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Adventist University among Top Five in U.S. President’s Community Service Awards

Submitted: Mar 6, 2013
By Adventist Today News Team

Five universities and colleges across the United States were named to the 2013 United States President’s Higher Education Community Service Honor Roll and one is a Seventh-day Adventist institution, La Sierra University in Riverside, California. This is the highest honor a college or university in the United States can receive for its commitment to volunteering, service-learning and humanitarian engagement.

La Sierra received the award for its efforts to improve educational and developmental outcomes for children in low-income communities. At a ceremony in Washington DC last week, university president Dr. Randal Wisbey received the 2013 Presidential Award from the Corporation for National and Community Service (CNCS) during the annual meeting of the American Council on Education.

“Service to others is a key part of La Sierra’s mission and indicative of the Christian ethos that drives our work as a learning community,” Wisbey said. “I am humbled by the way in which students, faculty and staff daily live out this value through formal and informal outreach efforts to help people in local and global communities.” The award was presented by Jonathan Greenblatt, special assistant to President Barack Obama, and Wendy Spencer, CEO of CNCS.

Projects in La Sierra’s Promise Neighborhoods initiative included tutoring and mentoring elementary students, fundraising for afterschool programs in the surrounding public school district, and interactive learning experiences created by biology and communication students in the university’s natural history museum. Total service hours, including all local volunteering and overseas student missionary work, included nearly 1,900 students putting in some 85,000 hours last year. For academic Service-Learning classes alone, about 900 La Sierra students provided more than 14,000 hours of service.

The four other 2013 Presidential Award winners were Perimeter College in Georgia, Gettysburg College in Pennsylvania, the University of Connecticut, and Nazareth College in New York. A total of 690 higher educational institutions were named this year to the organization’s honor roll.

CNCS, an independent federal agency, has administered the award since 2006 and manages the program in collaboration with the U.S. Department of Education, the U.S. Department of Housing and Urban Development, and the American Council on Education and Campus Compact.

This report is based on a story distributed by the Adventist News Network, the official news service of the denomination.
Glendale Adventist Academy Teacher Convicted of Sexual Misconduct with a Student

Submitted: Mar 4, 2013
By AT News Team

The Los Angeles Times reported on Friday (March 1) that a former contract music instructor at the Adventist secondary school in Glendale, California, was sentenced to five years probation after pleading no contest to a charge of lewd acts with a minor. Valerie J. Gonzales is age 29 and the married mother of a child. The newspaper quoted her personal website on which she described herself as “a classically-trained singer, pianist and conductor” fluent in several languages.

Gonzales’ role at the school was to teach private singing lessons. She admitted to police that she became sexually involved with a male secondary student at the school from June into the fall of 2012. The parents of the student reported the situation and Gonzales was arrested October 2. Her sentencing also requires that she spend a year in counseling and register as a sex offender for the rest of her life.

Gonzales has performed with the Petite Opera in Glendale and at the famed Hollywood Bowl. She is evidently a person of faith; the newspaper reported that she sent a Twitter message last week, “Thank You, Lord for sustaining me through the whole process.”

Glendale Adventist Academy has 611 students enrolled in Kindergarten through Grade 12 and a total of 37 faculty members. Glendale is a suburb of Los Angeles where a hospital affiliated with the Adventist Church is located, as well as the office of the Southern California Conference of Seventh-day Adventists. There are seven Adventist churches in the community with a total of nearly 2,800 members.

“Unfortunately, this happens often enough now that many times it is not reported in the news media,” a family counselor told Adventist Today. “Adventist schools and congregations are not immune from the mental health problems that contribute to the sad outcomes. It is very likely just as common among the most conservative circles, such as various independent ministries.”
Dr. Jiri Moskala has been appointed dean of the Seventh-day Adventist Theological Seminary at Andrews University in Berrien Springs, Michigan. In October Dr. Denis Fortin announced his desire to step away from administration in order to return to full-time teaching in the department of theology at the seminary beginning fall 2013. Moskala will become dean on July 1, 2013.

Moskala has been a professor of Old Testament exegesis and theology at the seminary since 1996 and currently serves as chair of the Old Testament department. “My vision for the Theological Seminary is to be the light for the world and the theological resource for the church,” Moskala said. “We are here to serve the worldwide church in various capacities, to prepare future church leaders to work and deal with different challenges in order to proclaim the eternal Gospel with conviction, urgency and passion, make a difference for good, and prepare people for the second coming of Jesus.”

Born in the Czech Republic, Moskala earned a Master of Theology in 1979 and a Doctor of Theology in 1990 from the Protestant Theological Faculty of Charles University. In 1998, he completed a PhD at Andrews University. He began his ministry as a pastor for the Czecho-Slovakian Union, serving until 1989. When the Communist regime fell after the Velvet Revolution, he established and served as the first dean of the Theological Seminary affiliated with the Adventist Church in Prague. He has been a presenter at many Bible conferences and theological symposia in all 13 world divisions of the denomination and has lectured at Adventist universities and colleges around the world.

