

LIMEY PASTOR

Hypotheses and the heart



COLIN BROWN
Faith

This is a continuation of the story of my recent heart attacks and my adventures into growing knowledge out of the experience. With a 60-year-old body, I am now aware of its delicate contingency — its finite nature — and I want to honor it with an understanding of its operation and not take it so much for granted. I take it as a lesson from God.

Today I met with a cardiac thoracic surgeon, a woman, who had been recommended to me by Dr. C. — my cardiologist, who had conducted my angiogram, a name for the cartography of my inner blood vessels. The angiogram of last week showed the stark evidence

of a betrayal of kindness to my own body, caused by long lack of interest into the facts of my own existence. She was the individual who could provide a bypass surgery, where veins could be cut out of my own legs, and sliced and diced

(her words) to create pipes to take blood directly in and out of the heart. With three of my arteries narrowed to not much greater than one millimeter, these three old threads would need to stay as backup pipes to act as surrogate arteries. The dwindled three arteries would stay in place still valiantly doing what they could to contribute, but they would not get the blame of killing the enterprise.

Apparently I have been gifted with extraordinarily small arteries, smaller than usual, which adds to the risk of receiving either a bypass or a stent. There are risks with both. There is a greater risk of stroke with bypass surgeries, and also a significant risk associated with dividing the bone chamber of ribs and sternum. A bone infection in a bypass operation had a 50 percent chance of being fatal — a flip of the coin to oblivion.

Also, my surgeon said that my wispy blood vessels would make it essential for her to succeed on the first attempt. There could be no second attempt on the bypass.

She wanted to make an immediate time to do the surgery next week.

I balked. The reality of things is that such a surgery could take six weeks to recover from, even if all went flawlessly — and I felt that I had not explored the stent process enough, in light of the shrimpy blood vessels I owned. I had also not put in place the financial machinery to take care of such a period. I have the preliminary paperwork, but I have to get a lot of signatures to ensure that such a period is covered financially without incoming

support. I think that this is a big hole for everyone, and hadn't thought much about this before. I also considered a possible bad result — a funeral. I hadn't considered those matters for those left behind.

I turned my attention to two other possible alternatives, quite realistic and evidence-based, but not yet mainstream. Alternative

One is the work pioneered by Cornell University's nutritional biochemist T. Colin Campbell and the Cleveland Clinic's former top surgeon, Dr. Caldwell Esselty, who pointed to a way to reverse heart disease and degenerative diseases such as heart disease, cancer and diabetes type II by eating a

plant-based diet. Using their work I immediately began to follow a path of avoiding dairy and meat and eating vegetables such as potatoes, turnips, carrots, parsnips and greens. Don't laugh, there is enough protein in potatoes to meet human needs.

Boardman's crops are going to be famous. The arteries in this approach can be refurbished in about 32 months.

For Alternative Two, I also dug into the work of Linus Pauling, the discoverer and populist of Vitamin C. He had demonstrated to many his hypothesis that plaques (that cause heart attacks) are caused by a deficiency of Vitamin C — which human beings can't synthesize like most animals. By using pure Vitamin C and the amino acid lysine, Pauling discovered that he could reverse cardiovascular disease, much like sailors would eliminate scurvy (a related disease) by sucking on limes on ocean voyages. (Thus the term limey.) His reversal of cardiovascular disease they claimed could be done in maybe a month. We will see. For those who want to Google Pauling's paper they can search for "A Unified Theory of Human Cardiovascular Disease Leading the Way to the Abolition of This Disease as a Cause for Human Mortality" (Matthias Rath, M.D., and Linus Pauling Ph.D.)

So right now I am following with these two alternative paths — as well as further continuing to determine the safest surgical route. It seems to me that the alternative approaches can be conducted simultaneously.

Most of my readers, no doubt, have robust arteries, where I sadly do not. I wish all of you good health and the blessings of Jesus Christ. Next week I will talk about something entirely different.

Colin Brown is the pastor of Boardman's Good Shepherd Lutheran Church on Locust Road.

