



UMAPINE BULLETIN

September & October 2017

European Study Tour

by Pastor Johnson

In July, Dalene and I toured Germany and Italy, focusing on sites prominent in the life of Martin Luther. (You can take your own Luther tour compliments of Rick Steves without the expense, sore feet, and the crowds.) As Luther studied the Bible, he could not find supporting evidence for the sale of indulgences as assurance for the forgiveness of sin.

This coming October 31 is the 500th anniversary of Martin Luther nailing his findings on a church door in 1517. These "95 Theses" went viral via printing presses and proceeded to change Europe by challenging the existing authority of the church. Luther shared Romans 1:16, 17, "Those who are right with God will live by trusting in him." NCV

In a classic book, *The Great Controversy*, you can find Luther's story in several chapters beginning with "Luther-A Man for His Time." I am introducing this book because you will receive your complimentary copy this October to acknowledge Luther's significant anniversary.

Considering how rare it was to read the Bible in one's own language 500 years ago, Luther made a great contribution to the German nation by translating the story of Jesus into the German language, making the Bible accessible to adults and children alike.

Wildcrafted Herbs

by Lauren Mason

Your new neighbors may be just the kind of people you need to have around. Kent Pankratz and April Graham moved to Umapine last November from Elgin. Kent is a wildland firefighter and April is a clinical herbalist. They are raising two children, Jayden, 14 and Temperance, 10.

April feels that the couple's callings are symbiotic: "He works to save the forest; I work to make medicine from the forest. We both make our livelihood on the land."

"We were looking to move off the mountain," April shares. "I started looking for small towns and this appeared." The couple had driven through Umapine years before while picking up an incubator for their animals.

April's herb business is called Wildwood Apothecary. Though April clearly states that she is not a doctor, her complimentary herbal advice aids hundreds of people. She first learned about herbs through her Native-American grandparents. Later on she took a correspondence program in herbalism from Susan Weed for a decade. "I think this information should be free to people," she declares. "We should not profit from other people's illnesses that way."

April makes salves, tinctures, true lotions, balms, and hydrosols (a safer plant by-product than

essential oils, she says). Products range from under-eye serum to menstrual cramp salve and general pain salve, to breast cream for nursing mothers and even natural perfume. "I use simple, safe herbs," shares April. "Following the wise-woman tradition, I only use plants that promote optimum health and do no harm."



April's Heritage



April's Workspace



Tools of the Trade



Collected and Stored



The Waiting Process



Tender Loving Care

The pictures above can be seen in color at:
http://umapineadventist22.adventistchurchconnect.org/site/1/media/Umapine-2017_09.pdf

April's products are high in quality, value, and safety. April wildcrafts the herbs she uses, meaning that they are collected in the wild. "We are not in the [local] park, we go pretty remote - we don't mess around with our wildcrafting." Each of her herbs are cured, rather than dried which preserves more of their therapeutic value, color and vibrancy. Her tinctures can take six to eight weeks to set which allows the herbs to infuse their base without heat, over time.

Anyone may purchase her products through www.etsy.com. Her monthly inventory updates are so popular that they can be sold out in less than twenty minutes.

The Importance of the Gut Microbiome By Dr. Donald E. Casebolt

Medical scientists worldwide are excited about what happens in the gut microbiome. "Gut" refers to the intestines, and "gut microbiome" refers to the microbes in the gut, primarily in the large bowel or colon. Many articles have been written and research is ongoing.

Scientists state that approximately 100 trillion micro-organisms are in the human gut, which is about 100 times more than the cells in the human body.

Megan W. Bourassa and associates, who are involved with well-recognized research institutions in the eastern U.S., declare there are 15,000-36,000 species of bacteria in the gut. These bacteria produce butyrate, a short-chain fatty acid (SCFA), as well as other SCFAs. She states, "Butyrate has had a profoundly beneficial effect on brain disorders ranging from neurodegenerative diseases to psychological disorders."

Butyrate also inhibits the growth of colon cancer cells, according to H. Zeng and associates, who are involved with responsible research facilities in the central part of the U.S. Along this line, S.J. O'Keefe, a specialist in diseases of the intestines, on the staff of the University of Pittsburgh, wrote in 2016, "evidence suggests that the risk of colorectal cancer is increased by processed and unprocessed meat consumption but suppressed by fiber."

Recent studies show the intestinal microbiome plays an important role in moderating obesity, type 2 diabetes, inflammatory bowel disease, cardiovascular disease, and cancer.

The fuel for these microbes is primarily "a high fiber diet in the colon," states Bourassa. The fibers are only from unprocessed whole plant foods such as whole grains, legumes, fruits and vegetables; overall, what is called a whole plant food diet. By changing his diet, a person can change the microbes in his gut in 24 hours.

P. Jantchou and associates reported on a study done on 67,581 French women aged 40-65. The finding was that high total protein, specifically animal protein, significantly increased the risk of bowel disease.

The findings are clear that what a person eats can profoundly influence what is in a person's gut and profoundly affect his overall health.

Willing Hands

The local church Men's Group wants to assist community members that need help with home maintenance tasks. We are not licensed electricians or plumbers, but we can handle a wide variety of more mundane jobs, such as cleaning and painting. Contact Jorge Jimenez 509-941-9352 or John Hughes 509-540-7220.

School Schedule

Oct 9 – School Board Meeting
Oct 23 – School Board Construction Workshop
Nov 2 – Last Day of 1st Quarter
Nov 5 – Daylight Saving Time Ends
Nov 6 – First Day of 2nd Quarter
Nov 7 – Election Day
Nov 8-9 – Parent/Teacher Conferences; no school
Nov 10 – Veterans Day Holiday
Nov 13 – School Board Meeting
Nov 22-24 – Thanksgiving Holiday
Nov 27 – School Board Construction Workshop
Nov 30 – 4th Grade Christmas Concert @ Mac Hi