The new dean is a member of several scholar societies, including the Society of Biblical Literature, Society of Christian Ethics, Chicago Society of Biblical Research, Adventist Society
for Religious Studies, and Adventist Theological Society. Moskala has authored or edited a number of articles and books in both English and the Czech language. In addition, he has participated in several archaeological expeditions in Tell Jalul, Jordan. Moskala and his wife, Eva Moskalova, have five adult children and three grandchildren.

With the current discussion of a number of theological issues in the Seventh-day Adventist Church, including ordination and various interpretations of Genesis 1, there has been considerable interest in who would fill the vacancy created by Dr. Fortin’s resignation. Pastor Ben Schoun, chairman of the board for Andrews University, a vice president for the General Conference and former seminary faculty member, described the process in the official news release announcing the new dean. “We narrowed it down to five candidates. When the final candidate review was done, it felt like the Lord was leading because there was a definite consensus that emerged on one candidate: Jiří Moskala.” Schoen described Moskala as “a fine academic scholar and very loyal to the church.” He stated, “I don’t know anyone who can question his commitment to the mission and values that we stand for.”

The Seminary dean is an ex officio member of at least three important bodies for the Adventist Church: the General Conference executive committee, which is the denomination’s governing body; the International Board of Education and the Board of Ministerial and Theological Education, which establish global policy for the denomination’s schools. “The Seminary … is like a wonderful think-tank for the Adventist church,” Schoun said. “For those of us in church leadership … it’s nice to get the counsel of the thinkers who are here at the Seminary. It’s a wonderful resource to be able to call upon in these various kinds of church issues.”

“Moskala is someone who comes from a very strong biblical and mission-oriented background,” Ted Wilson, General Conference president, was quoted in the official news release. “He and his family are very focused on the tremendous task the Lord has given to the Seventh-day Adventist Church.”

The Seminary is one of the most ethnically diverse graduate schools for clergy in the United States with about 550 students on campus and 750 more attending classes at extension sites in Europe, Africa, Asia and North America. It is fully accredited by the multifaith Association of Theological Schools, the Higher Learning Commission, and the Adventist Accrediting Association.
Dr. Ronald Dailey has been appointed the new dean of the School of Dentistry at Loma Linda University, the Adventist health sciences center. He is currently executive associate dean of the school and the new job begins July 1. He replaces Dr. Charles J. Goodacre, who has served as dean since 1994.

Dr. Richard Hart, university president, announced the appointment. “Dr. Dailey’s long track record makes him an obvious choice for dean and our board confirmed that recommendation. I am delighted to welcome Ron into that position.”

Dailey’s responsibilities have grown continually since he joined the school in June 1975 as an instructor in the department of preventive and community dentistry, while completing a Master of Arts degree in educational psychology at Walla Walla University in Washington state. In July 1978, he was promoted to assistant professor, and became director of admissions and student affairs. In 1993 he became associate dean for academic affairs shortly before he was awarded a PhD in higher and professional education from the University of Southern California. Since June 2009, Dailey has served as the dental school’s executive associate dean.

Also involved in local community affairs, Daily won election to the Loma Linda City Council in 2009. An honorary member of Omicron Kappa Upsilon, Dailey was selected for Teaching Excellence Awards in 1986 and 1987, and the School of Dentistry’s Distinguished Service Award in 2001. He is married to Dr. Karen Winston, a Loma Linda University Medical Center pediatrician, and has three adult children.

The School of Dentistry opened at Loma Linda University in 1953 and is one of eight schools within the university. It has about 600 students and is located near San Bernardino, California. Loma Linda University is a Seventh-day Adventist, faith-based health and education institution with a mission “to continue the teaching and healing ministry of Jesus Christ.”

This report is based on a news release from Loma Linda University.
Two Web Events May be of Interest to Adventist Today Readers

Submitted: Mar 6, 2013
By Adventist Today News Team

Meetings, lectures and discussions that once were available only if you spent time and money on travel or had access to expensive and complicated satellite networks are increasingly being made available to anyone who has a computer that can connect with the Web. Two such occasions are scheduled in the next week which may be of interested to Adventist Today readers because of previous coverage related to the issues being discussed.

Rob Bell, the Evangelical megachurch pastor who caused a stir last year when he took the Adventist position on hell and the state of the dead, will be launching his latest book. In an unrelated event an Adventist layman will present a new concept for strengthening and preserving Christian education, and there will be opportunity for you to ask questions and interact with the speaker.

Pastor Bell will speak on Tuesday, March 12 at 7 p.m. Eastern time from New York City. His new book from Harper is entitled *What We Talk About When We Talk About God*. This book is likely to be as controversial as the previous book. The publisher’s news release says, “He shows how traditional ideas have grown stale and dysfunctional and how to return vitality and vibrancy to lives of faith today. Using his characteristic evocative storytelling to challenge everything we think we know about God, Bell tackles misconceptions about God, showing how God is not being left behind but is actually ahead of us, pulling us all forward into lives of greater fullness and vitality. God is both with us and for us, and these truths can change the entire course of our lives.”

