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# Hampden Heights Sentinel

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**But in your hearts revere Christ as Lord. Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have. But do this with gentleness and respect ~1 Peter 3:15 NIV~**

## RJA News Corner

by Lee Stahl, Principal

### Reading Junior Academy finishes up another school year!

#### 8<sup>th</sup> Grade Class Trip

On Sunday morning of April 30<sup>th</sup>, the 8<sup>th</sup> grade class left for Washington D.C. They visited several war memorials, including WW II, Vietnam, Lincoln, and Korean conflicts, before going to the Holocaust Museum in the afternoon. On Monday, they visited Ford's Theatre to see where President Lincoln was shot, before enjoying an afternoon of trampoline fun at Sky Zone. The last day of the trip ended at Gettysburg to learn more about the famous battle of the Civil War, before returning home. Everyone had a great time!

#### Field Day

On Friday, May 19, RJA held its annual field day. It involved dividing students up into eight teams with a mixture of students from each grade. The teams compete in a variety of events for best team score, individual score, and/or paired score. Events include: 50 yard dash, 400 yard run, Standing broad jump, Bean bag toss, Water balloon toss, Three-legged race, Bat/spin relay, and an Obstacle course. This year, Team Pink won the overall team competition. The team composed of Katara Key, Victor Torres, Jaliyah Haynes, Ston Nelson, Brandon Anchidin, Enrique

Peguero, Maggie Kargbo, Gabriel Getachew, and Serenity Cruz. Below are the best scores of the individual and paired winners.

Water Balloon Toss: Katara Key/Victor Torres and Ricky Torres/Rahmaad Hayward – 50 ft

Three-legged Race: Kenneth Weston/Dwayne Marston – 12.2 sec

Bean Bag Toss: Enrique Peguero and Abel Gonzalez – 15 pts

Broad Jump: Matthew Robinson – 101 in

50 Yard Dash – Boy: Victor Torres – 7.0 sec  
Girl: Katara Key – 7.3 sec

400 Yard Run – Boy: Namir Burns – 1 min 18 sec  
Girl: Katara Key – 1 min 31 sec

#### Graduation Program

RJA graduation was on Tuesday, May 23, at the Kenhorst Blvd Church. This year's 8<sup>th</sup> grade graduates invited Pastor Tom Stone of Kenhorst Blvd. SDA Church to be their commencement speaker. The class chose Philippians 4:13 as their class scripture text. "I can do all things through Christ who strengthens me." Pastor Tom shared an inspiring message that focused on the importance of our attitude.

Student graduating from kindergarten, 8<sup>th</sup> grade, and leaving 10<sup>th</sup> grade from RJA are listed.

#### Kindergarten Graduates:

Aliza Carr and Gabriel Getachew.

#### 8<sup>th</sup> Grade Graduates:

Clara Balaguer, Jaliyah Haynes, Dwayne Marston, Anthony Quezada, Ziryah Rodriguez, Elijah Santiago, Victor Torres, and Erickson Uribe.

#### 10<sup>th</sup> Grade Recognition:

Namir Burns, Grace DePena, Crystal Fondeur, Matthew Robinson.

**Reading Junior Academy is registering students for next school year. You can save on the registration fee if paid by June 30, and even get free registration for recommending new students to our school. See Mr. Stahl or Mrs. Edris for complete details.**

**Reading Junior  
Academy...**

**Educating Today and  
for Eternity!**

## The Pastor's Place

by Pete Maldonado, Pastor, Hampden Heights SDA Church

### T.H.I.N.K.

How many times have you been hurt because someone has said something to you or about you, which offends or hurts your feelings. Maybe you were a victim. Maybe someone did horrible things to you, or you fell into an unfortunate set of circumstances through no fault of your own. It still doesn't serve you very well to just sit around feeling bad for yourself, blaming other people. In fact, it only holds you back. If you fall into the habit of obsessing over the bad things other people say about you, or do to you, you'll never feel good about yourself again.

