

# "The Heart of the Matter"

A Monthly Source of Information for the Church Family

## We Are Family! We Need Each Other!

"Therefore, as the elect of God, holy and beloved, put on tender mercies, kindness, humility, meekness, long-suffering, bearing with one another, and forgiving one another,...even as Christ forgave you, so you also must do. But above all these things, put on love, which is the bond of perfection. And let the peace of God rule in your hearts, to which also you were called in one body. Let the word of Christ dwell in you richly in all wisdom, teaching and admonishing one another in psalms and hymns and spiritual songs, singing with grace in your hearts to the Lord. And whatever you do in word or deed, do all in the name of the Lord Jesus, giving thanks to God the Father through Him."

Colossians 3:12-17

In these verses, we read clearly how good and pleasant it is for a church family to dwell in unity, working together as many, from all ages, backgrounds, and spiritual gifts. Yet, we are one body, knowing that Jesus Christ is in our presence, putting within us love for each other, to bear one another's burdens, and to comfort each other with the promises of Christ's soon return. We need each other! Together, we are stronger than we are individually. As a family, even though we don't always have it all together; together, we have it all!

By Donna Faye

### Family Rules

1. Put the other person first
2. Speak with *Love*
3. Tell the truth
4. Mind your manners
5. Make *the right* choice
6. BE 
7. GUARD your *Heart* 
8. Forgive Freely
9. Always do your best
-  10. Be Thankful



## My UJA News

### Welcome To The Nelsons!

We are so grateful that God brought you, the Nelsons, to Ukiah. We are looking forward to getting acquainted and working with you as we nurture our young people.

Rick has agreed to be, not only the Principal, but also the main teacher for Grades 7 and 8, so let's give him all the support and encouragement we can. Please keep him, along with all the teachers, students, and

#### A Letter from Mr. Nelson:

It is time for some introductions! My name is Rick Nelson and I am your new principal and Grades 7-8 home-room teacher. It is an honor to be here and begin the process of becoming part of the community. My wife, Debbie, will be the 1st. Grade teacher at UJA. Let me tell you a little about ourselves.

We both began our teaching career at Templeton Hills SDA School on the California central coast. We were the only two teachers in that school before we were able to add an additional teacher a few years later. I taught the upper grades and Debbie the lower. We stayed there for seven years and then found ourselves, much to our surprise, in Las Vegas. I taught Math and Science in Grades 7-10, as well as English, Bible, and History in Grades 9-10 at Las Vegas Junior Academy. Debbie taught 1st. Grade in the Clark County School District in Las Vegas for two years before we adopted our daughter, Charity, in 1997. After living in Las Vegas for five years, we moved to Chico, California in the summer of 2000. I became the principal and upper-grades teacher at Chico Oaks Adventist School. I continued in that position for 18 years, as our family grew with our adoption of Isaac in 2003 and the birth of our surprise, Micah, in 2006. Debbie was the Director at Chico Oaks Preschool during many of these years. Two years ago, we moved to the Salem, Oregon area and I took a position as Grades 7-8 teacher at Livingstone Adventist Academy. While I fully intended to stay at LAA for many years, it became apparent that God had other plans. He answered our prayers by arranging for the both of us to once again work together here at UJA. We are thrilled to be here! We love Northern California!

Over the next few weeks before school is scheduled to start again, I hope to meet with as many of you as possible. I would love to find a quiet spot outside and chat with you. I want to hear how you are doing in the middle of this very strange time we are in and get to know a bit about you and your family. I want to hear about your hopes and concerns as we work toward getting our school year started. Our goal is to begin the school year with five full days of classroom instruction in the safest way possible and I want to have a conversation with each of you about what that can look like for your children. Expect a phone call sometime in the next month, from either myself or our new Office Manager, Allison Kurtz, to schedule our get together. I'm really looking forward to meeting you all!

Left to right:  
Charity, Micah, Rick, Debbie, Isaac



## UJA School Opening Update

Principal Rick reported that last night, July 27, the UJA school board met in person for the first time in months. Our teachers were invited to attend as well. We met outside and kept our distance. It was wonderful to meet together in person!

I summarized for those present where our county stands with Covid-19, our status with the state and what that means for UJA school reopening plans. I have been told that today Mendocino County will be officially placed on the state Monitor List.

