

# Press in Print



News and Information from the President's Office assembled by Dale Galusha and Lyn Crabtree

March 27, 2019

## Updates . . .

### New Art Gallery

At the top of the lobby stairs stands a new addition to the Pacific Press experience. We now have a small but beautiful art gallery.

For years, Pacific Press has owned a collection of illustration artwork which has complemented the words we craft and print in our mission to draw others to the Savior. These beautiful, inspirational works have always been tucked away in a vault where they are well protected, but unfortunately, where no one could see them. But these works were created to be seen, and they have incredible power to touch the heart.



Although the gallery space is small, it is home to copies of twenty-one original works from a number of gifted and well-known Adventist artists—including Harry Anderson, John Steel, Clyde Provonsha, P. Rennings, and Lars Justinen. The works were specifically chosen to represent the quality artwork which has been an important part of the work of Pacific Press.

The Gallery is open during business hours and visitors are welcome.



### Safety First: Zzzzzzzz...

Do YOU get enough sleep? Many people do not, and some even make light of their sleep habits—just accepting that being over-tired is the new norm in life, because we feel too busy to take the time we need to rest. Of course it doesn't help when daylight saving time rolls around and wake-up time is an hour earlier!

What happens when you don't get the sleep you need?

- **Driving and fatigue.** While we are all quite aware that driving under the influence of alcohol is a leading cause of deadly accidents on the road, according to the NSC, drowsiness is an impairment that

causes one to be **three times more likely** to be in a car crash.

- **Illness.** Your body's ability to fight off sickness is reduced when you don't get enough sleep. Researchers have discovered that the immune system is directly affected by the amount of sleep a person gets.
- **Heart health** can be negatively affected, according to the European Heart Journal. Analysis shows that both short sleep durations of less than five hours per night and longer sleep durations of over 9 hours per night can result in negative impacts on heart health. Shortened sleep is specifically associated with coronary heart disease, stroke, and higher rates of cancer.
- **Difficulty thinking.** Missing sleep can lead to major issues when it comes to exercising your cognitive (thinking) powers, impacting memory and learning abilities; reasoning and problem solving abilities are diminished, alertness and reaction time are reduced, and memory will also deteriorate making it hard to remember new information.
- **Weight gain.** A three year study reflected that those who slept less than 5 hours a night also had a propensity to gain more weight and become obese.
- **Accident prone.** While the risk of having a car accident is three times higher when driving without enough rest, it's not hard to make the connection that workers that are not sleeping enough are also more likely to have accidents and make mistakes.

There are many benefits of securing your beauty rest as outline above, but the most important benefit of getting the right amount of sleep is that it could save your life. – Michael Fifer, Safety Director

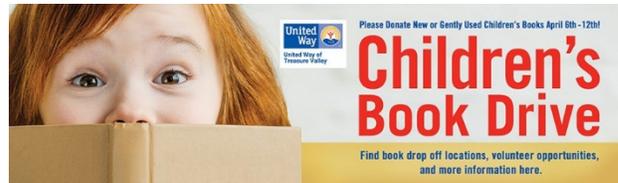
### **United Way Children's Book Drive**

It's finally Spring! That means it's time to think about United Way's annual Children's Book Drive. This year's drive is only two weeks away, April 6-12.

United Way is collecting donations of new and/or gently used books for children of all ages. Why are books important? Because when you're low income, prioritizing spending is a must. And for many people living in the Treasure Valley,

books don't make the list of things families need in order to get by. But for children in low-income homes, books can help break the link between poverty and poor academic outcomes.

Pacific Press is one of four designated Nampa drop off locations for the book drive. Our Nampa ABC will be offering great deals on books for children, so you can shop and drop them off in one easy stop. Or if you have books at home, just bring them to the drop off barrel located in our lobby. Either way, all donations should be made before the end of the day on Thursday, April 11. Thanks for caring!



## **Dateline . . .**

### **March**

27 PAYDAY

### **April**

1 Chapel—Chapel Music/Media; Don Laing, Chairperson  
8 Chapel—  
8-11 United Way Children's Book Drive @ PPPA  
10 PAYDAY  
15 Chapel—Safety; Mike Fifer, Chairperson  
22 Chapel—  
24 PAYDAY  
29 Chapel—Retirement Chapel, Lyn Crabtree

### **May**

5 Cinco de Mayo  
6 Chapel—Wellness, Michelle Sinigaglio, Chairperson  
8 PAYDAY  
13 Chapel—Product Dedication; Miguel Valdivia, Chairperson  
20 Chapel—  
22 PAYDAY  
27 **MEMORIAL DAY, PPPA Holiday**