Becoming united with a diverse group of people can sometimes be the most difficult thing a multi-cultural group can achieve. Often times, because of our culture differences, we tend to hurt one another in ways we don't intend to or even understand. Just because of the fact that we do things differently.

This may create a sense of frustration and aggravation amongst family, friends and/or church members. There's an old saying that goes like this "Sticks and stones may break my bones but words will never hurt me." Nothing can be further from the truth. Words have a strong impact on the lives of those around us, and on ourselves as well.

*Proverbs 18:21 NKJV*

*"Death and life are in the power of the tongue, And those who love it will eat its fruit."*

We should not let the pain of the harsh words spoken by others become our identity. When someone tries to hurt you with the words they say to you or about you, you must not allow them to define who you are in your own mind. Allow your identity in Christ to become who you are and what you are. You are a child of God. Being hurt by others in this world, whether by words or actions, is a given in this life, and there's really no avoiding it. Our goal is to recognize the intention, and divert it for good.

*Ephesians 4:29-32 NKJV*

*"Let no corrupt word proceed out of your mouth, but what is good for necessary edification, that it may impart grace to the hearers. And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption. Let all bitterness, wrath, anger, clamor, and evil speaking be put away from you, with all malice. And be kind to one another, tenderhearted, forgiving one another, even as God in Christ forgave you."*

Experiencing happiness is to take responsibility for making it happen, even if others are intent on not making it easy for you. You can't change what has happened in the past, and you're not responsible for what others do to you to attempt to take away your joy in the future. But you are responsible for your attitude now. We should ask ourselves this question; "Why should I let someone who hurt me in the past have power over me in the present?"

We often react when someone is talking about us in a negative manner, or attempting to hurt us in some other way. We also isolate ourselves when we're hurting because it feels safer than showing people our vulnerability. What we fail to realize is that we don't have to feel vulnerable all the time. We can choose certain people for support, and then allow ourselves time with others without involving our painful stories, which can become "gossip"

I must admit, I often feel like this. I tend to isolate myself away from those who have hurt me, regardless of whether through words or action. This tendency probably comes naturally to all of us. Pulling away from the hurt is a normal reaction. But also retaliating with the same behavior can become very detrimental to the spiritual life of all parties involved.

*Education, 235. Adventist Home by Ellen White 440.5*

*Gossip and Talebearing—We think with horror of the cannibal who feasts on the still warm and trembling flesh of his victim; but are the results of even this practice more terrible than are the agony and ruin caused by misrepresenting motive, blackening reputation, dissecting character? Let the children, and the youth as well, learn what God says about these things: "Death and life are in the power of the tongue."*

*Testimonies For The Church 4, 195. Adventist Home 441.1*

*The spirit of gossip and talebearing is one of Satan's special agencies to sow discord and strife, to separate friends, and to undermine the faith of many in the truthfulness of our positions.*

*James 1:19-21 NKJV*

*"So then, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath; for the wrath of man does not produce the righteousness of God. Therefore lay aside all filthiness and overflow of wickedness, and receive with meekness the implanted word, which is able to save your souls."*

What the Lord is trying to tell us is that we should have a spirit of willingness to hear the other person explain their side of the situation. We should be slow to react and quick to listen, considering everything with a soft heart.

We should **"THINK"** Before we speak, and ask ourselves if what we are about to say is

**T** True  
**H** Helpful  
**I** Inspiring  
**N** Necessary  
**K** Kind

If the answer is no, just maybe what we are about to say should be left unsaid.

**Grace's Outpost** by Ashley Richards

"For I am convinced that neither death, nor life, nor angels, nor principalities, nor things present, nor things to come, nor powers, nor height, nor depth, nor any other created thing, will be able to separate us from the love of God, which is in Christ Jesus our Lord." – Romans 8:38-39, NASB

Ahhhh.

Can you feel that? Close your eyes. Feel the silky white sand between your toes. Hear the call of the birds behind you. Feel the sun soaking into your every pore. Smell that salty, fresh breeze off the Atlantic. Hear the lazy crash of the waves upon the shore. The natives call to each other in Portuguese, and the sound of children's laughter is carried on the breeze.

