



## Reflections of Creationist pastors on the origin of man

*Creation points to a Creator — Jim Markus, Trinity Lutheran Church*

What a great opportunity our community had to host the Smithsonian Human Origins exhibit. For some, the exhibit will convince them that man had only natural causes and did not need a Creator. I had the opposite reaction. Even if one accepts the evolutionary view of the exhibit, (which I do not) one still needs to ask Who is behind it all?

In 2000, I had the opportunity of visiting a replica of the cave drawings discovered in Lascaux, France (and mentioned in the exhibit). They primarily consist of images of large animals. I don't know of one scientist that believes that those drawings just happened naturally. Rather, all who visit the caves will conclude, based on the patterns and designs, that someone(s) painted them. If we look at simple art and conclude that there was a creator of the art, it certainly follows (for me and many others) that as we continue learning about the greater complexities of the human body, that there is a Creator. Since a human intelligence was needed to create simple art in a cave, an even greater intelligence was needed to create the human artist. The evidence for the Who of creation is all around us.

*Science and Faith, Friends or Foes? — Kevin Miller, Seventh-day Adventist Church*

In his book, "You Lost Me", David Kinnaman, President of the George Barna Group, says "Millions of young Christians perceive Christianity to be in opposition to modern science." This perception is not limited to young Christians. Over the course of history there has been a growing sense that science and faith are antagonists; this is unfortunate as well as untrue. We believe it is possible to be both a person of strong faith as well as a committed learner of how the universe works. In fact, history has many examples of people of faith who made great contributions to science. To be honest, their faith did not always look alike; however, this did not hinder them from a strong belief in God and science. One example is Isaac Newton who is universally considered a genius for his contributions to mathematics and physics. Newton had a desire to see how science connected with God and was an avid student of the Bible. As a person of faith, I believe God has implanted a curiosity in each of us to discover the universe we live in which will deepen our knowledge and awe of the Creator.

*Can the Bible and Evolution Co-exist? — Dr. Robert A. Singer, Cottage Grove Bible Church*

One of the ways people have tried to

reconcile science and faith is through theistic evolution. This belief holds that God is the creator and evolution is His method for creating. However, is it really possible to blend the two without significant ramifications to what the Bible says? Couldn't we understand the days of creation in Genesis as eons instead of 24-hour days? While it may be possible to hold this view and still have a relationship with the God of the Bible, consider the deeper implications that logically follow.

Theistic evolution requires that men and women experienced death before they chose to sin. The Bible states that physical death was a punishment for their sin (Genesis 3:17-19). Later Paul would affirm that death entered human experience because of Adam (Romans 5:12-21).

Theistic evolution would make the biblical account of the creation of Eve a total myth (Genesis 2:21-24). But Jesus Himself referred to this passage as truth (Matthew 19:4-6; Mark 10:6-9).

Theistic evolution would make God's reasoning for the fourth commandment awkward (Exodus 20:8-11). Obey the Sabbath because God rested on the seventh eon?

Adopting theistic evolution will force you to view many parts of the Bible as untrue, and this will change how you view the rest of it.

*Creator and Savior- What's at Stake? — Bryan Parsons, Grove Community Church*

I believe that God is not only our Creator but, as scripture indicates, our Savior. I would like to explain how that Creator has demonstrated his desire to have an eternal relationship with you. The key is in three simple truths. 1) We have all been guilty of doing wrong things whether large or small. 2) We deserve punishment for doing these wrong things. No matter how hard we try to stuff it, our guilt bears witness of this. We can try to balance out our wrongdoings with good deeds but good deeds cannot earn us anything extra since they are what we should be doing anyway. So how can we get out from under this impending punishment? That leads us to the third simple truth. 3) Jesus loved us so much that He took the punishment we deserve on himself by dying on the cross. Based on these simple truths, we have two options. We can either choose to pay for our wrongdoings ourselves in the form of punishment, or we can accept the payment that Jesus made on our behalf.

To learn more of this Creator Redeemer God, visit a church near you this Easter.