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Mideast expects big changes under Trump

By **DAN PERRY**
and **BRADLEY KLAPPER**
Associated Press

CAIRO — Donald Trump's all-but-dismissal of human rights as a foreign policy principle could hit like an earthquake across a Middle East landscape beset by warring factions and beleaguered governments, with some players eyeing the prospect of once unimaginable new alliances.

Syria is the foremost test of Trump's promise of a return to a hard-headed realpolitik and could quickly show whether America is truly abandoning promotion of democracy and the rule of law in a way that could reshape much of the region's post-Cold War, post-9/11 order.

Trump has raised the possibility of a broad new U.S. partnership with Vladimir Putin's increasingly authoritarian Russia and has even hinted at aligning with Syrian President Bashar Assad, which would amount to a dramatic reversal from years of the Obama administration calls for Assad's ouster. Trump seems to calculate that their shared enemy in the Islamic State is more important than shared values.

"When it comes to civil liberties, our country has a lot of problems, and I think it's very hard for us to get involved in other countries," Trump explained last July as Turkey was punishing tens of thousands of people seemingly unconnected to a failed coup attempt. "We need



AP Photo/Amr Nabil, File

In this Thursday, Nov. 10, 2016 file photo, an Egyptian newspaper vendor holds copies of local newspapers fronted with a picture of President-elect Donald Trump with Arabic headline that reads, "Trump era" at a traffic stop, in Cairo, Egypt.

allies," Trump said in a *New York Times* interview. "I don't know that we have a right to lecture."

When Barack Obama declared a new beginning with the Muslim world in a landmark speech eight years ago, he mentioned democracy six times and broached the subject of human rights on a dozen occasions. Trump has barely mentioned these as foreign policy principles, extolling instead deal-making, diplomatic and economic, and championing the fight against IS.

"Human rights will not be his top priority," concluded Mustafa Alani, the director of the security and defense department at the Geneva-based Gulf Research Center.

Some believe the change will in the end be largely a matter of style, noting that Obama has fought jihadism all over the region as well. Aaron David Miller, a Mideast adviser under five American presidents, expects Trump to prove "risk-averse" and remain consistent with Obama's own reluctance to interfere in other countries' affairs, use military force, remain engaged in Iraq or get truly involved in Syria's civil war.

But it's clear that several long-standing allies in the Middle East are relishing an end to what they saw as moralizing rhetoric, confused signals and unfulfilled red lines, and favoring a Trump pivot to counterterrorism and security.

BRIEFLY

Faith-based conference pursues inspiration

HERMISTON — Special speakers, music and more are featured during the Pursuit Conference.

In its fourth year, the free event provides inspiration for people in spreading the message about God's love. Everyone is welcome, regardless of their church affiliation. Those who are curious about the Bible and its message are especially encouraged to attend.

The Pursuit Conference opens Friday at 7 p.m. at the Hermiston Assembly of God Church, 730 E. Hurlburt Ave. Sessions continue Saturday at 10 a.m., 2 p.m. and 7 p.m.

For more information, call 541-567-5831 or visit www.pursuitconf.com.

House of Hope reaches out to homeless

HERMISTON — People interested in helping the homeless are invited to attend an upcoming House of Hope board meeting.

Currently based out of Desert

Rose Ministries — 512 E. Main St., Hermiston — House of Hope is looking to operate out of a separate facility. The ministry provides outreach to the area's hungry and homeless.

Open to the public, the upcoming board meeting is Tuesday at 6:30 at the Hermiston Assembly of God Church, 730 E. Hurlburt Ave. For more information, call Mark Leslie at 541-391-6435 or Linda Durant at 541-449-5038.

After-school program features life skills

HEPPNER — Kids are invited to participate in art projects, singing, life skills and a family dinner in an after-school program offered the last Monday of each month.

Organized by the Heppner United Methodist Church, it's open to kids in kindergarten through sixth grade. This month's event is Monday, Jan. 30 from 3:15-6:30 p.m. at the church, 175 Church St.

