

# THE GOOD NEWS

## College Drive Seventh-day Adventist Church Newsletter

Volume I, Issue IX

May 2015

### Our Vision

College Drive SDA Church:  
at the Intersection of Serving  
God and Changing Lives.

### Prayer

*LORD*, help me to present my body as a living sacrifice, holy, acceptable unto God, which is my reasonable service: help me to remember that I am not my own, and that I am bought with the price of your precious blood. *Amen*.

### Choose Health

#### *Watermelon: God's Hydration Fruit*

God really love us because he created the succulent, tasty watermelon for our enjoyment. Was He also trying to send us a message about water? Watermelon is 92% water. Many of us are dehydrated and don't know it. When our bodies crave water, we feed it instead. The body wants water again, and we feed it again. If time after time we misinterpret our body's signals, we become ill and must resort to medication when we are merely dehydrated: Many times we aren't really sick—just thirsty.

How do I know this? Monthly we have been encouraged to drink more water for good health. Among the handouts provided was a flyer for a book by the late Dr. F. Batmanghelidj titled *Water*, which I read, and it has changed my life. I did drink water when my mouth was dry or when I was really thirsty from working in the heat. But that isn't enough

### Fearfully and Wonderfully Made

#### Part 2 of 2

(All scripture is taken from the NIV)



In Part 1 (April 2015) in our discussion of "Fearfully and Wonderfully Made," we saw God's unequal creative power embedded in the human genome by the capacity to adjust to different environments. In our last discussion of this subject, we go one step further to explore how life choices could potentially change the action of our genes, leading to healthy lives or lack thereof.

Recently, scientists reported the existence of external modifications to DNA that turn genes *on* or *off*. These modifications do not change the DNA sequence, but instead, they affect how cells read genes (remember the letters we mentioned in Part 1: (The biological instructions are stored in chemical form called nucleotides; and are denoted by the letters **A** (Adenine), **C** (Cytosine), **G** (Guanine), and **T** (Thymine)). The scientific term used for these modifications is *epigenetics* which means above genes or on top of genetics. The modifications are natural and essential to many biological functions, but can cause major adverse health and behavioral effects if they occur improperly. For instance, in one type of epigenetics called *DNA methylation*, a chemical in the body called a methyl group is attached to a part of DNA molecule forming chemical cap that prevents (silence) some genes from being expressed which is bad for the body. For example, if genes that protect against tumor formation are silenced it leads to increased risk for cancer.

In addition to increasing the risk for diseases like cancer, epigenetic modifications can be

water to prevent dehydration. Only two quarts a day of just plain water (add a squirt or two of lemon juice if you wish) will make you feel better and clean out your system. Get the book and read for yourself how simple and easy it is to follow his advice. It will probably relieve you of many health issues.



passed down to our children. However, the good news is that we can reverse them by the life choices we make. As explained by Dr. Lipton Bruce (a former professor and research scientist) in his book *The Biology of Belief*,

life choices include what we think, what we believe, how we feel, foods we eat, and relationships we make. In this article, we will focus on nutrition and physical activity; and how each contributes to epigenetic modifications.

Eating diets rich in soya or drinking green tea have been found to change methylation patterns on some genes in our DNA and affect what proteins those genes express. For example, some chemicals found in soya beans and green tea have been associated with decreased DNA methylation, which is good, because there will be less methyl groups in the body to attach to the DNA. I find this scientific revelation profound and uplifting: God in His wisdom designed the body and provided food to nourish and protect it from disease through natural methods.

Physical exercise also influences epigenetic modifications as demonstrated by the findings of research reported recently. Researchers from Stockholm subjected 23 healthy young men and women to an exercise regime. They used one leg to pedal a bicycle for 45 minutes and 4 times per week and left the other unexercised (<http://www.ncbi.nlm.nih.gov/pubmed/25484259>). After 3 months they found that the leg that exercised was not only stronger, but also the genome of the muscle cells featured new and different methylation pattern from the unexercised leg. Gene expression was noticeably increased or changed in thousands of muscle-cell genes known to play a role in energy metabolism, insulin response and inflammation within muscles. Interestingly, there was decreased DNA methylation on these genes too.