## LETTERS TO THE EDITOR

### More on boundaries

What we do means more than what we say. Isn't that what parents are supposed to tell themselves when looking into the mirror after disciplining a son or daughter who made a poor choice in their behavior? Is there a boundary dividing what is good for the goose from what is good for the gander? If the FBI demands special backdoors in our cell phones and computers, don't we as citizens have the right to demand that we see the secret TTIP and TPP trade agreements or the workings of our own government made behind closed doors? If we, the people, who elect those who speak for the US as a nation, do not see anything wrong in them designating some bureaucratic paperwork(drafted by unelected unknown men), sufficient legal process to designate citizens of other nations lawful targets of drone assassination, who are we to protest when we ourselves become a target? Who are we to protest the stationing of a division of the United States military on U.S. soil or the special powers of federal and metropolitan law enforcement to employ paramilitary tactics in civilian neighborhoods?

Folks who are accustomed to the habit of thinking in terms of the United States of America as being an expression of the humanist values of the Declaration of Independence, the Constitution and Bill of Rights, folks who have a habit of thinking of the United States as being "all about the rights and dignity of the individual" — they are in for a shock!

The globalization of economic, military and political interests on the part of every major nation state makes for a web of interconnected 'incompatible sets of hopes and fears' that threatens to break up like melting ice under the continual covert struggle between those who govern those nation-states.

In this interconnected world, what will it look like if our world comes apart the way the world came apart in the first decades of the 20th Century? When there are no boundaries between nations and no boundaries between governance and those governed, what is to prevent a plague from sweeping across the entire face of the Earth?

Leo Rivers  
Cottage Grove

### Follow the evidence

The Smithsonian exhibit at the Cottage Grove Library is very interesting, and many thanks to those involved in the effort and work it took to make this happen.

As scientific research continues

through the years, many facts have to be revised and changed as new evidence is discovered. I appreciate having different evidences discussed during the exhibit.

During my school years I remember the drawings and discussions of the 'simple' cell. The cell is now known to be extremely complex.

An excellent example was given in the presentation of "What the Smithsonian Exhibit Didn't Tell You — Science and Human Origins". Supposedly there is only 1-2 percent difference in DNA between a chimp and a human. As those giving the presentation showed, the intricacies of DNA are amazing. One comparison is two books, similar in size, shape and color. Does this mean they are almost the same? Are War and Peace and Rise and Fall of the Roman Empire similar? The Bible and the Koran? A western paperback and a harlequin romance? They might be the same on the outside in size, shape and color. The differences come in how the letters/words/paragraphs/thoughts are put together. And the differences are huge.

Answers in Genesis and Institute of Creation Research (ICR) are only two of many nation-wide organizations looking at the scientific evidences for a young earth.

Dr. Dennis Swift, of Creation Science Ministries of Oregon, has spent years researching evidence that dinosaurs and man lived together. Many petroglyphs by North American Indians, as well as carvings on tombs and the Inca burial rocks, all show very identifiable dinosaur images. How could they carve or draw something so accurately if they did not see them? And if man and dinosaurs lived together, what does that do to the current theory of evolution that is often stated as given fact?

We need to look at all the available evidence, and follow where the evidence leads.

Janetta Overholser  
Cottage Grove

### Support the bond

This May 17, Cottage Grove residents will vote on a bond measure that will provide funding for several critical improvements throughout our district, including a replacement for Harrison Elementary School. As a longtime resident of Cottage Grove and teacher, I would like to appeal to the members of this community to support the bond.

I feel very fortunate to work at Harrison. Despite the fact that we currently work in a building with antiquated electrical, heating, and cooling systems, insufficient technology

and faulty plumbing; the staff arrive daily with a "can do" attitude, and their hard work and positive outlook makes our school a great place to be.

As teachers, we work in the realm of possibility. And it is exciting to consider all the possibilities if this bond is passed. Not only would it be a joy to work in a new facility, but more importantly, our students would reap immeasurable benefits learning in a building with an inviting atmosphere, natural light, great air quality, clear drinking water, sufficient restroom, technological and recreational access, and so much more. And the benefits of this bond won't stop with Harrison staff and students. The bond's passing will benefit other schools in our district with improved safety and security, technological upgrades and critical maintenance. It will also provide funds for improvements at the Warren H. Daugherty Aquatic Center.