Peace. (Best experienced with your eyes closed to soak it all in and your heart wide open.)

I've been struggling to put together an article for this month. I've been dealing with a lot, spiritually, in the past month or so, which has made it hard to reflect on anything that will share hope with anyone. I even put together two (or at least, parts of two) articles last night, but they were either too emotional or too scattered, and I was really struggling with the idea of publishing either (at least the process proved cathartic!). *Jesus, give me another article*, I pled.

I've sat here, for close to 2 hours, working on various things and hoping for an idea to smack me in the face.

I didn't really get smacked with an idea, but I did sort of walk right into Jesus.

I love doing that.

I love going about my daily activities, worrying about this or that, taking care of business, and then, out of nowhere, Jesus is just there, and He surrounds me with

His love. That ever happen to you? You just stop for a second, and Jesus isn't just waiting for you to notice Him, but you just sort of stumbled into a hug from the King of the Universe, and you don't even know how you got there? That's been happening more and more to me, lately. I'd gotten busy with life and forgot what it was like when Jesus and I were in a personal relationship. (Sometimes I stumble into dances with Jesus, and that's a really special day.)

And so, after having a hard day yesterday, I just wanted to share this feeling, this amazing feeling of just stumbling into Jesus, into peace, into hope, but I didn't know how to formulate an article around it.

How do people live without Jesus, man? I just... I can't. Forget all the "thou shalt's", for a second. Not that they don't matter—they do!—but I am not sure I consider enforcing a bunch of rules

the definition of a good time. Forget all the "how the world started's", for a second. It's fascinating, but it's not a relationship. Forget everything else about Christianity and what others make it out to be, why it matters. When you strip everything else away, and just have Jesus left—for that reason alone, I would choose Christianity! Being a Christian, I get *Jesus*. I get peace that causes laughter to bubble up inside of me. I get to never, *ever* feel alone, not even for a second. I get a partner for life. I get someone who gets me, who loves me, who makes me the best version of myself ever. I get someone who befriends me, then adopts me, then wants to *marry* me. I get *Jesus*, man! How do people live without Him? Jesus is the best. I want to be with Him every second of every day (of every week of every month of every year of every decade of every century of every millennium...). Don't you?

**Recipe of the Month** by Elizabeth Hill

I have had this recipe for fudge for many years. It is my niece's favorite and she looks for it on the holidays. It is a very simple recipe, and takes no time at all to prepare. What more can you ask from a recipe? Oh yes, it is also delicious! A fudge lover's delight!

**Fool Proof Chocolate Fudge**

- 3 (6 oz.) pkgs. Semi-sweet chocolate chips
- 1 (14 oz.) can sweetened condensed milk (not evaporated)
- dash salt
- 1 1/2 teasp. vanilla extract
- 1/2 cup chopped nuts (optional)

In heavy saucepan, over low heat, melt morsels with condensed milk. Remove from heat; stir in remaining ingredients. Spread evenly into wax paper lined 8 inch square pan. Chill 2 to 3 hours or until firm. Turn fudge onto cutting board, peel off waxed paper and cut into squares. Store loosely covered at room temperature. (I keep mine in the refrigerator.)

Makes about 1 3/4 pounds

**The Medicine Chest** by Dr. John Manubay, M.D.

**Allergic Rhinitis**

Allergies or hay fever occurs when one's immune system overreacts to allergens in the air that you breathe. The immune system causes the body to release chemicals that may cause sneezing, runny nose, nasal congestion, postnasal drip, itchy, swollen and watery eyes, dark circles under the eyes, and itchy ears, nose and throat. Some people have symptoms at just certain times of the year, while others may have them during the whole year. The drainage from the nose is usually clear and thin. However, it may become thicker and yellowish if it becomes a sinus infection. Untreated allergies can often cause sleep problems and low productivity at school or at work. Symptoms may also occur when you eat a food that you are allergic to. It is also known that hay fever and allergies run in families.

