three so far. You may learn that the documents that describe the details of the system, the drawings that show the location of all the pipes and valves and meters, have not been kept current with changes over the years, making maintenance very difficult at times.

You should be told that, in spite of the challenges facing your water board, improvements are being made. Forward progress is happening. If you are one of the users experiencing some of the problems, you probably understand better than most how difficult the upkeep can be. You can also appreciate the effort being made to ensure that your service is disrupted the

minimum possible. That is a high priority of your board.

You should also be told that one of the reasons for the increase in charges is to build up sufficient reserve funds to cover the cost of any major maintenance events. Just imagine what would happen if one of the major pumps failed. This will cost thousands of dollars to replace. You don't want the board to face that situation without the money to replace it; to have to find a funding source where they can borrow the necessary money, go through the process of negotiating a loan, substantially delaying the process of getting water back to your home. The additional \$5 per month is a small price to pay so the funding is in place for equipment replacement when the need does occur. And this is accomplished at a rate that is much less expensive than residents of other communities are being charged. Compare the \$125 to \$150 per month many pay to the \$30 you pay and count your blessings!

The members of the board appreciate the cooperative response most of the subscribers have given to the effort to bring the delinquent bills up to date. It is an honorable action that speaks well of the citizens of Umapine and one that all should cooperate with.

Life's Health Harvest

by Pam Baumgartner

As summer comes to an end we naturally think of harvest. In our little community we are surrounded by the sight and scent of fields being harvested. The smell of drying hay, the yellowing of pumpkins, the

ripening of apples on the trees, all speak of storing up for the winter.

During this time of the season we can enjoy the food our gardens produce and we can preserve fruit from the orchards around us. I love seeing jars of fruit, pickles, and sauces fill up my shelves again and smelling the fruit as it dries in my dehydrator.

Lately I've been considering my health harvest. What am I reaping for the future from the life I've lived in the past and present. I've watched my parents and in-laws age, and now the first sibling of my large family is growing weaker.

I don't want this happening to me anytime soon and I recognize that developing the right habits now is necessary to prevent problems later. I want to live a long time yet, so I ask myself if I am planting the kinds of practices that will bring me a strong harvest of health.

-Am I maintaining and/or creating the strong social network that researchers have found to be necessary to longevity? Do I make time for my extended family and my friends? Am I friendly to others? Do I reach out to them in kindness?

-Am I keeping my body active and strong or sitting many hours a day? As we age our muscles take much longer to rebuild strength after illness or extended time without regular exercise. One way physicians predict longevity is by the speed one walks. Another is whether a person can rise easily from a chair without help from hands and arms, pulling himself or pushing against something. Regular exercise can maintain or rebuild these abilities.

-Am I eating a well-rounded diet with plenty of vegetables and fruits to supply me with vitamins and minerals? Am I getting enough protein to heal wounds and maintain muscle mass? Age brings less ability to taste food so the elderly tend to eat less. Others, usually at a younger age, tend to overeat and destroy their opportunity to even become elderly. We must eat enough without overdoing it. It's easy to get off balance one way or the other.

-Do I get enough sleep to keep my body alert and strong? Healing happens mostly during sleep. Enough time asleep is influential in avoiding the mental deterioration that comes to many with age. A regular

sleep schedule helps us make sure we get enough sleep regularly.

I want to harvest many years of health yet. I hope you have the same goal and work to reach it.

Community Breakfast

The Men's Group of the Umapine SDA Church is cooking breakfast at the Friendship Center the last Saturday of each month for the Umapine community. No charge, just bring a smile to share with others. See page 3 for more details.

Community Input

Your input to this community newsletter is really desired by the team that publishes it. If you have news to share, or would like to see an article about someone or something in the neighborhood, please contact our publisher Keith Carlin at 509-540-0544 or email keithrcarlin@gmail.com.

What Heals Us?

by Pastor Roger Johnson

This year, at the recommendation of a retired doctor, I purchased a daily devotional book called, "Closer Look at the Evidence" by Richard & Tina Kliess. This book looks at life on the planet through such lenses as biology, anatomy, archeology, astronomy, physics, and chemistry.

One such feature on our stomach is found on May 13, where I learned there are three glands in the stomach wall that make secretions that digest materials much stronger than the stomach itself and do it at normal body temperature. These acids can dissolve metal, yet they do not harm the stomach wall. To keep from digesting and damaging itself, a gastric lining oozes a coating around the stomach forming a barrier. "The lining of the stomach sheds one half million cells every minute." You and I enjoy a new stomach lining every three days!

I was able to share this amazing fact with a caller who requested prayer for his father who suddenly was bleeding from his mouth and rectum. After prayer, tests showed no cancer, no ulcer, and the stomach is now normal. They concluded that the stomach had healed itself.

Whether there is special divine intervention or not, the Psalmist states in Psalm 100 verse 3, "Know that the Lord is God. It is He who made us, and we are His."

COMMUNITY BREAKFAST FOR ALL



*Join Us For
Biscuits and Gravy!*



Umapine Friendship Center
(4-Way Stop, Center of Town)

**The Umapine SDA Church
Men's Group Invites Your Family
To Breakfast**

Saturday September 29 8:15 AM – 10:15 AM



Umapine SDA Church Sponsored

For more information:

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<http://www.umapineadventist.org>