Governor Newsom's statement on July 17 reads as follows;

"Schools located in counties that are on the Monitoring List must not physically open for in-person for instruction until their county has come off the Monitoring List for 14 consecutive days."

However, in the next paragraph Governor Newsom also states;

"There is a single exception. Local health officers may grant a waiver to allow elementary schools to reopen in-person instruction. . ."

Our teachers were asked to make a statement expressing their thoughts about reopening school in-person for the coming school year. Board members were asked to give their thoughts on this as well. All our teachers share the desire to open the school year with in-person instruction and the willingness to do whatever it takes to do so safely. Board members also expressed their desire to safely reopen UJA. We all shared our concern for the emotional impact that continued distance learning could have on our children and felt that getting our children back in school safely to be a priority.

So, how will we proceed?

We will be vigorously pursuing obtaining a waiver to reopen school with in-person instruction through the Mendocino County Health Department. I plan to meet with our new county health officer, Dr. Coren, personally to get his feedback and develop a plan to safely reopen for in-person instruction on Monday, August 24. (We pushed back our start date a few days in order for us to effectively prepare for a safe reopening of our campus.)

You can be assured that we will do everything we can to reopen for in-person instruction in a safe, practical manner. We will be developing our reopening plan in consultation with our local county health department and expect to approve that plan at our next board meeting on August 10. This plan will be created in accordance with the guidelines set forth by the California Department of Public Health released on July 17, 2020. <https://files.covid19.ca.gov/pdf/guidance-schools.pdf> One aspect of our reopening plan will be maintaining our small class sizes in order to limit the numbers of contacts for our students. We may need to cap enrollment in some classrooms in order to do this. If you would like to ensure a place here at UJA for your child, I encourage you to complete your enrollment process as soon as possible.

Please continue to pray for us. We need wisdom. More than anything, we want to love your children in person, to teach them about the world around them and about a God who loves them very much. We want to be, in the best way we can, living examples of the joy that comes from being a child of God. We can't wait to see, in person, our students again this Fall! Thank you so much for your support and patience as we work through this.

**God bless,**

Rick Nelson,  
Principal Ukiah Junior Academy  
[rick.nelson@myuja.org](mailto:rick.nelson@myuja.org) 530-588-4730

The Heart of the Matter is edited and produced by David and Donna Faye Anderson. You may contact us at 707-234-9233 or online [davendonnaa@icloud.com](mailto:davendonnaa@icloud.com).

## More UJA History by Mike Wilson

In the late forties and early fifties, when Gayle and I started school, our school was in an old building on the east side of Dora Street, between Gobbi and Mill Streets. The south side of the building was used for a one-room school; the north side was used for Dorcas and prayer meetings. I remember singing from Christ in Song for the weekly prayer meetings.

The old school desks were mounted on two long 1x4's which kept the seats connected to the desk portions. The desk tops had some deep gouges and many ink stains put there by former students, but I am sure we added to the grooves with our pocket knives. There was a table where students could do crafts while other grades were being taught.

Teacher supervision was often lacking in those days. There was a deck on the back of the building about five feet above the sloping ground. The younger kids made forts up under the deck. The older kids made a log house out of fence posts, and they had fake wars between two sides. You could lie down in the tall grass to make your own house.

In 1953, the school rooms were doubled with Sabbath School rooms in a new church building on the corner of Luce and Dora Streets. Grades one to four were in one room and grades five to eight in another. Mrs. Hempel was my teacher in grade three. I followed her around on Sabbath mornings for several weeks until I got up enough courage to tell her I had cheated.

The playing field had broken concrete blocks for baseball bases. I broke off a tiny piece of bone on my foot on one of those blocks. The second and third years in the church building, ninth grade had been added and three rooms were used.

With 93 baptisms after the Weiland Henry evangelistic meetings, and other families moving into the community, the school rooms and playing field became too small. The school was moved to a new building on Stipp Lane where all three classrooms functioned adequately. Soon a tenth grade was added, so young kids would not have to go to boarding school too early.



## Glenn Miller Annual Memorial Golf Tournament:

The seventh annual Glenn Miller Memorial Golf Tournament is planned for Friday, September 18, 2020. Yes, there will be a golf tournament. It might be in a different format, but it will happen!

This tournament is a fundraiser to support student scholarships for Ukiah Junior Academy in memory of Dr. Glenn Miller, who was known for his advocacy for Christian education. Please prayerfully consider how you would like to participate in this major event: whether it be to register as a player or to make a God-directed donation. Last year's event raised in excess of \$100,000.00 net.