Activities include creating stained glass windows, learning to set the table and features a family meal of spaghetti,

French bread and "ants on a log." For more information, call 541-676-9224.

Nine-week course provides financial help

PENDLETON — A Biblically based training series that provides assistance with budgeting, investing, retirement and giving is being offered in Pendleton.

Dave Ramsey Financial Peace University starts Thursday, Feb. 2 at 6:30 p.m. at the First Christian Church, 215 N. Main St. The cost for the nine-week course is \$99.

For more information or to register, contact 541-276-5358 or office@fccpendleton.org. For more about the program, visit www.daveramsey.com.

Friday's faith page features local, national and international faith-related news. Send information about local faith-related news and events to community@eastoregonian.com or drop off to the attention of Tammy Malgesini at 333 E. Main St., Hermiston or Renee Struthers at 211 S.E. Byers Ave., Pendleton. Call 541-564-4539 or 541-966-0818 with questions.

Worship Community

<p style="text-align: center;">Community Presbyterian Church</p> <p style="text-align: center;">14 Martin Drive, Umatilla, OR</p> <p style="text-align: center; font-size: 1.2em;">922-3250</p> <p style="text-align: center;">Worship: 10 AM</p> <p style="text-align: center;">Sunday School at 11:30</p>	<p style="text-align: center;">FIRST PRESBYTERIAN</p> <p style="text-align: center;">1911 SE Court Ave</p> <p style="text-align: center;">541-276-6417</p> <p style="text-align: center;">Assembly of God Church</p> <p style="text-align: center;">Service of Worship - 10:00 am</p> <p style="text-align: center;">Children's Sunday School - 10:20 am</p> <p style="text-align: center;">Fellowship - 11:00 am</p> <p style="text-align: center;">www.pendletonpresbyterian.com</p> <p style="text-align: center;">Open Hearted... Open Minded</p>	<p style="text-align: center;">The Salvation Army</p> <p style="text-align: center;">Center for Worship & Service</p> <p style="text-align: center;">Sunday Worship Service</p> <p style="text-align: center;">9:30 - Sunday School</p> <p style="text-align: center;">10:30 - Worship Service</p> <p style="text-align: center;">Wednesday Bible Study</p> <p style="text-align: center;">5:30 Family Fellowship Meal 6:00 Bible Study</p> <p style="text-align: center;">COME AS YOU ARE</p> <p style="text-align: center;">150 SE EMIGRANT</p> <p style="text-align: center;">(541)276-3369</p>	<p style="text-align: center;">St. Johns Episcopal Church</p> <p style="text-align: center;">Join Us</p> <p style="text-align: center;">On Our Journey</p> <p style="text-align: center;">With Jesus.</p> <p style="text-align: center;"><i>Scripture, Tradition and Reason</i></p> <p style="text-align: center;">Family service 9am Sunday</p> <p style="text-align: center;">N.E. Gladys Ave & 7th, Hermiston</p> <p style="text-align: center;">Fr. Dan Leblond, Priest, PH: 367-6672</p> <p style="text-align: center;">We are an all inclusive Church who welcomes all.</p>	<p style="text-align: center;">Faith Center Church</p> <p style="text-align: center;">Worshiping God</p> <p style="text-align: center;">Loving People</p> <p style="text-align: center;">108 S. Main • 276-9569</p> <p style="text-align: center;">Sunday Worship</p> <p style="text-align: center;">10:30 am</p> <p style="text-align: center;">Sr. Pastor,</p> <p style="text-align: center;">Ray O'Grady</p> <p style="text-align: center;">pendletonfaithcenter.org</p>	