You will be able to see and hear the live event here: [www.robbelllive.com](http://www.robbelllive.com)
And you can see a brief, introductory promotion video here: [http://youtu.be/rG1CDec4qkg](http://youtu.be/rG1CDec4qkg)

Webinar on Adventist Schools

The Adventist education system is facing new and challenging conditions that threaten real schools in real cities and towns. Dennis Nooner will present an innovative, and bold, short-term strategy to “stem the flow of blood and save the life” of individual schools that are in trouble until more long-term and permanent methods can be implemented. Nooner proposes forming local units/teams of successful and committed individuals who can accurately diagnose problems and quickly, flexibly, and decisively apply corrective strategies expressly customized for specific local schools. In his presentation he will outline how to put together these teams as well as include examples of changes in Christian and private schools where this approach has worked.

Nooner is an entrepreneur, general manager of Homeplace LLC and Mosaic Healthcare Technologies. He has a degree in healthcare management from Southern Adventist University and has been active in a variety of educational activities including alumni leadership positions at Ozark Academy and the chair of the strategic growth committee of the Arkansas-Louisiana Conference of the Seventh-day Adventist Church.
The event is scheduled for Wednesday, March 13, at 1:30 p.m. Pacific Standard Time.

To participate, you must pre-register at: https://crae.webex.com/crae/onstage/g.php?t=a&d=665470759
Click "Register" and on the registration form, enter your information and then click "Submit."
Once your registration is complete, you will receive a confirmation email message from the Center for Research on Adventist Education, CRAE(messenger@webex.com) with a link to join the event.

**Important Notice:** This WebEx service includes a feature that allows audio and any documents and other materials exchanged or viewed during the session to be recorded. By joining this session, you automatically consent to such recordings. If you do not consent to the recording, discuss your concerns with the meeting host prior to the start of the recording or do not join the session. Please note that any such recordings may be subject to discovery in the event of litigation.
Adventists Work to Prevent Violence around Elections in Kenya

Submitted: Mar 3, 2013
By AT News Team

Updates at the End of the Story

The Seventh-day Adventist Church in Kenya has been involved for more than a year in efforts to prevent violence as a national election is held Monday (March 4). Five years ago more than 300 people were killed and 100,000 left homeless from fighting that broke out after a close, contested election that ended in international negotiations and a coalition government which included both major candidates, Mwai Kibaki as president and Raila Odinga as prime minister.

During the first two weeks of February, the church conducted training for more than 500 members who volunteered to serve as peace ambassadors in the town of Naivasha where the worst violence broke out five years ago. “We do not want a repeat of the 2007-08 violence … neighbors turning against another,” Pastor Jack Ogema told Hivisasa, a Nakuru County newspaper on February 12. The church officially “urged Naivasha residents to avoid fighting one another during the electioneering period,” the newspaper announced.

A choir from an Adventist church in Kigali, Rwanda, was brought to the event. “We would not want Kenyans to experience what we experienced during the 1994 genocide, where people butchered each other because they couldn’t solve their problems amicably,” a choir member told the trainees.

Pastor Blasious Ruguri, president of the East-Central African Division of the denomination which is headquartered in Kenya although it covers 11 nations all together, issued a statement on January 30 urging politicians to control their supporters. “The Seventh-day Adventist Church has called on politicians to engage in responsible politics,” The Star, a national newspaper published in Nairobi, stated. “Ruguri urged politicians not be irresponsible in their utterances and actions.”

“It is high time that all these people interested in vying for elective seats [in parliament] do away with negative politics,” Pastor Ruguri was quoted as saying. “He called on Kenyans to be wise [and] not vote for leaders with tribal-based agendas. He warned that if Kenyans will vote through the influence of tribalism, Kenya will experience dark moments after [the] elections,” wrote reporter Kerubo Lornah. “Election related violence is a result of tribalism and negative ethnicity,” he quoted Pastor Ruguri. “I urge all Kenyans to choose visionary leaders” who look beyond tribal interests and “greed for power and money … the force behind evil activities.”

Sources in Kenya have told Adventist Today that a number of Adventists serve in both of the major political coalitions. Three members of cabinet have been specifically identified through a search of public records by Adventist Today reporters, and requests for interviews have been made.

Kegengo S. Ongeri represents Nyaribari Masaba in the National Assembly and is a member of the KANU political party. He has been Minister of Education for the country since 2008. At the age of 75 he has a long career of public service, attending medical school in India in the 1960s,
completing a doctorate in 1972 at London University, serving as a professor at the University of Nairobi from 1973 to 1988, when he became Minister of Technology in the Kenyan government. Throughout much of the 1990s he carried ambassadorial rank from Kenya and served in a number of positions with the United Nations, including as the permanent representative from Kenya in 1993 through 1997.

Christopher M. Obure represents Bobasi in the National Assembly and is currently Minister for Public Works for the country and part of the Orange Democratic Movement (a political party). He is 70 with many years in management positions in corporations in the 1970s and 1980s, after completing a business degree at the University College of Nairobi and 1968. He has served as a cabinet member or sub-cabinet official in six different departments of the national government over the years.

