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The Uchee Pines
Institute health
and news letter



emphasis: health

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MAY WE SEND "EMPHASIS: YOUR HEALTH" TO YOU BY E-MAIL INSTEAD? RESPOND TO EYH@UCHEEPINES.ORG

COMING EVENTS

Next Lifestyle Sessions at the Lifestyle Center begin March 23, April 13, May 3

OCI Leadership Retreat March 10-15. For more information visit www.outpostcenters.org

Spring Seminar with featured speaker Pastor John Lomacang – March 23-27. Come learn more about natural remedies, lifestyle, and more. Register now! www.ucheepines.org OR call: 334-855-4764

The Bottom Line

Live to be 100 – 7. Be less neurotic

Are you easily stressed? Are you anxious and tense more often than not? Do you brood over the things that aren't going right? If so, you are shortening your lifespan. Dr. Thomas Perls, head of the New England Centenarian Study at Boston University School of Medicine, says: "Our research shows that centenarians tend not to internalize things or dwell on their troubles. They are great at rolling with the punches."

A prolific health writer commented years ago, "Many of the diseases from which men suffer are the result of mental depression." (E. G.



White, *Mind, Character, and Personality*, v. 2, p. 482)

Research has proved, "A contented mind, a cheerful spirit, is health to the body and strength to the soul. Nothing is so fruitful a cause of disease as depression, gloominess, and sadness."

(E. G. White, *Healthful Living*, p. 232)

Proverbs 15:13 tells us, "A merry heart maketh a cheerful countenance: but by sorrow of the heart the spirit is broken."

So if you want to live to be 100, redirect those negative, stressful thoughts into a positive channel, laugh and find peace, rest, and strength in God no matter what happens around you.

Inside

President's
Message
All things work
together...

Series of
Providences
Looking back
at the fire

Maccaroni
and Cheese
An old favorite

The Bottom Line
Live to be 100



laughing medicine

The story is told of a man, Jim,* who was dying from a brain tumor. It was only a year from the time of diagnosis to when he finally succumbed to the sleep of death. Yet that year found him and his friends and family laughing almost as much as they cried, and perhaps even more. A friend of Jim tells how when they applied a pack of frozen peas to his head to reduce the swelling, he would make a witty comment about "holding up dinner." And even though he had been a dedicated athlete, he often found ways to see humor in his declining physical abilities, instead of submitting to self-pity and depression.

By infusing lightness into just about every situation—even the most painful ones—everyone involved, including Jim, managed to make it through the incredibly challenging and emotional transition from life to death. And although he ultimately lost his battle with cancer, those final days were lived to the fullest and he enjoyed

them as much as possible, which, in a sense, is a victory in and of itself.

You see, laughter heals. In living and in dying there is stress, turmoil, challenges, sorrow, mistakes, and pain. Laughter and a positive outlook can make even the difficult times more bearable.

Laughter boosts the immune and circulatory systems, enhances oxygen intake, stimulates the heart and lungs, relaxes muscles throughout the body, triggers the release of endorphins (the body's natural painkillers), eases digestion and soothes stomach aches, balances blood pressure, improves mental functions (alertness, memory, creativity), improves overall attitude, reduces stress and tension, improves sleep, enhances quality of life, strengthens social bonds and relationships, and much more.



The Bible was right again, "A merry heart doeth good like a medicine: but a broken spirit drieth the bones." (Proverbs 17:22)

*name has been changed



series of providences

LOOKING BACK AT THE FIRE

by Don Miller

At first glance, it may seem strange to talk about laughter (as a medicine) and tragedy (as in office fire) in the same issue; but as you read this issue you can see that God has turned evil into good for us once again! It is possible that Romans 8:28 might be one of the most quoted (and perhaps *mis*-quoted) verses in the Bible, but my experience has been that truly God has made things “work together for good,” although I’m still waiting to find out *how* on some experiences! Philippians 4:11 gives a good principle: “I have learned, in whatever state I am, therewith to be content.” In any case, our hope is that the planned studio will be a great blessing to many people, and we will need your help to make it a reality. Please contact our office, or check our website to help, and mark your donation “new studio.” Thank you for your faithful support, and may “things work together for good” for you this year, also!

