

HealthWorks

A bi-monthly newsletter published by the Health Ministries Department of the North American Division

Volume 3, Number 3

MAY-JUNE, 2001

A HEALTHY SCHOOL

By Steve Mulder

Just over three years ago the hallways were silent. Dust and cobwebs settled into the places students once occupied. This ornate little building had been intended for 100 Seventh-day Adventist students, but under-enrollment and budget over-runs brought its closure. Could a small church of about 100 regular members bear the financial burden of its own school? Sadly, the answer seemed “No.” But this story doesn’t have a sad ending—God always has a better plan.

Today the sounds of laughter and activity of 48 students fills the hallways and grounds. Many of these students from Adventist families have undergone dramatic changes in their lifestyles since coming to Templeton Hills Christian School. Many are part of the Templeton Hills Pathfinder Club, which has developed a reputation in the Central California Conference after repeatedly putting in huge numbers at the annual Bikeathon fundraiser. Last year, 14 of the 15 who rode over 100 miles were from this club. This year they had 13 out of a total of 14 hundred-milers. Each of the young people in that high-performing group participates in the total vegetarian diet and lifestyle training found at THCS. These kids look different. No expensive trendy clothes at this school. The visitor might wonder which is required, the uniform or the smile, because every student is wearing one of each. A dark green or white shirt with the school emblem, some complemented by the standard burgandy sweater looks sharp. There is an unmistakable glow of health on their faces, and for some, such as 17-year-old senior, Matthew Kirk, dramatic changes have occurred.



Fit for life and fit for heaven.

“Since coming to this school I have gone from 170 pounds to 135 pounds, even though I have grown from 5' 4" to 5' 9",” Matthew states. “Our lunch time is late enough in the day that we can get by on two meals. I ran with Nathan Hice today for 4 miles—that’s not something that I used to be able to do! It was hard for the first week, until I found out how much better I felt! So I’m sticking with it. In other schools I would have a sack lunch which usually didn’t have enough nutrition, which led to snacking. Or the cafeteria food would be high-fat, which would lead to over-eating, and a bogged-down feeling.”

Matthew’s increased endurance and weight loss have resulted in what he describes as a “slow fat kid” becoming a long-distance runner. He attributes these results to the guidance of the Pastor of Templeton Hills Church, Gary Strunk, who has a master’s degree in preventive health, and lives the principles that he teaches. He has found enthusiastic commitments to good healthy food in each of the staff. This school’s program is an active experiment of the heavenly laws of health that Pastor Strunk has preached.



Learning how to help each other.

The kitchen is easy to find—just follow the aroma. The cooks seem to be on a mission. Over the last three years they have proven that a vegetarian diet can look and taste much better than McDonald’s or the local steakhouse. It is fairly inexpensive to prepare, is accepted and appreciated by the kids, and has a dramatic effect on the spiritual, physical and mental performance of the youth. They leave the processed food alone, and keep the veggies fresh and carefully prepared.

continued on page 2



*The food is all vegetarian—
and delicious!*

Most of the kitchen crew also help out in the vegetarian cooking schools that Pastor Strunk organizes for the community. Now these same youth help lead out in the popular programs.

Meals are in complete contrast to the pizza and french fry fare of most schools. Yes, you might find a pizza bread served here, but you would have a hard time telling that the Prego sauce and

abundant veggies had been enhanced with a cashew and pimento cheese. Don't look for spicy foods in this kitchen. It is avoided to decrease irritability and agitation in the kids. The same goes for the irritating effects of vinegar which is replaced with lemon juice.

The mood in the kitchen doesn't strike the visitor as "strict" or that these people have a compulsive obsession, but rather one of a dietary adventure. Even Jeanne Edwardson, who serves as a kitchen supervisor, admits to a 45-pound weight loss this year after participating in this dietary program!

Jeanne, as well as Bev Lichti call this kitchen beehive their domain. Once a month they buy bulk from a health food co-op, CostCo and local health-food stores to refill the containers of raw sunflower seeds, rolled oats, sesame seeds, millet, and the many other items in the highly varied diet. Weekly trips to the local farmer's markets and Trader Joe's ensure there will be plenty of fresh fruit, salads, and other perishable items. A month of different meals is scheduled, with an entree, side dish, salad, and bread item for each day. On Tuesday and Thursday a dessert treat is added.