Dr. Wilfred G. Machage represents Kuria West in the National Assembly as a member of the Democratic Party of Kenya and is in private practice as a physician. He is 56 and completed medical school at the University of Nairobi in 1983. In 2009 he attended the executive education program at the Kennedy School of Government at Harvard University. In 2007 and 2008 he served as minister of health for the East African Community, a regional inter-governmental unit affiliated with the United Nations. His theme in this campaign has been, “We are one people with diverse ethnic backgrounds. Kenya is our mother.”

In January of 2008, the denomination was forced to close the 2,300-student University of Eastern Africa at Baraton because of the violence and evacuate about 280 faculty, staff and families. In May of 2012, President Kibaki visited the campus and helped to dedicate the “ultra-modern … Judith Thomas Library,” reported the Kenya Broadcasting Corporation (KBC) at the time. In his remarks, the president praised the Adventist Church for establishing two universities in the country.

The Adventist denomination in Kenya has nearly 700,000 members in 8,300 congregations. It is estimated that the number of Kenyans who identify with the Adventist faith may be as high as two million. Sociologist Ron Lawson reported in 1994 that more than a million individuals had told the official census they were Adventist adherents.

**Update on March 5:** The Associated Press reported that throughout much of the country voting was largely peaceful. There was violence in Mombassa, the port city of Kenya, with a number of killings by a secessionist group. "Everyone is still holding their breath," one source told Adventist Today. "Five years ago the worst violence came in the aftermath of the election."
The Sabbath School Lesson 10 on Origins is not controversial and supports environmental stewardship. This teaching is true no matter what chronology of creation Adventists accept, so study your lesson and practice it.

Part of environmental responsibility is care of the environment of your stomach, so let me share with you some of the practical insights from the world of nutrition. I am writing to you my own interpretations of the data presented as a Family Physician from the 6th International Congress on Vegetarian Nutrition, sponsored by Loma Linda University School of Health February 24-26, 2013. This is a unique Adventist contribution to world health, and shows the best of Adventism where we serve others as coordinating and emphasizing the good. It was a scientific meeting and not a display of Adventist health teachings, as the benefits of some healthy fish in the diet, benefits of dairy products in some diets, and even health benefits found in coffee beans and small amounts of alcohol were supported by various presentations. But in general the personal and ecological benefits of a vegetarian or a careful vegan diet were clearly supported.

DON’T GET HEALTH FROM CAPSULES – FOCUS ON FOODS NOT NUTRIENTS

Keynote address by David R. Jacobs from Mayo Clinic Professorship at University of Minnesota reminded us that in general when we try to isolate individual chemicals from foods and supplement with them this either doesn’t work or causes problems. Put into plain English when you get your vitamins from foods they are good for you; when you put them into pills they usually are NOT. Focus on having an interesting and varied diet, eat lots of plants. If you enjoy variety, eat lots of colors, lots of textures, food from lots of cultures, lots of leaves, whole grains. Avoid much food made from white flour, white rice, white potatoes, and pasta. If you are a picky eater and don’t like experimenting with lots of different plant foods, then you had better eat foods from animals who gather the nutrients you need. (This can be from dairy and eggs if you prefer, like many Adventists, to not kill things to eat.)

BUT VEGANS AND MANY VEGETARIANS NEED A FEW SUPPLEMENTS

Please if you or anyone in your church is vegan take your B12 tablets. It is NOT true that vegans can get enough B12 from plants. It is NOT true. You put yourself and your children at risk, you put your church at risk, if you don’t take your B12.

And you likely need some iron, some iodine, and unless you live in Florida or Southern California and spend 1 hour a day in the sun, almost all of us, vegetarian or not, need Vitamin D supplements. Please ask for a blood test, if you are 60 to 100 you are fine. If your blood level is 30-60 please take 1000 units Vitamin D3 a day if you are a child, 2,000 units a day if you are a small woman or man, 5,000 units a day if you are a large woman or normal sized man or if you are a dark-pigmented adult of any size. If your blood level is below 30, take double these doses.
till your blood level is in 60-100 range for optimal health.

If you want to do Vitamin D naturally, then move close to the equator, expose all your body to the sun for 45 minutes and if you are fair skinned your body will make 20,000 units in less than 1 hour.

WHY JESUS FED HIS DISCIPLES A BREAKFAST OF FISH

I don’t eat fish; I’m a lifelong vegetarian using some milk and eggs. But if there is a non-polluted source of fish available to you there is much data showing two servings (of salmon or mackerel and even tuna) a week are good for your brain. As my patients age I see many lovely Adventist health reformers with Alzheimer’s Dementia. There is no plant-based food source of adequate DHA/EPA fatty acids (omega 3 fatty acids). Your brain is rich in DHA/EPA. And NO you cannot get enough by eating walnuts and flax seed oil. Walnuts are wonderful foods and reduce heart attacks; eat 1 oz. a day. Or eat a handful of mixed nuts including walnuts. But in addition please consider taking a fish oil supplement, not for your heart, but for your brain. Total DHA/EPA should total 1 gram a day, for me that’s one Costco Fish Oil capsule a day. There are algae-based DHA/EPA omega 3’s available such as those from Nordic Naturals if you can afford it. And you must start taking DHA/EPA long before you have any symptoms of dementia. You children and grandchildren vegetarians should take supplements, and your breast feeding mothers should have DHA/EPA supplements or foods. By the time you have symptoms it is usually far advanced. Starting Fish Oil at 70 won’t hurt, but it is too late.