And so again, please vote in support of this bond, as we continue to "build it for kids."

Laurie Hammond  
Cottage Grove

### SLSD bond measure support

I am asking the South Lane School District community members to join me in supporting the bond measure put forth on the May 17, 2016 ballot to build a new Harrison Elementary School.

The current facility was built in 1948 to house 125 students. It is bulging at the seams with nearly 450 students in attendance this year. A modern-day elementary school offering adequate space, in addition to allowing for advances in technology and providing a safe, secure environment for learning, is crucial for all our kids.

The measure would also fund security upgrades in all schools, providing the means to ensure students and staff are safe should a threat arise. Deferred maintenance projects including upgrading or replacing heating and air systems, repairing/replacing leaking roofs; plumbing and electrical system upgrades would also be possible. Updating technology in all buildings will also be realized. Additionally, there would be renovations to the pool including leaking pipes and upgrades to the locker room facilities, which is long overdue.

Voting "YES" for the school district's bond measure will provide a healthy and safe learning environment for all staff and students in the district.

Mary Dubbs  
Cottage Grove

## The dangers of weight cycling (yo-yo dieting)

BY JOEL FUHRMAN, MD  
For the Sentinel

Regaining weight after losing it on a diet is much more common than keeping the weight off. Often dieters gain back more than they lost, and it's a



common experience to have an even harder time losing weight the next time. "Weight cycling" is the term for these repeating episodes of intentional weight loss followed by unintentional regain, also often called "yo-yo dieting." One of the most important messages about weight loss is this: change your diet, lose the weight and keep your new, healthier way of eating forever.

The human body responds to weight loss the same way it would respond to starvation —

by conserving energy. The brain uses information about calorie intake and the body's amount of stored energy to determine whether to release appetite-enhancing or appetite-suppressing hormones. One way the body adapts to weight loss is by altering the production of appetite-regulating hormones such as ghrelin and leptin, favoring weight regain by increasing appetite and promoting fat storage. Another way is by decreasing resting energy expenditure.

These compensatory systems make going back to one's old unhealthy diet even more weight-gain promoting. The highly palatable low-nutrient foods, which stimulate cravings via the dopamine reward system, are even more dangerous for someone whose calorie expenditure has fallen. Also, when you lose weight, some loss of muscle is unavoidable, and strength exercise helps to limit muscle loss. However, when someone gains weight back after dieting, that weight is fat, potentially leaving the dieter with a greater body fat percentage than before.

Studies have linked weight cycling to a greater risk of diabetes, hypertension, gallblad-

der stones and shorter telomere length. Shorter telomeres mean rapid aging. Weight cycling women were also found to have a greater waist circumference, and seem to gain more weight over time than "non-cyclers" who start off at the same BMI.

The bottom line is that making changes to your diet to improve your health and your weight need to be permanent changes, not temporary.

Why is gaining back body fat harmful? Adipose (fat) tissue is more than a vessel for storing excess energy. In addition to storing fat, adipose tissue acts as an endocrine organ: it contains macrophages (a type of white blood cell) in addition to adipocytes; it produces and secretes compounds that affect the function of other types of cells. Obesity is accompanied by a systemic low-grade inflammation. Adipose releases compounds that can induce negative consequences such as insulin resistance, higher triglycerides and reduced immune function, and even growth promoters that can increase risk of cancer. As fat tissue grows, more of these pro-inflammatory compounds are produced, leading to chronic

inflammation, which increases the risk of cardiovascular disease, diabetes and cancer.

The key to losing weight and keeping it off forever is changing your diet forever. Stay away from extreme fad diets; they are not sustainable long-term. About 80 percent of dieters are unable to keep 10 percent of their original body weight off for more than one year. Feeling deprived and going back to your old diet is almost inevitable. However, if you use high-nutrient foods to resolve toxic hunger and achieve greater meal satisfaction with a smaller number of calories, it will be much easier to stick with your new way of eating and prevent future weight regain.