You will find some of the vegetarian meat substitutes here, but in very limited quantities. That means the pesto sauce on the pasta is homemade. A "snow-covered casserole" will reveal RediBurger under those fresh mashed potatoes. The roasted potatoes and carrots, a big favorite, were never frozen. The eggplant Parmesan and enchiladas aren't swimming in oils. Just try the food on the visiting carnivore and see if he can tell the "Ranch dressing" is made from soy products!

The students pay \$32 a month for all their food, and if a hungry dad drops by, he can get a meal for two bucks. Brian Kirk, father of Matthew, reports, "This school has a real family atmosphere. I feel right at home here on those days I come for a meal." He has just polished off a stir fry-tofu noodle dish, "fried" rice, and a Bok Choy salad. Most of the kids dug into the carob fudge crispies afterward. There are no leftovers. Any extra food is sold to hungry parents and friends.

Parents who volunteer as teachers or assistants during the hours their children are in attendance do not pay tuition. Tuition charges vary for those students whose parents can help only part time. There are no staff members drawing a salary here, but this volunteer system has permitted the school's operation each year with budget surplus. How many private Christian schools can make that claim? This system really does seem unique.

Meet Jan Hice, mother of two, former home-schooler, and the director of the school. She felt strongly that a Christian school could be founded with the purpose "to mold the character of each student and staff into the image of God." Asked to reflect on why she would take up such a challenge, she says, "It was not something I personally set out to do, but I felt impressed that the Lord was asking me to become involved in an education program for children whose parents chose not to home-school, but did not want their children in public school."

"We wanted to establish a curriculum that would give our children the opportunity to be academically successful, and be outstanding Christian examples in their own personal sphere, as well as leaders in our Church. I believe the Lord is leading in this endeavor, and with the help of the other parents the concept has gradually been developed since it first materialized as a parent-operated and taught private school. We have just tried to follow the counsel that we have, and model our school on those principles. We are thankful for the Lord's blessing, and the wisdom of educators like Ellen White."

How can a school "mold the character of each student into the image of God?" The ratio of teachers to students averages one for every three pupils, so students get a lot of personal attention. But there is more to it than that. A simple philosophy is stated in the school bulletin: "No other book or books do as much to portray God's love or to instill God's love in each student as do His inspired writings. For this reason a primary resource for all classes is the Bible." Walk out onto the large play grounds of this school, and introduce yourself to a few of the students. You might meet senior Heather Sekerman. Returning to school from her second summer of literature evangelism, she is one of five young women from THCS who volunteered for that challenging mission last summer. Describing her experience she states, "I had many experiences that boosted my faith. At times all I wanted was to sell one adult book to someone who really needed it, and God would grant that request. At other times, I would set a goal to sell a certain amount of books, and God would help me meet it." Heather plans to attend college next year.

continued on page 2

Are Heather and Matthew adequately prepared for more challenging academics? Matthew, who plans on medical school someday, says he has been grateful for a unique curriculum with a special emphasis on character development, and memorization of scripture.

Matt brightens as he adds, "The classes are designed to get the most out of us. We are given time to get our work done while we are at school to avoid being overloaded with homework, with the idea that we have time for our home responsibilities and 8 hours rest. I think the teachers have their priorities straight. Our first class of the day is our Bible class. The classes are weighted by their importance. Some schools require physics and chemistry, but make Bible class optional. That's different here."



It's high tech and high touch.

The words ring in the visitor's ear long after departure. It is different in many ways. And it is successful. Why? It must be the personal commitments made by each of the staff to follow an innovative plan based on God's counsel. It also works because the kids share their parents' enthusiasm and they want to be at the Templeton Hills Christian School.

An Entering Wedge And More

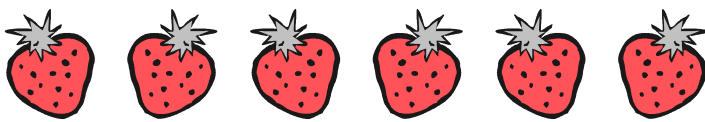
I recently completed a series of evangelistic meetings with the Sharpsville Pennsylvania Church. The Lord blessed as people came out night after night, hungry to hear God's last-day message. We have a treasure in the assurance that Jesus gave us through His death on the cross and in the promise that He is coming again to take us to heaven. I not only enjoyed the occasion to work and fellowship with Pastor John Peters and the Sharpsville Church family, but also was able to interact with people who are not Adventists—many of them not Christians.