<p style="text-align: center;">Come meet Jesus at</p> <p style="text-align: center;">PENDLETON BAPTIST CHURCH</p> <p style="text-align: center;">3202 SW Nye Ave Pendleton, OR</p> <p style="text-align: center;">541-276-7590</p> <p style="text-align: center;">Sunday Morning Worship 11:00 AM</p> <p style="text-align: center;">Sunday Bible Classes 9:45 AM</p> <p style="text-align: center;">Sunday Youth Group 6:00 PM</p> <p style="text-align: center;">Mon. Community Women's Study 9:30 AM & 6 PM</p> <p style="text-align: center;">Awana Kids Club (K-6th grade) Wed Men's Study 6 PM</p> <p style="text-align: center;">MOPS meeting the 1st Thur of the Month 6 PM</p>	<p style="text-align: center;">FAITH LUTHERAN CHURCH</p> <p style="text-align: center;">in Mission for Christ LCMC</p> <p style="text-align: center;">Bible Study.....9:00 AM</p> <p style="text-align: center;">Sunday Worship.....10:30 AM</p> <p style="text-align: center;">Red Lion Hotel</p> <p style="text-align: center;">(Oregon Trail Room)</p> <p style="text-align: center;">www.faithpendleton.org</p>	<p style="text-align: center;">Grace Baptist Church</p> <p style="text-align: center;">555 SW 11th, Hermiston</p> <p style="text-align: center;">567-9497</p> <p style="text-align: center;">Nursery provided for all services</p> <p style="text-align: center;">Sunday School - 9:30 AM</p> <p style="text-align: center;">Worship - 10:45 AM</p> <p style="text-align: center;">6:00 pm</p> <p style="text-align: center;">Wed Prayer & Worship - 7:00 PM</p> <p style="text-align: center;">"Proclaiming God's word, growing in God's grace"</p>	<p style="text-align: center;">Seventh-Day Adventist Church</p> <p style="text-align: center;">Saturday Services</p> <p style="text-align: center;">Pendleton</p> <p style="text-align: center;">1401 SW Goodwin Place</p> <p style="text-align: center;">276-0882</p> <p style="text-align: center;">Sabbath School 9:20 am</p> <p style="text-align: center;">Worship Service 10:45 am</p>	<p style="text-align: center;">GRACE AND MERCY LUTHERAN CHURCH, ELCA</p> <p style="text-align: center;">OPEN HEARTS - OPEN DOOR</p> <p style="text-align: center;">www.graceandmercy.lutheran.org</p> <p style="text-align: center;">Sunday Worship 8:45 a.m.</p> <p style="text-align: center;">Sunday School 10:00 a.m. (Nursery Provided)</p> <p style="text-align: center;">Fellowship, Refreshments & Sunday School</p> <p style="text-align: center;">Check Out our Facebook Page or Website for More Information</p> <p style="text-align: center;">541-289-4535</p> <p style="text-align: center;">Tom Inchi, Pastor</p> <p style="text-align: center;">Grace and Mercy Lutheran Church, ELCA (First United Methodist Church)</p> <p style="text-align: center;">191 E. Gladys Ave. / P.O. Box 1108 Hermiston, Oregon 97838</p>	<p style="text-align: center;">PENDLETON FIRST CHURCH OF GOD</p> <p style="text-align: center;">FIRST SERVICE 8:30 AM</p> <p style="text-align: center;">SECOND SERVICE 10:30 AM</p> <p style="text-align: center;">712 SW 27TH ST.</p> <p style="text-align: center;">541-276-1894</p> <p style="text-align: center;">www.fcogpendleton.com</p>
<p style="text-align: center;">Living Word Christian Center</p> <p style="text-align: center;">Sunday Worship 10:00am</p> <p style="text-align: center;">Wednesday Bible Study 6:00pm</p> <p style="text-align: center;">Youth Classes: Nursery - 6th grade Sun & Wed Jr & Sr High Discipleship Program Wed</p> <p style="text-align: center;">Overcomer's Outreach</p> <p style="text-align: center;">Tuesday at 6:00pm - Annex A Christ-centered, 12-Step Recovery Support Group</p> <p style="text-align: center;">Pastor Sharon Miller</p> <p style="text-align: center;">401 Northgate, Pendleton</p> <p style="text-align: center;">541-278-8082</p> <p style="text-align: center;">www.livingwordcc.com</p>	