Years ago a white-haired member of the Uchee Pines staff said, “As we approach the end of time, we will find that our lives become one uninterrupted series of providences.” At times a providence might seem more an inconvenience at best or a tragedy at worst. We had such a happening at Uchee Pines at the beginning of January, 2014.

If you saw January’s issue of *Emphasis: Your Health*, you might remember the pictures of the old business office “going down in flames.” So much was lost in that fire, but the building was not. Oh yes, the roof is gone, the floors will need to be replaced, but the structure was concrete block—hard to burn that stuff. So, “Where is the providence?” you might be asking.

In one of the offices on the above ground level floor, we had established a 13x27 foot video recording studio. Lights, cameras, sound equipment; it was all there. In a small office on the other side of the wall, we had an engineer’s office with computers, monitors and mixers. Cramped but functional. Uchee Pines saw the value of producing high quality health and spiritual programs, capturing on disc invaluable information from our team of talented and knowledgeable speakers. The potential for good was inestimable. One worker, Bemnet, recorded a series of programs in his native language of Tigrinya for his countrymen from Eritrea. All in a cramped little studio. Then came the fire.

Providence 1: The fire. All the accumulated odds and ends of years was cleaned up in a matter of minutes. It was a hot fire coming on the heels of a 6° F night.

Providence 2: Someone saw the fire as it broke through the roof of the old business office and before it had spread to other offices.

Providence 3: The fire started in the office next to the studio and two offices away from the engineer’s office, insuring valuable equipment would not be destroyed by the initial hungry flames.

Providence 4: The right people at the right time were on the scene. Lights, tripods, microphones, computers, monitors, mixers, all were taken from the building.

Providence 5: Notice there was no mention of cameras in Providence 4; they were not

removed. As was the habit of those working the studio, they were stored away in their case over which a sound-proofing curtain had fallen in the early part of the fire, concealing it from sight. As the fire raged, firemen soaked the building with water. Later, the case was discovered and the first reaction was, “Nothing could survive in this case.” It had to be broken open as the fasteners had been melted shut. But inside this badly damaged case, the cameras were just fine.

Providence 6: A friend of Uchee Pines, upon hearing of this fire, sent a check for \$2000 for the restoring of the building.

Providence 7: We believe, after providences 1-6, that God wants us to have a bigger studio and to that end we are working. Almost all of the 2x4’s in the walls were salvageable. Plans have been drawn up for a much larger studio and we will begin work as soon as we have a structural engineer give us his nod and as soon as a little more money becomes available. We estimate it will cost about \$20,000 to completely finish the building. Then what will we have?

We will then have a 24x26x20 video recording studio The 20 is height; plenty of room for lighting. And it will be on the ground floor which is partially underground so sound-proofing will be greatly facilitated.

There will be a 13x14 audio studio which we can use for WURY-FM, our low power FM radio station. There will also be a 13x14 engineer’s room for both the audio and video studio, both on the ground floor.


And there will be a 26x18 computer/IT room and a 33x26 storage area. All this for \$20,000. We did lose a brand new switcher unit valued at just under \$1000. It was screwed into the wall and the smoke became too dense to retrieve it. But not one person was injured.

Yes, we see this all as God’s wonderful providence and look forward to seeing how He will complete this job so that we can be in the business of completing His work.



✂

Macaroni and Cheese



- 3 c. dry macaroni
- 1 c. coconut milk
- 2 c. water
- 2-3 t. salt
- 1 c. raw cashews
- ¼ c. pimentos
- 1 T. lemon juice
- ¼ c. arrowroot or cornstarch
- 1 t. onion powder

Cook macaroni in 12 c. boiling water with 2 t. salt (follow package directions for pasta). Blend remaining ingredients till very smooth. Drain and rinse macaroni, then return to pot. Add blended mixture to the pot and cook together until thick, stirring gently. Cover and let sit for 5-10 minutes before serving.