In Northeastern U.S, allergies during Spring are triggered by tree pollens.

Summer symptoms are triggered by grass pollens. Fall symptoms are triggered by ragweed. Hot, dry, windy days put more pollen in the air. Year-round allergies may be triggered by dust mites, animal dander, and mold. Certain work environments with dusts or chemicals may trigger allergies. More than 85% of people with asthma also have symptoms of allergies.

The diagnosis of allergies are usually done by one's medical history and symptoms. Your doctor may also order a blood test (IgE RAST) to see if you have any inhalation or food allergies. Skin testing can be done to detect specific allergies by putting a small amount of an allergen into the skin to see if it causes an allergic reaction.

One of the best treatments for allergies is simply avoidance of the allergen if possible. You may need to clean the house often to get rid of dust, change wall-to-wall carpeting, and use small area rugs. Cleaning out molds and animal dander will help. Stay indoors when the pollen counts are high.

After avoidance, over the counter or prescription non sedating antihistamines are used as needed; eg Allegra, Claritin, or Xyzal. Benadryl and other antihistamines may cause sedation, but can be taken at nighttime. The next step would be to add a daily intranasal steroid such as Nasonex, Flonase, or Rhinocort. Over the counter saline nose drops gives good symptom relief, keeping the nasal passages moist and less irritated, irrigating some of the allergens. Singulair is a leukotriene modifier for the management of allergic rhinitis if there is little relief with the intranasal steroids.

Antihistamine eyedrops such as Azelastine HCl may be prescribed to ease the itchy, watery eye symptoms. Azelastine also has an antihistamine nasal spray for nasal symptom relief. The last step is to get immunotherapy, such as allergy shots, to help prevent or reduce your symptoms. Sublingual immunotherapy may help for grass allergies.

One should contact their doctor with severe allergy symptoms...symptoms that do not respond to treatment, and treatment that once worked but no longer works.

**Notable Quotes** selected by Bob Kondracki

Peace, above all things, is to be desired, but blood must sometimes be spilled to obtain it on equitable and lasting terms.  
~Andrew Jackson~

The battle, sir, is not to the strong alone; it is to the vigilant, the active, the brave.  
~Patrick Henry~

A long habit of not thinking a thing wrong gives it a superficial appearance of being right.  
~Thomas Paine~

The best and most beautiful things in the world cannot be seen or even touched - they must be felt with the heart.  
~Helen Keller~

I can't change the direction of the wind, but I can adjust my sails to always reach my destination.  
~Jimmy Dean~

As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them. ~John F. Kennedy~

Don't judge each day by the harvest you reap but by the seeds that you plant.  
~Robert Louis Stevenson~

...keep your head when all about you are losing theirs...  
~Rudyard Kipling~

Of all the music that reached farthest into heaven, it is the beating of a loving heart.  
~Henry Ward Beecher~

Life is 10% what happens to you and 90% how you react to it.  
~Charles R. Swindoll~

There is only one corner of the universe you can be certain of improving, and that's your own self.  
~Aldous Huxley~

For if you love those who love you, what reward have you? Do not even the tax collectors do the same?  
~Jesus Christ~

## The Observation Post by Bob Kondracki

### The Evolution Lie, Do We Need Evidence or Faith?

This past Thursday, our church just finished up a two-week series of video presentations in which I served as the host.

The topics ranged from Evolution vs Creation, Bible Archeology, How Dinosaurs Fit into the Biblical Account, and Hoaxes and Frauds of Evolution.

We had a decent turnout. Could have been better. But I realize that this kind of thing is not of interest to everybody. I have heard people say, "I don't need this, I believe in Jesus and God without all of this." I've also heard the comments that our relationship with Christ is supposed to be more intimate and personal than scientific and analytical. And you know what, if that is what works for you, that is wonderful. I understand that God reaches different people through different methods. I am also not ignorant of the fact that any personal relationship needs the element of emotion in it, or it's not really a relationship at all, but instead something cold and mechanical. As a matter of fact, even your relationship with your car, or your cell phone, etc. has some kind of emotional connection for a lot of people. How many of us are sentimental about a childhood house, a special location we've visited, a cherished car, or some other "non-living" object that has significant meaning for us?