<p style="text-align: center;">First United Methodist Church</p> <p style="text-align: center;">Pendleton/Hermiston</p> <p style="text-align: center;">352 SE 2nd Street, Pendleton</p> <p style="text-align: center;">Sunday Worship 9am</p> <p style="text-align: center;">541-276-2616</p> <p style="text-align: center;">Worship Broadcast on KUMA 1290 @ 11am</p> <p style="text-align: center;">191 E. Gladys Ave, Hermiston</p> <p style="text-align: center;">Sunday Worship 11am</p> <p style="text-align: center;">541-567-3002</p> <p style="text-align: center;">Worship Livestream at herfumc.com</p> <p style="text-align: center;">Open Hearts, Open Minds, Open Doors</p> <p style="text-align: center;">Rev. Dr. Jim Pierce, pastor</p>	<p style="text-align: center;">Good Shepherd Lutheran Church LCMC</p> <p style="text-align: center;">Sunday worship at 11:00 AM</p> <p style="text-align: center;">420 Locust St. • Boardman, OR</p> <p style="text-align: center;">541-481-6132</p> <p style="text-align: center;">Colin Brown, Pastor</p>	<p style="text-align: center;">Peace Lutheran Church ELCA</p> <p style="text-align: center;">210 NW 9th, Pendleton</p> <p style="text-align: center;">Join us Sundays</p> <p style="text-align: center;">9:30 am Sunday Worship</p> <p style="text-align: center;">10:30 am Fellowship</p> <p style="text-align: center;">11:00 am Sunday School & Adult Class</p> <p style="text-align: center;">~Come and be at Peace~</p> <p style="text-align: center;">on 1290 KUMA noon each Sunday</p>	<p style="text-align: center;">a place to belong</p> <p style="text-align: center;">Pendleton First</p> <p style="text-align: center;">INVITING ENRICHING INVOLVING EMPOWERING</p> <p style="text-align: center;">SUNDAY SERVICES</p> <p style="text-align: center;">AM Celebration-10:00am</p> <p style="text-align: center;">AM Kids Place -10:00am</p> <p style="text-align: center;">The Connection--6:00pm</p> <p style="text-align: center;">Groups for all ages: Adults, Children, Youth, & College</p> <p style="text-align: center;">Thursdays Celebrate Recovery-6:00pm</p> <p style="text-align: center;">Celebration Place-6:00pm</p> <p style="text-align: center;">Other Groups Available Weekly</p> <p style="text-align: center;">For more info visit WWW.PENDLETONFIRST.COM</p> <p style="text-align: center;">1911 SE Court Ave</p> <p style="text-align: center;">541-276-6417</p> <p style="text-align: center;">Assembly of God Church</p>	<p style="text-align: center;">Redeemer Episcopal Church</p> <p style="text-align: center;">241 SE Second St. Pendleton</p> <p style="text-align: center;">(541)276-3809</p> <p style="text-align: center;">www.pendletonepiscopal.org</p> <p style="text-align: center;">Sunday Holy Communion 9:00 a.m.</p> <p style="text-align: center;">Wednesday Holy Communion Noon</p> <p style="text-align: center;">Weekly Adults Spiritual Life Group</p> <p style="text-align: center;">All Are Welcome</p>
<p style="text-align: center;">FIRST CHRISTIAN CHURCH</p> <p style="text-align: center;">(Disciples of Christ)</p> <p style="text-align: center;">215 N Main • Pendleton, OR 97801</p> <p style="text-align: center;">Behind These Stone Walls</p> <p style="text-align: center;">Beat the Hearts of Some of the Warmest Most Sincere, Most Caring People in Pendleton</p> <p style="text-align: center;">We Invite You to Come Get Acquainted!</p> <p style="text-align: center;">Sunday Worship: 10:40am</p> <p style="text-align: center;">Sunday School: 9:30am</p> <p style="text-align: center;">Office 276-5358 M-F, 8:30-12:30</p> <p style="text-align: center;">www.fccpendleton.org</p>					

To share your worship times call Terri Briggs 541-278-2678