One thing stood out in my mind very specifically, and I would like to share it with you: We have heard many times that the health message is the entering wedge for the gospel. Many times, we have read these concepts "in the red books" but I wonder if we fully realize what a gift this health message is. Not only is it the means of allowing us, as Adventists, to live longer than the average American—it can be the means of opening the hearts of people so they may be able to understand the gospel and its truth for the last days.

As I interacted with people "on the front lines," I was impressed anew with the great need that exists in people's lives. Satan has people in bondage to alcohol, tobacco, and other drugs, keeping them from making spiritual decisions. Our health message is the means for building relationships with people where we live, work and play; and for preparing people to be able to understand the vital truths of God's Word.

I want to encourage you to think of creative ways to use the "right arm of the gospel." There is an extraordinary opportunity awaiting us and the field is white for harvest.

by Michael F. Cauley



STRAWBERRY CREAM PIE



- ½ c. Pineapple juice concentrate
- ½ c. Water
- 1 c. Hot cooked millet
- ¼ c. Cashews
- 1 t. Vanilla
- 1½ c. Frozen strawberries
- 2 T. Emes gelatin
- 2-4 T. Sugar or sweetener as desired
- ½ c. Coconut milk as cream if desired

CRUMB CRUST

- 2 c. GrapeNuts® cereal or granola
- 2 T. Oil
- 2 T. Powdered sugar
- ¼ c. Water

- 1) Whiz grapenuts in blender until fine texture.
- 2) Place grapenuts crumbs, oil and sugar in bowl; mix well
- 3) Add water and mix briefly
- 4) Press into pie pan
- 5) Bake at 375° for 6-8 minutes
- 6) Cool and fill with pie filling



the **Daniel Diet**

Daniel and his three friends were teenagers when they were brought into Babylon during the first captivity in 605 B.C. Maybe they were fifteen, sixteen, seventeen and eighteen. They had been well-tutored by their parents and the schools they attended back in Judah. Now, on their own and without parental supervision, they were to be trained for government service under King Nebuchadnezzar.

Daniel 1:8 says that Daniel “purposed in his heart that he would not defile himself with the portion of the king’s meat, nor with the wine which he drank.” Somehow these young men knew that their diet could determine their destiny. They made a conscious choice that the royal food from the king’s table was not for them. Daniel’s 10-day food request implies that he desired a plain and healthful vegetarian diet.

Daniel and his friends passed the 10-day research project with flying colors. On this special diet they were wiser and healthier than all the rest of the royal prisoners. Jack LaLanne once said that “what you eat today will be walking and talking tomorrow.” Science is now confirming that nutrients from the diet can affect the formation of the chemical messengers of our brains and the way our brains function.

Unlike other organs of the body, the brain does not store carbohydrates or fat for energy. It is heavily dependent upon a constant supply of oxygen and glucose from the blood and is very sensitive to the quality of the diet. That’s why I love the cover story about the Templeton Hills Christian School.

It’s a joy to see a school that is determined to serve nutritious, unprocessed, low-fat vegetarian food. And the experiment is working! The children love the diet and the school is academically successful. We salute you and hope other schools will be inspired to follow in your footsteps.

Reader, maybe you want to recommit to the “original diet” in your home, school and in your church as you read about these young people. Prove God in your diet and see if He won’t pour you out a special blessing!



by DeWitt S. Williams, EdD, MPH, CHES
Director, NAD Health Ministries Department

8 Weeks 2 Wellness

*To schedule an
“Eight Weeks to Wellness”
seminar in your area,
contact David White at
864-457-3354.*

2001 SCHEDULE

Hughley Hospital, Forth Worth, Texas	April 27-29
Loma Linda University, Randall Visita Center	May 4-6
Southwestern Regional Conference Campmeeting (Level I)	June 11-15
New Jersey Campmeeting (Level I)	June 18-22

To register for one of the above classes, call 1-800-SDA-PLUS

HealthWorks

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