Allow me to suggest that we need both emotion and logic in our relationship with God. One without the other allows for severe deficiencies in the relationship. For example, there are plenty of Bible scholars that aren't Christians. They look at the Bible as they would look at something under a microscope...cold and analytical. They don't feel a personal connection with God at all. On the other hand, there are people that have so much emotion tied up in their ideology that it frequently clouds their rationale, and they often have difficulty deciphering fact from fiction. They are regularly called fanatics, and they are like a ballistic missile, traveling at blistering speed, but without a guidance system. Emotion without logic can be extremely dangerous, it's what causes people to run airplanes into buildings...a warped philosophy fueled by pure misguided emotion.

I have always been pragmatic, analytical, and logical in my thinking, even from my very early youth. And that is why I've become so passionate about the videos and the evidence I've presented the last two weeks. If emotion works for you, it's these things that are what makes God more alive and personal to me. You see, I look at this from a different perspective. I believe understanding and knowing the evidence supporting God only enhances a personal relationship with Him, it doesn't detract from it. Logic and solid evidence allow us to channel our emotions, not suppress them. Without

evidence, aren't we putting an emotional investment into something that we don't even know for certain is true? Doesn't that leave us very susceptible to Satan's manipulations? We can't just say, "Oh, I feel God, and that's all I need." That is a purely emotional response, and we all know the devil plays and manipulates us emotionally. Of course we still need our emotions. As I mentioned earlier, our emotions are what prevent us from being just mechanical beings...but they are also our biggest weakness, to be exploited by Satan when we are not grounded in solid facts. I believe all too frequently we engage in a case of putting the cart before the horse in the name of faith, empowered by emotion.

Now let me just state that I'm not trying to undermine the role faith plays in our relationship with God either. I don't believe God is obligated to explain every little detail to us, as much as I would like that. I also realize that God often asks us just to take what He says on faith. Faith is definitely necessary, and is so integral to our belief system as Christians, we wouldn't have a relationship with God without it. But I also know that our God is a god of order, not chaos. And that means He operates with unerring logic and planning. I would submit that even God's emotional responses to us are well-thought out. That means God would also expect us to use the same ability. Ability he has given us to reason, so we can discern the truth from the fairy tale...so we do not just follow blindly, being brainwashed as so many have been throughout history.

If you don't know the facts and evidence to support what you believe in, you have built your house on shifting sand. You are no better than any of the others who have only emotional reasons for their beliefs.

So with all that being said, I would now like to go over some of the evidence we covered in the series for those who missed it or would just like to hear it again. Every time I study on this subject, or watch one of these presentations, I pick up something I missed the previous time.

### A Personal Note

Before I get into the things we learned in the presentations, I would just like to share a bit of a personal note with you. It was just a while ago that I had stopped attending Hampden Heights church. I had my reasons, but one was that I was having major doubts about my faith. God seemed to be so distant to me, not hearing or caring, or even existing in the midst of so many problems and unanswered questions. But then I stumbled upon these videos from various sources, outlining the science behind the Bible and the evidence to support it. And as I studied, and watched, and read, my faith began to come back. None of us can really help the way we're wired, and this really appealed to my pragmatic, linear way of thinking. Much more than any emotional appeal ever could or ever will.

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Studying these things has done more to increase my faith than anything else I've ever encountered in my life. And I would say my faith is as strong in God as any purely emotional faith could ever be.

While talking to Pastor Pete about this one day, he made me realize something that I hadn't thought of before. Pete said that God knew exactly what I needed at this very difficult time, and it wasn't just coincidence that I found it. And you know what? Pete was absolutely right. Sometimes you don't feel God there...with your emotions. But He's still there, whether you feel it or not.