THERE IS NO SAFE RED MEAT INTAKE

The Adventist Health Study-2 combines with all the other studies in the world showing that the more red meat Adventists or anyone else eats, the worse mortality. You will die earlier if you eat red meat. You will have more heart attacks and strokes. You will have more colon cancer. If you eat chicken and turkey instead of red meat you will have less, but there is no protective benefit from poultry, except that you eat less red meat.

So from the evidence go straight to a low fish diet if you are now eating red meat. Please, please don’t ever eat another grilled hamburger or other meat. Grilling meat turns it into carcinogens. No barbeque, no brai, no grill, and processed meats; bologna, hot dogs, sausages, bratwurst, etc., are all carcinogenic. (And now some of them have horse meat in them, as we have seen in the media!)

And surprise, surprise, the blood (heme iron) in meat makes it carcinogenic! So follow the Biblical standards and bleed and wash your meat to free it from hemoglobin, and boil or bake it, do not grill or fry it ever. This data is not presented by Adventist vegans, this is presented by scientists from NIH and worldly universities.

EAT SOME RAW PLANTS BUT 100% RAW IS FANATIC

It is good for healthy adults (not children) to have some raw foods (huge salads, blended plant smoothies) but it is not possible to eat only raw foods and have adequate nutrition, so if you have
raw enthusiasts in your church help them blend some of their kale and roots with fruits into smoothies, and cook one item each meal, soup, stew, baked items for at least 25% of their diet. And please remember they must take B12 supplements, Vitamin D3, use iodized salt, and perhaps some iron. Children cannot process enough raw foods and must have concentrated foods, and cooked foods.

**SOY IS STILL GOOD FOR YOU**

Tofu and Soy Milk (with B12 added) is a good food for vegetarians and vegans. Use of Tofu is good for everyone, including children. Soy foods or Genestein supplements given to women going through the change of life does reduce hot flashes and does not increase breast cancer. Girls who eat soy protein have less breast cancer later in life. But even though it was a vegetarian congress, convincing evidence from England is that cow’s milk is good for you when added to the usual English diet. This contradicts the teaching of The China Project, so may be controversial in your church. But remember when Ellen White said to make our vegetables palatable “with a little milk or sterilized cream” she was right on as usual.

**NUTS ARE GOOD FOR YOU BUT DON’T GET EXCITED ABOUT COCONUT OIL**

Tree nuts are all good for you and you should have a handful every day. Walnuts look like a brain and contain essential fatty acids. Almond, hazel nuts (filberts), cashews, Brazil nuts, and even peanuts are good for you. A little fresh or shredded coconut won’t hurt you, and coconut water is harmless, but don’t believe the hype about coconut oil being a magic or safe food. It is not the best fat, use it sparingly not freely. The best fats are still olive oil, and other vegetable oils high in monosaturates like grape seed oil and canola. Fats still make you fat and should be used in moderation. Enjoy quality fats in seeds and nuts, avocado, olives. We heard Dr. Miguel Angel Martinez Gonzalez, MD, MPH, PhD from the University of Navarra, Spain present his groundbreaking paper on the benefits of adding extra virgin olive oil (1 liter/person/week) and or
nuts (1 oz. or 30 grams a day of mixture of almonds, hazelnuts, walnuts) to the Mediterranean diet (that is a plant foods with some fish and limited red wine diet). The same day the New England Journal of Medicine (top doctor medical magazine) released his article that made the front page of the New York Times as the PREDIMED study showing 30% reduction of heart attack, stroke, or cardiovascular death in those adding to the Mediterranean diet olive oil or daily nuts. This was better than the low fat diet advised by the American Heart Association. Dr. Ornish and McDougal will claim it wasn’t low enough. But frankly, getting my patients to eat more nuts and olive oil is going to help a lot more people than I could ever convince to radically cut back on all fats to 10% of calories as a sustainable life style. My CHIPS graduates last a few months before their bodies demand a higher fat diet. I’m happy to have evidence of what the healthy fats are for them.

Take-home for Adventists? Use olive oil in your diet, instead of corn or sunflower oil. If you live where this is not possible use grape seed or canola. Or instead of extra oil, add 1 oz. a day per person of walnuts, almonds, hazelnuts, and most other nuts are also good for you. Use several kinds of nuts, mixed nuts, if possible.