Steve Miller, son of the late Dr. Glenn Miller, is the human energy behind this enormous effort and is a dedicated ambassador for UJA, not only in Ukiah, but in all the surrounding communities! He works tirelessly on this tournament year round and welcomes your questions, comments, or donations anytime. Do not hesitate to call him at 707-391-1749.

## Family News

### The Gores' Baby Has Arrived!

Zach and Kara's beautiful baby girl has arrived and they feel "so blessed to be her parents. This is definitely a whole new level of LOVE!"



### The Schafer Family Has Been Celebrating

Last spring, there were exciting events for the Schafer family. Sarah graduated from Loma Linda University's School of Medicine and is now interning at Kettering Medical Center in Ohio.

Esther graduated from Mendocino College with an AS degree in Allied Health Science. She's looking forward to becoming a registered nurse in the future.

Congratulations, Sarah and Esther! We are proud of you!

## UJA Youth Take Their Stand for Jesus

On July 18, Pastor Doug conducted a beautiful service of worship, rejoicing, and love, as four young people were baptized and vowed to walk with their Best Friend, Jesus.



Hunter McNunn

Mikayla Ngayan



Samantha  
Ngayan



Jonathan Ngayan



Here are addresses for some of our leaders who have recently moved away, in case you would like to write to them:

Barahonas  
9059 1st Avenue, Apt. #2  
Berrien Springs, MI 49103

Stubberts  
3703 Sunrise Drive  
Sebring, FL 33872

Taylor  
6776 Hemlock Street  
Redding, CA 96001

## The Healthy You:

1 Corinthians 15:52 “In a flash, in the twinkling of an eye, at the last trumpet. For the trumpet will sound, the dead will be raised incorruptible, and we will all be changed”

Changing from our corruptible bodies to a perfect body, will be good. We can look forward to that day! Looking back on our past, we can see that change has always been with us. God created us with the ability to be able to adapt and change, as protection against life stresses. Adaptive changes are good, when we plan and prepare for it such as using Orthodontic bracing for correcting dental positioning and orthopedic bracing for joint alignment. We are all aware of the dramatic changes that can happen with body building, using the principals of progressive stressing. But while there are always adaptations to life stresses, not all are good. The most obvious example which can lead to a multitude of orthopedic issues, is changes in our posture as a result of imbalances in life stressors.

Our present culture and lifestyle requires us to be subjected to ever increasing static positions. This leads to changes in our anatomical structures. Some of these common, and visible changes, you may have encountered... hopefully observing others!

Below is one of the most common issue I encounter, since the advent of laptop computers, cell phones, remote TV controls and other devices that lead to head down, forward head usage.

-Rounded shoulders and forward head posture. The shoulder positions change the neck position. Having protracted downward rotated shoulders lead to shoulder impingement, tendonitis, bursitis, rotator cuff tears, mid cervical spine arthritis, headaches and mid back pain. Stand in front of a full length mirror, close your eyes and relax, open your eyes and look at your posture. If the backs of your hands are facing forward (ape handed), you are at risk for the above issues. Easy to see, if you are looking for it.

This type of chronic posture is from muscles in the front of shoulders and chest becoming tight, while muscles on the back of the shoulders and chest, become weak allowing the tight musculature in the front of the body to dictate the position of the shoulders/neck.



Correcting the muscle tightness can be done  
by doing the following exercises:

Exercise 1



Exercise 2



Exercise 3



1: Stand in doorway, with elbows on door frame. Lean in to stretch. Hold for 45-60 seconds. Do several times a day, especially if you have been working on computer, and feel yourself “hunching over.” Stretch enough to get a good pull, but not a pain. Best done when you are warmed up as warm tissues adapt easier, with less risk of hurting yourself.

2: Stand with heels/back against wall, elbows at shoulder level. Push elbows and hands into wall. Hold 10 seconds. Relax, leaving arms in place. Repeat 6 times. This both stretches muscles in front of shoulder/chest, while strengthening muscles on back.

3: Stand with heels/back against the wall. Raise arms overhead at 10 and 2 o'clock position, against wall. Keep arms straight, and Push back into wall, hold for 10 seconds, relax, and repeat 6 times. This straightens the spine, and strengthens the muscles while stretching the tight muscles of chest and shoulders. If a ‘pinching’ occurs, or pain in shoulder, try rotating the arm outward, so the thumb is against the wall, not the back of the hand. This usually works.