### Fact or Fiction

I have been studying the topics discussed at the beginning of this article, and others as well, for about 6 months now. And there's one thing I've consistently seen throughout. And that is that every tenet of evolution theory inevitably crumbles upon closer scrutiny. There is so much misrepresentation, propaganda, and outright lies that are foisted upon our society in the name of science, that it is very difficult for the average person to differentiate the truth from fiction anymore. Satan has done a truly magnificent job of indoctrinating our society, our educational system, our seminaries, even our churches with his lies and deceptions in an attempt to discredit the Bible. He has been so effective as a matter of fact, that he even has the Pope advocating Theistic Evolution!

Theistic evolution is only one example of "old-earth" beliefs infiltrating our churches. This one doctrine alone has done incredible damage to the church. But at it's core, it is inherently flawed if you believe the Bible. Doesn't the belief that God used evolution to create the world put death and suffering before Adam's original sin? But doesn't it say in Romans 5:12, "Therefore, just as sin entered the world through one man, and death through sin, and in this way death came to all people, because all sinned." And doesn't it also say in Romans 6:23, "For the wages of sin is death, but the gift of God is eternal life in <sup>[a]</sup> Christ Jesus our Lord." And correct me if I'm wrong, but doesn't it say throughout the Bible that Christ died for our sins, and defeated death with His resurrection? You see, Theistic evolution is in direct contradiction to what the Bible teaches, and if you believe in this, or gap theory, or any other old-earth belief, you've been deceived. These beliefs are simply not compatible to what the Bible tells us.

Another huge problem for the evolutionist, ironically is the evidence. Because they don't have any. Oh, yeah, they'll put their own misrepresentation and spin on the evidence that does exist though. What we have to understand is that we all have the same evidence. Evolutionists don't have different evidence than Creationists. It just comes down to how each side interprets the evidence. And evolutionists have a paradigm

that they've constructed over the last 150 years or so. If they encounter evidence that doesn't fit their paradigm, instead of adjusting said paradigm, they simply dismiss the evidence, ignore it, or misrepresent it so that it artificially fits their model. Multiple scientists have admitted that they won't allow the "Devine foot in the door" no matter what the evidence confirms. George Wald, a Harvard University professor, and Nobel prize winner no less, had this to say, "I do not want to believe in God. Therefore, I choose to believe in that which I know is scientifically impossible; spontaneous generation arising to evolution." This is the prevailing attitude among the majority of atheist and secularist professors and scientists. Well, needless to say, that mindset forbids any kind of objective evaluation or study.

So what do evolutionists do when they don't have any evidence? They make some up. There are so many frauds and hoaxes perpetrated by evolutionists over the years that it would take 10 pages to cover all of them. The Piltdown man, Nebraska man, Flat-faced man, Lucy, etc. You can Google any one of these and others to get the details. While you're at it, check out the Ernst Haeckel hoax, proven a fraud over 150 years ago, but is still in modern biology textbooks today!

The lack of evidence has forced evolutionists to come up with theories to explain why there is.....no evidence to support their claims.

The Hopeful Monster Theory was one from the 1930's. It's been slightly modified since then, and now is called Punctuated Equilibrium. At it's core, it is completely ridiculous.

This is not real science. This is a convoluted attempt to indoctrinate us with propaganda promoting the atheist, secularist, liberal agenda. And Satan is fueling it and succeeding at it because we simply don't know the facts, or we're too lazy to educate ourselves, or we just want to rely on a "feeling" or "faith."

Do you also realize that much of the evidence supporting the Bible and creation has been suppressed, because it doesn't fit the secular agenda? How many Christians are aware that archeologists have found over 4 dozen examples of dinosaur bones with soft tissue still inside? Bones that are supposedly 68 million years old, with blood cells, DNA, tissue so elastic that when stretched with a pair of tweezers, it snaps back. Evolutionists are scrambling for an answer to that one. Of course they had to come up with something, so they now claim iron rich dinosaur blood preserved the tissue. Iron does indeed preserve tissues, but the methods used in experiments conducted in the laboratory are certainly not what you'd find in the real world. And to believe that they could preserve soft tissue for millions of years? It's preposterous to even consider such nonsense. Just another example of secular science (continued page 7)

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not being willing to adjust their paradigm to fit the evidence, but trying to adjust the evidence to fit their paradigm. I don't know about you, but in my mind this evidence is akin to a nuclear warhead detonating right in the middle of evolutionary theory!