If your non-Adventist neighbors use alcohol, agree with them that a small amount such as 5-10 ml/ 1-2 tsp. of alcohol a day (such as found in 42 to 84 ml/1 to 2.5 oz. of red wine 12%, or 100 to 200 ml/3 to 7 oz. of Budweiser 5%) has cardiovascular benefit but any more than this is harmful. Few drinkers can stay at his low level, and the social, liver, and brain damage from alcohol means that any consumption of this drug should continue to be discouraged by our church as in the best interest of the majority of humanity.

ADVENTIST TABLES

Pythagoras, Plato, Ovid, Plutarch, Leonardo de Vinci, Voltaire, Rousseau, Shelly and Adolph Hitler were all vegetarians. Some will be in Heaven and some will be in Hell. Adventists were given vegetarianism as a benefit to us as a people, and for many reasons can be part of our morality and our ecological stewardship as well as part of our “health message.”

Healthy Adventists will eat lots of purple and red berries, lots of walnuts, almonds, cashews, peanuts, and Brazil nuts. We will have huge salads with more than lettuce in them, and olive oil on them. We will enjoy vegetables every day especially the broccoli/kale family, but orange things like squash and sweet potatoes will be frequently on our tables. We will prefer brown rice, whole wheat, and add quinoa, spelt, and other exotic grains. Flax seeds, sesame seeds, poppy seeds, sunflower seeds will be used. Turmeric that prevents one kind of dementia will be introduced into non-Asian diets. And beans, lentils, garbanzos, dhal will be our staples. Many of us will make them palatable with some dairy and eggs from healthy chickens. Some will continue to use fish, and others will take fish oil supplements. Others will use poultry, and I hope that most of us will avoid the frequent use of red meat even when prepared Kosher, and that all will avoid carcinogenic meats.

Our vegans are following a more difficult but admirable path. If they do it correctly they will weigh less, have less cancers (except prostate and cervical cancers). So far, we don’t know if they will have more or less dementia than fish or dairy using vegetarians. They need to be sure to
keep a wide variety of plants in their diet, and please supplement by using iodized salt, some mineral calcium (500 mg a day only, more can be harmful), iron, and vitamin B12 tablets. And consider how they will get enough EPA/DHA fatty acids either by bending their diet to include fish oil capsules, or buy the expensive vegetarian EPA/DHA supplements. They can take vegetable source Vitamin D2 supplements, but will need higher doses than Vitamin D3 that comes from lanolin of sheep. They may need 25,000 to 50,000 units a week or more of Vitamin D2.

SPICE OF LIFE

Cutting-edge research is showing that many plant spices are excellent anti-inflammatory compounds and have place in fighting all inflammatory diseases, which are the chronic 20-40-year consequence of living in the modern world. Turmeric (the yellow curry spice also known as Circumin) is good for some forms of Alzheimer’s disease. Red chili, cinnamon, fennel, dill, most spices are good for something. We need to put more spices into our diets. The older Adventist teaching on no spices may have to be adjusted.

The Creator has made over 800 plants as foods and spices. The average American uses about 10 plants in their diet. We Adventist Creationists need to use hundreds. Creationists need to become adventuresome plant gourmets. Okra anyone? Yellow Curry tonight? Please help yourself to another handful of nuts. There is always fresh fruit out for you as well.

HEALTH REFORM 2013

There were huge issues regarding health in the 18th century that God asked his servants Ellen White and John Harvey Kellogg to address. These had to do with: hygiene and cleanliness—no longer problems within the plumbed world; poisonous and not-understood drugs—this is largely a non-issue today; and the benefits of plant based foods—this remains true today. They had to do with the dangers in pre-antibiotic, pre-pasteurization, pre-microbial dangerous foods like dairy products—this is less of an issue today, and many safer substitutes are widely commercially available, like properly prepared soymilks. Cheese is now fit for food, unlike then, but it still is not a healthy fat and should be limited in our diets, sad to say.

On the other hand Ellen White knew nothing of our present danger foods. Health reform today should include—no soft drinks, including Gator-aid like sports drinks, very little liquid calories of any kind including fruit juices, nothing with corn sweeteners as a major ingredient, no hydrogenated or partly hydrogenated fats. Put another way, Adventist Health Reform today must include avoiding red and processed meat, soda drinks, whole dairy products, commercial bakery goods, and sweets and pastries. Real Adventist vegetarians don’t live on bread, pasta, white rice, and potatoes.
SHOE REFORM

And one last rant from this physician who looks at lots of painful and deformed feet of old ladies. High heels are from the Devil! Girls, young women, and mothers, why are you submitting to male chauvinism and sexual oppression by deforming your lovely feet with those terrible high heels? It’s time to hear a good old Adventist sermon on shoe reform!

But of course, as on many important topics it would be far better to hear it from some of our ordained women pastors speaking the truth in love to their sisters.

(You are welcome to add comments or questions to Dr. Hoehn below.)
Science: What’s It Good For?

Submitted: Mar 6, 2013
By Joe Erwin

So I just had a look at AToday again. I've been giving some attention to the religion and evolution thread started by Erv Taylor.

