The Andrews Academy Weekly
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The sophomores on the honor roll with a GPA of at least 3.00 first semester: Nicole Anzuces, Seongkyeong Baek, Alexandra Barnum, Natathila Carr, Colette Covrig, Victoria Curtis, Emory Dent, Katie DeWind, Troy Furst, Vanna Giddings, Shelly Grellmann, Joshua Hall, Noel Harris, Anhui Jeong, Sarah Johnston, Min Kyong Kim, Yejin Kim, Andrew Krause, Gielle Kuhn, Yuna Kwon, Thomas Lovhoiden, Julia McEdward, Jordan Mondak, Kyler Morrison, Karla Muizac, Joel Paquette, Daniela Perez, Zachary Randolph, Faith Read, Melissa Ruhupatty, Andrew Simpson, Emily Smith, Jessica Snively, Michelle Spoon, Molly Thompson, Brandon von Dompolski, Mindy Walker, Serena Wineland, Ngai Wong, Yang Yang, Peijia Yu.

We are very grateful to Phil and Lynne Brantley for making possible the flooring for the Fitness Center in the gym mezzanine. Please take the opportunity to stop in to view it. Special thanks goes to Mr. John Reichert and to Mr. David Sherman for all of the work they have done in laying the flooring.

On Friday, the 11th of February, Pastor Carmona concluded Black History Week by telling us of two giants in Adventist history – Dr. Frank Hale and Elder Milas Martin. These two men were instrumental in changing the philosophy of SDA education and the structure of the church. There were a number of colleges across North America in the 1950’s and early 1960’s, would not even admit blacks as students. The rest of the operating colleges and universities admitted them on a ratio basis. It was not until 1962 that the topic came up at the General Conference session in San Francisco. At that time the specific ratio of Black enrollment to Caucasian enrollment came to an end, segregation in SDA church congregations came into question and the compilation in book form entitled Southern Work authored by E.G. White was once again authorized to be printed. At that time the first black vice president of the General Conference was elected. To conclude our week together, Julian Prosper, Chris Fa’ asoa and Reginald Desrosiers sang the following three songs – God’s Going to Trouble the Water, There is a Balm in Gilead, and The Black National Anthem. Special thanks goes to Ms. Wright, Elaine Kamvazaana, and Pastor Dani Carmona for having a fantastic Black History Week.

For our morning devotions and our assembly program this week we featured an emphasis on Health Education as we viewed the video Super-size Me by film maker Morgan Spurlock. He dives into corporate responsibility, nutritional education, school lunch programs just to see how we as a nation are eating ourselves to death. The introduction to the video begins with a quote by Ray Kroc, McDonald’s founder, who said “Look after the customer and the business will take care of itself.”

The video was produced in 2002 so much of the data is 8 or 9 years old, but the information is that America has become the fattest nation in the world. Nearly 100 million Americans are overweight or obese. In Mississippi, over 1 in 4 people are obese. It used to be daily routine that the cook of the family had three square meals for the family every day and the family seldom ate out. Now it is not uncommon for families to eat out several times each week. Each day one in 4 Americans visit a fast food restaurant. Obesity is now the second leading cause only preceded by smoking as the most preventable reason for death in America. This a global problem and not just isolated to America. McDonald’s alone feeds 46 million people in the world daily with its 30,000 establishments in over 100 countries on 6 different continents and accounts for 43% of the fast food market. There are more than 400,000 deaths per year related to obesity or associated illnesses.

Samuel Hirsch, a New York Lawyer, filed a lawsuit against McDonald’s on the basis of two girls ages 14 and 19 that were 4’ 10” and 170# and 5’ 6” and 270# respectively. Samuel Hirsch called McDonald’s food “physically or psychologically addictive.” Hirsch accused the company of deliberately withholding information and targeting children. The effects of its food on people’s health were "a very insipid, toxic kind of thing," Hirsch said. Hirsch also was critical of McDonald’s billion-dollar advertising campaign. "Young individuals are not in a position to make a choice after the onslaught of advertising and promotions." Hirsch contended. However in this landmark case the U. S. Judge said that the complaint failed to prove the chain was responsible for the kids’ gain in weight. McDonald’s lawyers added that it would be impossible to establish whether eating at McDonald’s was a major cause of the girl’s ailments. Genetics, medical conditions and sedentary lifestyles could also be factors, they said.

So, Morgan Spurlock decided to do a 30-day experiment dealing with the issue of fast foods. In order to set the stage, he visited a cardiologist, a gastroenterologist, a general practitioner, a dietician and an exercise physiologist. He passed his physical with flying colors with an excellent medical history and was a fit specimen to begin the experiment. There were just four rules that he was restricted to in order to accomplish his objectives. (1) The only food that he would eat would be from McDonald’s; (2) He would super-size the food ordered for the meal only if they would ask him; (3) He was to eat everything on the menu at least once during the experiment; and (4) He was to eat three times per day. One or more of his professional health support team said that they thought that his triglycerides would probably increase along with his cholesterol level. He had to keep a food log so that he could later identify everything that he consumed and properly account for the calories taken in. A second thing that he was required to do was to restrict his
exercise. He was not to exercise to his accustomed level which would have turned out to be several miles per day.