There is absolutely no way of discussing these topics without getting into the technical aspects and inherent complexities involved. One of my favorite speakers on these topics is Russ Miller. He does an excellent job of explaining much of this in layman's terms. As a matter of fact, Miller has brilliantly reduced destroying the evolution argument to a single catchphrase, regardless of what angle opponents approach it from.

Want to destroy evolution in 7 seconds flat?

If you remember this, you'll never have to be intimidated by evolutionists again:

### **DNA Code Barrier +**

### **Gene Depletion +**

### **Natural Selection**

makes evolution a scientific impossibility!

In a nutshell;

**DNA Code Barrier**-prevents different kinds of living things from cross-breeding (i.e. a horse with a dog, a dog with a cat, etc.) Regardless of ethics and morals, unscrupulous scientists have tried to cross-breed different animals with other animals, humans with animals...and have always failed. You can cross breed the same kind of animal, i.e. horse with a zebra, tiger with a lion, etc. It only leads to a different variety, not a different kind.

**Gene Depletion**-every variety of animal or plant in the world is a result of gene depletion, not gene addition. You can breed every dog variety in the world from two mutts. But if you breed yellow labs, you'll only get yellow labs. Because other genes have been bred out from the original parents, not genetic material added in.

Even mutations in the gene pool are a result of loss of genetic material, not addition. Through millions of experiments, science and nature knows of no way to add new and beneficial material to the gene pool. There's NEVER been one single example of it ever happening. Not in the lab or in nature. Even genetic mutations that are beneficial, are a weakening or loss of the original gene pool. And they result in a deficiency somewhere else in the gene pool. 98% of mutations are fatal. The impossibility of adding beneficial genetic material to the gene pool is a huge problem for evolution.

**Natural Selection**-simply removes the weaker elements of the gene pool. It allows for adaptation to the environment.

Evolutionists like to confuse Micro evolution with Macro evolution, and then use the old "bait and switch" to make you believe they are the same thing. Macro is one kind changing into another kind---no evidence of that ever occurring exists. Micro is

simply animals adapting to their environment.

This article has already exceeded the length I intended, and there is so much more I could discuss. There is literally a mountain of evidence that exists to refute evolution, and support God's Word. All you have to do is research and study. Science is not the enemy of Christians. Our real enemy is lack of education. As Russ Miller is fond of saying, "Real science, not this pseudo or junk science, but REAL science is a Christian's best friend." You see, as Christians, we don't have to be intimidated by science because real science is on our side. If everybody would just go where the evidence takes them, without some preconceived bias, there really would be no debate at all on this. But agenda and bias cloud objectivity.

I hope all those who attended these presentations received as much of a blessing as I did from studying these things. If you have any questions at all, please don't hesitate to talk to me in person, or email your comments or questions to: HHSentinel@yahoo.com.

## Resources to Explore by Bob Kondracki

Our church has purchased the license to the "Is Genesis History" film that was in the theaters only about 2 months ago. If anyone would be interested in borrowing this video, please see Pastor Pete Maldonado.

In addition, there are some excellent sites online for anyone who is interested in pursuing study on evolution, or Bible archeology, the UFO myth, or a number of other

topics.

I receive a daily email from [www.creation.com](http://www.creation.com). They tackle the most current news and controversies surrounding the evolution debate, the evidence supporting creation, dinosaurs, and many other subjects. I would highly recommend this site.