The goal of #2 and #3 exercises is to stimulate an adaptive change within your body, so the force of the pushing should be significant enough that the body is required to make an adaptation. You should feel tired at end of the exercise.

In upcoming weeks, I will include some of the other issues that we, as Physical Therapists, encounter on a regular basis, that are easily remedied with precautions and basic exercises.

Until Then.. Stay healthy! 😊

Presented by Robert Merritt

### Adventist Healthcare in Mendocino County

President Jason Wells reports that Mendocino Coast District Hospital has been welcomed to the Adventist Health family and will soon be known as Adventist Health Mendocino Coast. He said, "We look forward to collaborating with the talent of our great team on the coast, while also sharing best practices and resources across the region."

Wells also reported "that twelve primary care physicians have joined the Adventist Health team, along with a great faculty, to support a new residency program."

While many things have changed amidst the pandemic, Wells confirmed our commitment to caring for the community's health has not. "Our teams are standing by ready to provide safe care. We're here for you."

### The Plowshares Ministry

Volunteers are needed for several of the teams that circulate throughout the month to provide weekend meals for the homeless. This ministry has made a significant impact in the community, but because some of the volunteers moved away, more are needed to fill the empty places. Please contact Wendi Olivera, 707-391-8427, if you are interested in helping.

Notice a great Farmers Market in Redwood Valley that is open on Sundays. Check it out. Flyer provided by Judy Maddox.

**MENDOCINO COUNTY 2020**

## Farmers Markets

**Ukiah - Saturday**  
Year Round / 9:00 am - Noon / Alex Thomas Plaza (School & Clay St.)

**Redwood Valley - Sunday**  
June - Mid October / 9:30 am - 12:30 pm / Lion's Club Park (8920 East Rd.)

**Laytonville - Monday**  
May - October / 2:30 - 5:30 pm / Albert's on Hwy. 101  
November - April / 2:30 - 4:30 pm / Indoors @ Harwood Hall (44451 Willis Ave.)

**Fort Bragg - Wednesday**  
May - October / 3:00 - 6:00 pm / Franklin & Laurel St.  
November - April / 3:00 - 5:00 pm / Indoors @ 213 E. Laurel St.

**Willits - Thursday**  
May - October / 3:00 - 6:00 pm / W. Mendocino & Main St.  
November - April / 3:00 - 5:00 pm / Indoors @ Little Lake Grange (291 School St.)

**Mendocino - Friday**  
May - October / Noon - 2:00 pm / Howard & Main St.

**Boonville - Friday**  
May - October / 4:00 - 6:30 pm / 14025 Hwy. 128

ask about **market match** program

poster design by: paul bourgeois / brushdancer@live.com

**BUY LOCAL & EAT FRESH**

Organic Mendocino County Black Cherry Preserves

Wildflower HONEY

## Comet **NEOWISE**

by Larry Siemens

You might have four chances during your lifetime to view a bright comet in the sky. July 2020 was one of those rare chances as Comet NEOWISE C/2020F3, a non-periodic, retrograde comet showed its long tail in our northern hemisphere sky. This naked-eye comet was discovered March 27, 2020, by the Near Earth Objects Wide-field Infrared Survey Explorer satellite system.

Comet NEOWISE is the brightest comet in our skies since Comet Hale-Bopp in 1997. It is moving away from the sun and will fade during August as it moves through the Big Dipper. It has been visible near the northwest horizon during the darkest part of the night for the first half of July and shortly after dusk during the last half of the month. Look for it below the Big Dipper's handle and the brightest star,



Photograph by David Anderson  
Taken on cell phone through Larry  
Siemens scope.

Traveling at 144,000 miles per hour, the comet is moving twice as fast as the Earth's speed around the Sun. On July 23, the comet was the closest to the Earth, at a distance of 64 million miles.

Thinking about the comet reminded me of the hymn, "Hail Him, The King of Glory" and particularly the words in the second verse, "Signs in the heavens, unerring omens, herald the glorious day."

I hope you enjoyed this visitor from outer space. Dave and Donna were visiting my wife, Virginia, and I. The four of us marveled at this spectacular sight at 4:00 a.m. on the morning of July 10. We also enjoyed four stunning planets— Venus, Mars, Jupiter, and Saturn and saw its rings.