During the course of the 100-minute video, it was stated that Americans eat out about 40% of their meals. That is a far cry from the day when the family ate their meals together at home. When fast food companies first began they had one size of serving which is now known as their small serving. Since that time they have developed the regular, large and super large servings. The small french fries contain approximately 200 calories while the super large contains 600 calories. Former Surgeon General David Satcher who served in that post from 1998 to 2002 said that we have seen a doubling of overweight and obese children in the last 20 to 25 years. The fast food companies are targeting small children with the symbols they use and the environment for young children at their establishments. Then because small children feel comfortable, they return as teens and adults to eat at their establishments.

It was also pointed out that there are a whole series of diseases that are a direct result of obesity including but not limited to hypertension, gall bladder inflammation, stroke, coronary heart disease, sleep insomnia, respiratory problems, breast cancer, prostate cancer, colon cancer, endometrial cancer, steatohepatitis, insulin resistance, asthma, hyperuricemia, reproductive hormone abnormalities, polycystic, ovarian syndrome, impaired fertility, and adult onset diabetes. In fact, if the present trend continues, the prediction is that one out of every three children born in the year 2000 will develop diabetes. The direct medical cost of diabetes have more than doubled in the past 5 years from $44 billion in 1997 to $92 billion in 2002.

In Morgan’s experiment, he was getting about 5,000 calories per day, over twice his usual calorie intake. Because of what he was eating, it was satisfying for only a brief time and then he would have a desire to eat again. Near the middle of the experiment, his wife along with his mother began to seriously worry about his future. During a series of blood tests, he found that every thing was elevated which basically meant that he was sick. The physicians were surprised that with a high fat diet one could in effect practically wipe out the liver. One of them indicated that he was pickling his liver just as an alcoholic would do. In fact the longer he was on the diet, the more he became addicted to it since he actually began feeling bad until he got his fix for the day (McDonald’s food). Once he ate, he immediately began feeling better. On the 21st day of the experiment, it he had difficulty breathing and he indicated he was having heart palpitations. At the conclusion of his experiment, he had eaten as much from McDonald’s as most nutritionists say that you should eat in 8 years.

Morgan’s weight went from 185# to 210# in one month, nearly 1# per day. After the conclusion of the experiment, his detox diet got his cholesterol level and liver functions back to normal in about 8 weeks. It took him 5 months to lose 20# and 9 months later he had lost the last 4 ½ pounds. Schools that have taken out their soda machines and seriously attempted to provide healthier lunches for the students have found that their discipline problems have gone down and interest in academics have increased.

We have known this to be the case by reading the Spirit of Prophecy. How blessed we are to have that source of inspiration. In I Corinthians 6:19, Paul writes “Don’t you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by God?” Mr. Reichert gave the students ten tips for healthy eating: (1) Set yourself up for success; (2) Moderation is the key; (3) It’s not just what you eat, it’s how you eat; (4) Fill up on colorful fruits and vegetables; (5) Eat more healthy carbs and whole grains; (6) Enjoy healthy fats and avoid unhealthy fats; (7) Try different types of protein; (8) Add calcium for strong bones; (9) Limit sugar and salt; (10) Plan quick and easy meals ahead. Thank you so much, Mr. Reichert, for sharing these important points with us during Health Emphasis week.

“A speaker who does not strike oil in ten minutes should stop boring.” – Jacob Braude

♫ The chorale/silhouette/bells tour will leave Andrews Academy at 2:00 pm Thursday, February 24, with scheduled appointments through Sunday, February 27. Their performances will take them to churches in the Chicago area and allow them numerous opportunities to share their talent with fellow believers and demonstrate their Christianity to others in a variety of venues.

♫ The Academic Affairs Committee will look at a variety of issues during their meeting on Monday, the 28th of the month. One of the purposes of this group is to view the broad curricular structure of the school and recommend changes for future implementation. The group also looks at particular student needs as it relates to the requirements for graduation.

♫ In accordance with the Student Association constitution, the assembly planned for Tuesday, March 1, is under the direction of the Student Association. A meeting is to be held each semester for at least the first 15 minutes of a regularly scheduled assembly period.

♫ Please remember to join in the fun and recreation at the gymnasium from 6:30 - 8:00 pm on Tuesday evenings. Thank you for making that part of your weekly schedule.

♫ On Wednesday, March 2, select students from the AA concert band will join the annual Lake Union Music Clinic on the Andrews University campus. This event will conclude with a concert on Saturday night, March 5 at the Howard Performing Arts Center. Each year the Music Clinic emphasizes a different group of musicians.

♫ The National Honor Society will have their rehearsal in the RTO chapel at 3:30 pm on Tuesday, March 1, in preparation for the induction ceremony on Sunday, March 6 at 7:00 pm. Please plan to attend the induction ceremony in support of your son or daughter or one of their friends.