Another excellent resource is [www.Compass.org](http://www.Compass.org), where I

got quite a bit of my material from. They have a wonderful selection of videos and books that cover a wide variety of topics important to Christians today. I would especially recommend any of Russ Miller's seminars, along with Bob Cornuke's presentations. Cornuke has uncovered some incredible archeological evidence supporting the Biblical account of Exodus, Noah's Ark, The Lost Ark of

the Covenant, and more. He's like a modern-day Indiana Jones. The scientific and archeological evidence to support God's Word is truly overwhelming, but it's not made readily known to us. Many believe secular science has the last word, and can't be refuted. Study yourself, learn the real truth. As Russ Miller, my favorite speaker likes to say, "We can believe the Bible, word for word and cover to cover."

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**The Children's Page** by Ashley Richards

Do you know the story of Paul and Silas? They were on a missionary trip, going throughout Europe and Asia, and they met with some trouble, and they were thrown in jail! Instead of being grumpy, angry, or sad, though, they decided to pray and sing songs in praise to God. An amazing miracle happened while they were there, and something surprising happened as a result of that miracle. If you want to know what happened, you'll have to read the story in Acts 16! Maybe your mom or dad will read it with you this afternoon. The puzzle below has some words relating to the story—they can be found going down or across, but never backward or diagonal.

U	N	F	A	S	T	E	N	E	D	C	H	A	I	N	S	A	Z	A	V
I	H	O	B	E	X	A	R	V	I	E	M	R	A	L	E	N	E	C	A
L	N	U	S	N	A	A	U	M	L	D	I	A	H	A	O	X	R	O	E
N	A	N	I	P	I	P	R	W	D	Y	D	E	Y	N	R	E	C	I	M
O	O	D	E	M	Q	R	A	Y	M	E	N	X	M	D	N	A	P	S	O
A	E	A	R	E	S	A	L	V	A	T	I	O	N	W	Y	B	E	A	S
I	B	T	S	K	X	Y	L	O	G	A	G	A	S	U	H	X	T	L	I
L	E	I	L	Y	D	I	A	P	I	S	H	A	K	E	N	H	L	E	O
A	L	O	J	E	A	N	P	E	S	E	T	S	B	M	J	A	O	H	W
S	I	N	G	I	N	G	S	A	T	E	H	X	A	E	U	D	E	H	O
R	E	S	H	A	I	S	W	M	R	I	R	E	M	A	N	T	N	O	Y
E	V	O	N	P	Y	R	O	M	A	N	C	I	T	I	Z	E	N	U	C
S	E	S	C	A	P	E	R	T	T	J	S	Q	D	K	C	A	J	S	N
O	O	R	N	U	R	X	D	R	E	A	R	T	H	Q	U	A	K	E	U
A	G	E	Y	L	I	S	A	I	S	I	A	G	A	D	S	E	E	H	N
C	A	E	O	N	S	I	L	A	S	L	J	W	D	E	V	R	I	O	I
Z	E	R	H	L	O	A	I	L	F	E	O	R	O	G	A	O	N	L	U
E	B	A	L	E	N	A	N	D	A	R	E	J	O	I	C	E	B	D	S
T	A	T	N	E	H	K	J	Z	R	A	S	E	R	L	E	N	P	E	W
A	N	E	D	E	L	G	R	A	C	E	O	A	S	T	O	C	K	S	E

- |             |               |                   |
|-------------|---------------|-------------------|
| believe     | Lydia         | salvation         |
| doors       | magistrates   | shaken            |
| earthquake  | midnight      | Silas             |
| escape      | Paul          | singing           |
| foundations | praying       | stocks            |
| household   | prison        | sword             |
| hymns       | rejoice       | trial             |
| jailer      | Roman citizen | unfastened chains |

**DID YOU KNOW?**

Did you know that in the story of Paul and Silas, the Bible says they were singing hymns? I didn't even know there were hymns in the Bible times—I thought they were written many years later! There must have been quite a lot of hymns, too, though, because, at the Passover meal before Jesus was betrayed by Judas Iscariot to be killed on the cross, the Bible says Jesus and the disciples sang a hymn before leaving for the Mount of Olives!