From time-to-time we get comments from "David," who seems to be an Adventist physician scientist for whom English is not his native language. He says what he has said before, that scientific evidence does not support evolution. He is especially dismissive of what he calls "retrospective" evidence. To him, science seems to all be about experimental replicability in the present. Since none of us was around six thousand or six million or six hundred million years ago, there is, essentially, no current evidence that can inform us about anything that might have happened.

Of course, I think many people would agree that the term "evidence" suggests a residual consequence of something that occurred in the past, from which one may be able to construct hypotheses of what happened that persists into the present. Being able to detect evidence and evaluate it through careful, replicable measurement, and, in some cases, through demonstrations and reconstructions and experimental verifications in the present, all play roles in approaching authentication and understanding.

There is, I suspect, confusion over what constitutes evidence and what constitutes hypothesis or explanation or speculation--all of which have a place in science, as long as one does not mix them up.

Geological strata, fossils, bones, morphology of extant plants and animals, chemicals (including complex molecules like DNA), and genomics, all exist in the present. They constitute reality and tangible evidence. The existence of hominin fossils (not to mention other primates, other mammals, other vertebrates, etc.) is real, actual, tangible fact. That they are found in physical matrices that can be described, measured, studied, and dated, is fact. The structures and sequences of DNA and other proteins are factual in the present, and can be repeatedly measured and analyzed. If one does not like the measures and descriptions of a specific fossil tooth or skeleton, one may go and remeasure and reanalyze all the data regarding it independently. There is no need to just take someone's word for anything. Follow the data wherever it leads, and be as skeptical as you like of the explanations or speculations about the actual facts. But denial of the facts? Denial that evidence exists? Denial that the evidence spreads out across millions of years? That is denial of reality, and that is perilously close to insanity.

So, what is the "evidence" for "spiritual" interpretations of the real world? Well, there are relatively recent interpretations of ancient manuscripts, some of which are of dubious or doubtful origin and others about which we can make stronger guesses as to origins or authors. There are traditional beliefs and traditional "authorities." We can seek, and sometimes find some tangible evidence to corroborate (or not) the information in the old manuscripts. As to the "spiritual" bases of such documents, we really have no basis for evaluation except reports by others of their
personal experiences and our own private and subjective experiences. If one accepts a spirit world, an unverifiable dimension accessible only through private experience—if then—where does this lead? It seems to me that it leads either to acknowledgement of the validity (or, at least, possible validity) of all private experience, no matter how disconnected it may be from anything tangibly verifiable, or the denial of anything not within one's own subjective experience, OR, pretty much anything in between. This becomes a wildly chaotic epistemology that has no anchor at all—unless one clings to some authoritarian spiritual fantasy, either traditional or of one's own invention. For those inclined toward paranoid schizophrenia, this should be familiar territory.

I can be quite tolerant of ambiguity. We seldom have all the facts or evidence we would like to form a complete and comprehensive picture of reality. When evidence is lacking, I often do not form a strong opinion. At the same time, while I am quite committed to making evidence-based decisions, some decisions must be made in the absence of adequate evidence. So, we just do the best we can. I suspect that many ancient manuscripts were generated in what were, essentially, evidence-poor situations. With few facts upon which to base explanations of origins or superiority, there was a vacuum in which wildly imaginative speculation ran rampant. To accept such fantasy as the ultimate truth and explanation of life requires quite a stretch.
Growing in the Seeking

Submitted: Mar 6, 2013

By Debbonnaire Kovacs Growing in the Seeking

Today I will be driving from Kentucky to Andrews University for a worship conference I expect to enjoy very much. Only one thing makes me sad: I will miss tonight’s session of the small group studying Joan Chittister’s *Monastery of the Heart*. However, as I drive (through snow, forsooth!) I am comforted in the trust that my fellow “monastics” will be praying for me by name at least once today—and I for them.

I was struck by the relevance of this week’s reading to the issues with which we struggle, here at *Adventist Today*. Here’s a clip. (By the way, I do recommend the book very much! You can buy it in hard copy or ebook. I won’t put a link here in the devotional blog, but you can easily look it up.)

*We do not all hear the same tones at the same volume,*
*or see the same visions in the same colors,*
*or seek the same goods of life in the same way.*

*The search for God depends, then,*
*on choosing the spiritual path most suited to our own spiritual temper and character.*

*For some seekers,*
*It is in withdrawal from society or by immersion in nature that God is most present.*

*For others,* the face of God
shows most clearly
in the face of the poor,
or is felt most keenly
through the support of those
with whom they share
a common spiritual regimen

For many, it is a bit of both,
a balance of community,
contemplation,
and commitment
to the people of God.
It is the search to belong
to a group of fellow travelers
who will hold us up
when we fall,
and urge us on to greater heights
when we are afraid to strain for more.

But whatever the nature
of a seeker’s lifestyle,
the search for God
depends, as well,
on the spiritual maturity it takes
to move from one level
of spiritual insight to another—
rather than cling to the spiritual satisfaction
that comes with earlier
less demanding, practices.
The search for God depends on the desire
to grow to full stature as a spiritual adult,
to come to know the God
who is as present in darkness
as in light.