A recent study published in the American Journal of Lifestyle Medicine analyzed and reported weight loss results provided by 75 obese patients who had switched to a Nutritarian diet. The average weight loss was 55 pounds, and none of these respondents had gained back any lost weight after three years. Compare these results to most weight loss intervention studies, which report average losses of only 6-13 pounds maintained after two years. One

reason for the remarkable effects on permanent weight reduction with a Nutritarian diet is that the users are more fully educated regarding the long-term health and longevity benefits and it is adopted not merely for its weight loss benefits. Additionally, it has been demonstrated that this nutrient dense, plant-rich diet can suppress appetite and resolve food cravings and food addictions.

My book The End of Dieting explains exactly how to break out of the cycle of physical and emotional addiction and overeating — how to keep the weight off permanently.

Dr. Fuhrman is a #1 New York Times best-selling author and a board certified family physician specializing in lifestyle and nutritional medicine. Visit his informative website at [DrFuhrman.com](http://DrFuhrman.com). Submit your questions and comments about this column directly to [news-questions@drfuhrman.com](mailto:news-questions@drfuhrman.com). The full reference list for this article can be found at [DrFuhrman.com](http://DrFuhrman.com).

## Cottage Grove Sentinel

116 N. Sixth Street · P.O. Box 35 · Cottage Grove, OR 97424

**ADMINISTRATION:**  
JOHN BARTLETT, Regional Publisher.....  
GARY MANLY, General Manager.....942-3325 Ext. 207 • publisher@cgsentinel.com

ROBIN REISER, Sales Representative.....942-3325 Ext. 203 • robin@cgsentinel.com  
TAMMY SAYRE, Sales Representative.....942-3325 Ext. 213 • tsayre@cgsentinel.com

**NEWS DEPARTMENT:**  
JON STINNETT, Editor.....942-3325 Ext. 212 • cgnews@cgsentinel.com

**SPORTS DEPARTMENT:**  
SAM WRIGHT, Sports Editor.....942-3325 Ext. 204 • sports@cgsentinel.com

**CUSTOMER SERVICE**  
CARLA WILLIAMS, Office Manager.....942-3325 Ext. 201 • billing@cgsentinel.com  
LEGALS.....942-3325 Ext. 200 • legals@cgsentinel.com

**GRAPHICS:**  
RON ANNIS, Graphics Manager

(USP 133880)

Subscription Mail Rates in Lane and Portions of Douglas Counties:  
Ten Weeks .....\$9.10  
One Year .....\$36.15  
e-Edition year.....\$36.00

Rates in all other areas of United States: Ten Weeks \$11.70; one year, \$46.35, e-Edition \$43.00.

In foreign countries, postage extra.

No subscription for less than Ten Weeks. Subscription rates are subject to change upon 30 days' notice. All subscriptions must be paid prior to beginning the subscription and are non-refundable.

Periodicals postage paid at Cottage Grove, Oregon.

Postmaster: Send address changes to P.O. Box 35, Cottage Grove, OR 97424.

**Local Mail Service:**

If you don't receive your Cottage Grove Sentinel on the Wednesday of publication, please let us know. Call 942-3325 between 8:30 a.m. and 5 p.m.

**Advertising ownership:**

All advertising copy and illustrations prepared by the Cottage Grove Sentinel become the property of the Cottage Grove Sentinel and may not be reproduced for any other use without explicit written prior approval.

**Copyright Notice:**

Entire contents ©2015 Cottage Grove Sentinel.

## Letters to the Editor policy

The Cottage Grove Sentinel receives many letters to the editor. In order to ensure that your letter will be printed, letters must be under 300 words and submitted by Friday at 5 p.m. Letters must be signed and must include an address, city and phone number or e-mail address for verification purposes. No anonymous letters will be printed. Letters must be of interest to local readers.

Personal attacks and name calling in response to letters are uncalled for and unnecessary.

If you would like to submit an opinion piece, Another View must be no longer than 600 words.

To avoid transcription errors, the Sentinel would prefer editorial and news content be sent electronically via email or electronic media. Hand written submissions will be accepted, but we may need to call to verify spelling, which could delay the publishing of the submission.