So, next time you pass the watermelons in the produce section of your local market, ask yourself, "Have I had my two quarts of water today?"

By Barbara Adams

## Valuable Moments ~ Time With Our Kids

### May's Moment ~ Celebrate New Beginnings With Our Kids

The cycle of the school year—wheeling round—brings an ending and a beginning, a crossroad with new chapters, new adventures. Of course, we want to celebrate earned achievements with our graduates and send best wishes for the transition ahead.

You are probably familiar with Dr. Seuss's picture book addressing these issues for everyone, not just kindergartners and seniors. *Oh, The Places You'll Go* is often very visible in bookstores around graduation time. A future filled with unlimited potential including successes and setbacks is pictured. Choices are necessary. Dr. Seuss says, "You have brains in your head. You have feet in your shoes. You can steer yourself any direction you choose. You're on your own. And you know what you know. And YOU are the one who'll decide where to go... You'll look up and down streets. Look 'em over with care. About some you will say, 'I don't choose to go there.'" With your head full of brains and your shoes full of feet, you're too smart to go down any not-so-good street..."

For us all, each day is a new beginning, an opportunity for course changing choices. Near the end of the book of Deuteronomy and near the end of his life, Moses clarifies choices for his people. "I have set before you life and death, blessings and curses. Now choose life, so that you and your children may live and that you may love the Lord your God, listen to his voice, and hold fast to him." 30:19 And in chapter 31:6 he offers, "Be strong and courageous. Do not be afraid or terrified... for the Lord your God goes with you: he will never leave you nor forsake you."

By Kathleen Martin

In other words, **DNA methylation affects how healthy and fit our muscles and bodies become.** Yes, a body fearfully and wonderfully made can renew itself if we abide by a healthy diet, and exercise regularly.

It is not by coincidence that our Church created the lifestyle program known by the acronym NEWSTART to represent our appreciation of lifestyle principles that if applied in our lives can lead to prevention and even reversal of diseases through natural methods. The acronym stands for: Nutrition, Exercise, Water, Sunlight, Temperance, Air, Rest, and Trust. In this article we have touched on the first two, consult the webpage at <http://newstart.com/#sthash.RsWzJV2O.dpbs> for details on the rest. It is also worth mentioning that there are ongoing research efforts to explain how religion and spirituality enhances coping in patients with chronic diseases via epigenetics. I hope with these two examples (diet and exercise), you can get a glimpse of the Psalmist's declaration, "I am fearfully and wonderfully made." Amen.

By Solomon K. Musani, PhD

## Announcements/Activities/Events

**Visitors' Lunch:** Immediately following Sabbath service. Consult the church bulletin for details and changes.

**Fellowship Dinner:** Second Sabbath of the month. See the church bulletin for details and changes.

**Men's Ministry:** *Get involved. Contact Manuel Recinos or Enrique Guzman.*

**FPathfinders/Adventurers:** Wednesdays at 6:30 PM.

**Feeding the Homeless Ministry:** Third Sabbath of the month—please join us. Contact Dan or Joann Mitzlaff to help (601) 824-9776.

**Food Pantry:** Please continue to bring non-perishable food items to stock our food pantry. Remember to label them—for the food pantry.

**Health Ministry:** First Sabbath of each month. Visit the health information display table for free water and handouts. Contact Katie Dearborn to help with this ministry (601) 954-2652.

**Hospital Ministry:** Once a month Ms. Pat or Ms. Joyce visits Riveroaks and Crossgates Hospitals. Contact Pat Roan to help with this ministry (601) 214-4648.

**Small Groups Meetings:** Call Teri Spracklen for details (601) 664-1408.

**Celebrate Recovery Meetings:** Every Tuesday, 6:30 p.m. at the Ridge Church. Contact Melanie Womack at (601) 421-0177.

**Prison Ministry:** Every Friday night. Contact Nick Lesh to help with this ministry (601) 668-9727.

**Christian School:** If you have friends or family looking for an excellent elementary school within a Christian environment, please tell them about College Drive School. Contact us at (601) 933-0990 or visit the school website at <[www.collegedriveschool.com](http://www.collegedriveschool.com)>

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