If I read this section alone, I might fear that Chittister believes any and all paths lead automatically to God, except
that she stipulates that these are intentional seekers for God, and that she has already written extensively, as I
reported last week, that all seekers must soak and simmer and stew in the Word of God, day and night. So this may
sometimes feel like a search without a guide or a marked trail, but it isn’t. God is the Guide and those who seek
God do so only because God has already sought them and caught their attention.
Alfred Booker Jr. Academy, formerly Smyrna Seventh-day Adventist School, could be approved for 70 student spots in the Louisiana Scholarship Program. This is a program that uses tax-funded vouchers to pay for students to attend private schools, and since ABJA currently has ten students in grades K through 8, the voucher program could make an unprecedented difference to the school, the Smyrna Seventh-day Adventist church next door, and the community.

In order to become part of the program, ABJA had to become an official nonpublic school. Principal Sheldon Eakins explained that this involved paperwork about teachers' credentials, standardized testing and more. He originally planned to apply for 25 student spots, but a state Dept. of Ed. official toured the facility in February. Seeing a 25-year-old building with seven classrooms (only two of which, both with SMARTboards, are presently in use), a computer lab and library, a lunchroom, and a gym, plus a playground, the official told them they were eligible for 70 students. So they began the process of training, learning about student eligibility, etc. The school has already invested close to $300,000 in bringing quality education to the community, and will make further improvements, as well as hiring more teachers, if the approval goes through and the school attendance acquires the ability to jump seven-fold.

"The whole purpose of joining is that we have a commitment to service not only our own churches but the whole community," Eakins said. "How are we reaching out to those and witnessing if we're not proactively going after the kids?" Eakins said students are not required to be Seventh-day Adventist, but religion class is included. "We teach Bible. We are a Christian school. We have chapel." (theadvertiser.com)

School voucher programs have been very controversial all over the U.S., with proponents saying it will help lower-income students get into better educational programs and create a healthy competition among schools which will improve educational quality, and opponents saying it will allow indoctrination of vulnerable children with Bible teaching. Within the Adventist community, some are opposed because they fear that using tax funds for private schools will give the government too much authority over school programs.

In Louisiana, the progress of the voucher program has been rocky, with a state judge declaring it unconstitutional in November of 2012, but the education superintendent, John White, vowing in February that the state will find a way to pay for it next year, anyway, regardless of the progress of appeals.

Eakins said parents of his students have responded positively to being part of the program, and some students have already applied, though actual approval has not yet been received.

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Oakwood University both underdog “David vs. Goliath” and principled “Hebrew Boys” in battle for The Home Depot’s $50,000 top prize

Submitted: Mar 7, 2013
By Tim Allston

[Tim Allston is the public relations director for Oakwood University]

In The Home Depot® 2013 “Retool Your School” Campus Improvement Grant Program for historically black colleges and universities (HBCUs), Oakwood University – one of the smallest HBCUs, and lone SDA contestant – is currently besting larger competitors for the $50,000 prize. As the world's largest home improvement specialty retailer, The Home Depot will award $195,000 – one $50,000 Tier I Grant for the school that receives the most votes and social media activity, one $25,000 Campus Pride Grant and twelve $10,000 Tier II Grants. Since the contest’s February 18 kick-off, it’s been a daily neck-and-neck battle for the #1 spot, between the 1939-student OU and the 4,000-plus University of Maryland Eastern Shore, the Princess Anne, Maryland branch of the 13-campus University System of Maryland. A David vs. Goliath in higher education?

For six days each week, at least.

“There is a noticeable drop in social media voting from Oakwood and our supporters – and a tremendous upsurge to #1, for UMES – at Friday-night sunset, but a re-capturing of the top spot for Oakwood following sunset Saturday evening – and we know why!” mused Ms. Kisha Norris, Executive Director for Advancement & Development at Oakwood. “We’re planning to win this contest – not solely for the money and campus improvements, but even more importantly for the witnessing opportunity of Sabbath observance it gives us, not only with The Home Depot, but with all onlookers.”

Oakwood as the 21st century “Hebrew Boys”? It’s not the first time.


“It is our custom at Oakwood to begin formal meetings and informal gatherings with prayer,” Norris added. “However, now with this RYS campaign, campus meetings still begin with prayer
but, increasingly, the presiding person will then say, ‘Amen, . . . Now, please pull out your electronic devices (smartphones, tablets, etc.), . . . go to www.oakwood.edu, . . . click on The Home Depot icon, . . . and now, please vote! Thank you all. The meeting will now come to order,’ . . .”!

Oakwood plans to build an outdoor pavilion, equipped with outdoor kitchen appliances, grills and fireplaces. The Tier II grant funds would cover the costs of re-seed and install sprinkler systems for the softball and football fields.

Vote for Oakwood at www.oakwood.edu, then click on the Home Depot icon, or use hashtag #OakwoodRYS2013.