



Uchee Pines Institute
30 Uchee Pines Rd
Seale, AL 36875-5713

ADDRESS SERVICE REQUESTED

NON-PROFIT
ORGANIZATION
POSTAGE
PAID
PHENIX CITY, AL
PERMIT NO. 100

The Uchee Pines
Institute health
and news letter



emphasis: health

VOLUME 24, ISSUE 1, JANUARY, 2013

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 January 27 and February 17

New Lifestyle Educator 6-month training course beginning January 3, 2013

The Bottom Line

Will a healthy diet make you smarter?

A recent report in the *European Journal of Epidemiology* affirmed that a healthy diet early in life has a positive affect on a child's intelligence later in life.

"Diet supplies the nutrients needed for the development of brain tissues in the first two years of life," said Lisa G. Smithers, PhD, "and the aim of this study was to look at what impact diet would have on children's IQs."

The diet they classified as "healthy" consisted of regular use of fruits, vegetables, and legumes. For the first six months the children were breastfed, then one class was given the "healthy" diet at 15 and 24 months. These "had an IQ up to two

points higher by age eight," she reported. "Those children who had a diet regularly involving biscuits, chocolate, sweets, soft drinks and chips in the first two years of life had IQs up to two points lower by age eight. We also found some negative impact on IQ from ready-prepared baby foods given at six months, but some positive associations when given at 24 months."

"While the differences in IQ are not huge, this study provides some of the strongest evidence to date that dietary patterns from six to 24 months have a small but significant effect on IQ at eight years of age," she added. "It is important that we consider the longer-term impact of the foods we feed our children."

Inside

President's Message
A New Year: Challenges and Opportunities

The Son is Rising
Global Missions

Tamale Pie
Recipe

The Bottom Line
Will a healthy diet make you smarter?



Go Forward

Early Wednesday morning, hours before there was even a glimmer from the sun, there was some activity in the dorms at Uchee Pines. Lights came on and suitcases piled up on the floors as weary travelers shuffled in. Finding their rooms they sunk into their beds to catch a few more hours of sleep before jumping into a full day. Half of the Lifestyle Educator class was back from their mission trip! The others were stuck in an airport for the night.

The day sped quickly and seven p.m. arrived sooner than seemed



possible, but here it was, the time of dedication for fourteen Lifestyle Educators.

A week later eight Lifestyle Counselors were also dedicated. Each had completed their set training at Uchee Pines and are now embarking on new journeys, some to return to their homes and share what they have learned, some to venture into foreign missions, some to continue on at Uchee. It has been a full year for each of them. They've

studied, shared, learned, laughed, cried, and prayed through their course. They've been changed. Go forward Lifestyle Educators and Lifestyle Counselors. "...Freely ye have received, freely give." (Matthew 10:8)



Bottom: Lifestyle Educators with Education Director Ron Meinhardt's family and Roy
Top: Lifestyle Counselors with Dr. Mark Sandoval

For more information on Uchee Pines, visit our website, www.uchee-pines.org, or call, 1-877-UCHEEPINES.

the Son is rising

GLOBAL MISSION

Don Miller gives a report from Uchee Pines' Global Missions Department

What does a Shinto, a Buddhist, a Catholic, a “Nothing” (her own term) and a few Seventh-day Adventists have in common? For a week in Japan, they were members of a Phase 1 Lifestyle Educator class meeting at the headquarters of Nippon Kensei Kyokai, or NKK. Uchee Pines Institute (UPI) had partnered with NKK in trying to awaken Japan.

Though known anciently as the land of the rising sun, Japan today is still awaiting the rise of the Son of man in the consciousness of the people. For most of the 129 million people crowded onto a few mountain and ocean edged islands, Christ is not much more than a Western invention. But events such as Fukushima Daiichi nearly two years ago and an annual suicides rate topping thirty-thousand, some people are looking for better answers. Suicide is so prevalent that it could take thirty or more calls to reach a live voice on a Japanese suicide hotline. Tragically, many don't have that much patience. But there is hope for damaged bodies and broken minds readily available. Thus NKK and UPI.

This was the fifth seminar we held during September and October 2012. And of all the seminars we have held in nearly 10 years of partnership, this had to be the most eclectic. But the interest was no less keen nor the recognition of the need for this information lacking. The program we present is a balance between the physical and spiritual. But here was a class with some members having practically no foundation in the spiritual dimension.

As we presented research conducted on prayer and faith's connection with the health

and well-being of the body, an interest was kindled. It must be understood, some of the simplest truths found in the Word of God are as foreign to many people in this world as their varied languages are to me. But an interest was indeed born.

This year, because of the diverse back-

ground of our students, we have introduced one more element into the curriculum—Bible studies. All non-Seventh-day Adventists will now complete a series of Bible studies as a part of course work. One of the students, the “nothing” from our Phase 1 class, became a something the last Sabbath I was in Japan, October 27, 2012. Chiyo Konagaya had already been studying for ten years with another member of her class, but had never made the decision to be baptized. When she attended our cancer seminar September 2-6, in which we spoke mainly about the element of prayer and faith, her heart was convicted and all the threads came together in a royal tapestry. In a cold river on a cloudy day she sealed her decision in baptism. Now she is a “something;” now she is a child of God awaiting the soon coming of Jesus Christ.

Another yearly commitment in Japan is to teach in the SDA college in Chiba Prefecture. A few years ago I was made a member of the college staff for the purpose of training selected nursing students during their 4th year in the basic principles of alternative medicine which includes SDA lifestyle principles, scientific validation and practical application. Ten students took the intensive course (7 ½ hours a day) and were excited to return to their dorms and become real medical missionaries to their fellow schoolmates.

There is much work to be done. Only a few of us are sowing seeds in this very large field. Interest has been very low in Japan but recent events have awakened an eerie consciousness of mortality and an uneasy foreboding for the future. It is time for the Son to arise. We covet your prayers.



Mountains beyond the rice fields near where Don works



Nursing students and staff

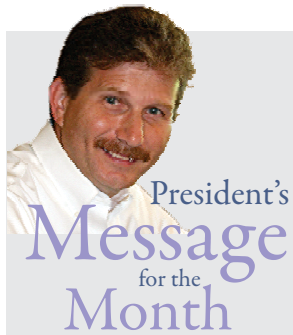


Chiyo after her baptism

Tamale Pie

- 1 large onion, chopped
- 1 large green pepper, chopped
- 1 c. yellow cornmeal
- 1 c. whole kernel corn
- 2 c. canned or fresh tomatoes, diced
- 1 c. coconut milk
- 1 t. salt
- ¼ t. cumin
- ¼ t. garlic powder
- 1 can olives

Sauté onion and pepper in a little water. Add next four ingredients and cook until thick, stirring constantly. Add other ingredients, pour into a casserole dish and bake for 1 hour at 350°. Will be firmer if made a day ahead and refrigerated. Freezes well. Just heat through to serve.



President's
Message
for the
Month

A New Year! As we look forward, certainly there are challenges; but many opportunities, as well. Likely, any worthy project inherently contains some risk, but the potential for “doing good” must outweigh the fear of failure or risk of loss. In this issue, you will read about the dedication of trainees who are, after the completion of one opportunity, weighing what the future will bring. There is never any lack of *need*, as everywhere, people are silently crying for help. The only question is: *am I willing* to step to the plate, and take the responsibility in my situation?

You will also read about our efforts in the large, secular society of Japan; realizing that whatever we do there will seem like a drop in the bucket. Is it worth it? You decide!

May God bless you richly in this new year!