

Updates...

United Way Campaign



Last Monday, we began our 2019 United Way Campaign, with Ed Schultz from United Way of Treasure Valley joining us for chapel. In case you missed it,

you may wonder, "What does United Way of Treasure Valley do?"

United Way works for the **health, education and financial stability** of those at risk in each Treasure Valley community. We know that these three areas are the building blocks of a stable life for children and families. At our campaign kick-off, we talked a lot about the ways United Way addresses "Basic Needs" here in the Valley.

One important way is helping children who are struggling outside of school. Right now, **approximately 4,000 K-12 students are experiencing homelessness in the Treasure Valley**. From Boise to Nampa to Caldwell, many students and their families are 'couch surfing,' living out of cars or motels, or they have moved in with another family or friend. United Way finds ways to support these students by providing hygiene items and shelf-stable foods to each school district's social workers and homeless student liaisons, who directly support these students.

The Pacific Press response this year has been amazing! Thank you to everyone who has already donated. Your generosity is greatly appreciated and will make life better for so many.

For those who may still be considering a donation, we thank you as well. Together, we can make a difference.

Forms can be found in the Owyhee Room. **The campaign runs through Tuesday, October 29.**

Share Good Stories This Halloween

One of the traditions at Pacific Press is providing back issues of *Our Little Friend*, *Primary Treasure* and *Guide* for employees who would like to take some home and share with the trick or treaters who come to their door on Halloween. If you are interested in a supply of these you can pick them up at the **south employee entrance**. – Dale Galusha



Flu Shot Clinic



This is a reminder that our flu shot clinic will be here on Tuesday, November 5, from 3:00pm – 4:30pm in the Owyhee Room.

Flu shots are free to all full-time, part-time, and student employees.

Temporary employees and other family members can get a flu shot for a fee of \$28.00, paid in cash at the time of service. To schedule your appointment, just call Human Resources at ext. 2567.

Healthcare Open Enrollment Deadline is October 31

Time is slipping away for 2020 Healthcare Open Enrollment. **Thursday, October 31**, is the deadline. It is very important that you complete your online enrollment — no enrollment means no access to healthcare for 2020. – Cindy Bergherm, Payroll

2020 Flexible Spending Open Enrollment

Flexible Spending open enrollment ends **December 15, 2019**. To enroll, go to <https://integrate-flex.com/pacificpress>. Then click "Flexible Spending Account (FSA)" under the Employee Electronic Enrollment heading. The account maximum for 2020 is \$2,550. Please contact Cindy Bergherm (ext. 2688) or Kelly Lewis (ext. 2567) with any questions.

Save the Date!

The Social Committee has been preparing for the 2019 PPPA Christmas Party.

So please mark your calendar for **Sunday, December 8**, and save the date!

We'll be at the Nampa Civic Center but the rest of the details will have to wait. Watch for more information soon, and plan to join in the fun!
– Your Social Committee



Jaime Jorge in Concert



Are you ready for an evening of musical inspiration? Come on **Saturday, November 16** at 6:00 p.m. to the Nampa SDA Church and listen to **Jaime Jorge** as he brings his *Healing Music* Concert Tour to Nampa!

The concert begins at 6:00 pm, but it's

best to arrive early and be seated by 5:45. It'll be a great evening. Don't miss it!



Dateline . . .

October

23 PAYDAY
28 Chapel—Mike Fifer, Safety

November

4 Chapel—Miguel Valdivia, Product Dedication
6 PAYDAY
11 Chapel—GSAA Soundwave
18 Chapel—Elder Ivan Williams, NAD Ministerial
20 PAYDAY
25 Chapel—NO CHAPEL (Thanksgiving)

Recipe: Wild Rice with Tofu

Try this healthier dish as a substitute for turkey and dressing.



1 (14-ounce) package extra firm tofu, drained
1 cup wild rice
2 cups vegetable broth
1 teaspoon olive oil
½ cup diced yellow onion (approximately 1 small or ½ medium onion)
2 stalks celery, thinly sliced
½ teaspoon sage
½ teaspoon salt
Splash of soy sauce, Bragg liquid aminos, or low-sodium tamari sauce
1 teaspoon onion powder (to taste)
1 teaspoon garlic powder (to taste)
1 teaspoon thyme (to taste)

1. Press tofu: Wrap tofu in clean dish towel and place on cutting board. Place something heavy, such as a pot, on top of it. (The weight of the pot will slowly press extra liquid out of the tofu into the dish towel. Pressing tofu is important because it ensures it will have the correct texture.) Let it sit while you begin cooking rice.
2. In pot, bring rice and vegetable broth to boil, and cover immediately. Reduce heat to low, and simmer until all liquid is absorbed, approximately 30 minutes. With heat turned off, let it sit, covered, while you prepare vegetables and tofu.
3. In nonstick skillet, heat olive oil. Sauté onion, celery, sage, and salt.
4. When rice is finished cooking, add skillet vegetables, and mix together.
5. Remove tofu from dish towel, and slice tofu into ¼-inch thick slices.
6. Heat griddle or skillet over medium heat.
7. Spritz or brush top of tofu with your choice of soy sauce, Bragg liquid aminos, or low-sodium tamari. (I use a spray bottle, but you can also brush or drizzle it onto the tofu.)
8. Place tofu on the hot griddle, spritzed-side down, and spray the other side before sprinkling it lightly with onion powder, garlic powder, and thyme.
9. Heat tofu until golden brown, then flip to brown other side.
10. In square (1½-quart) casserole dish, alternate tofu slices and rice, neatly packed together (see photo).

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