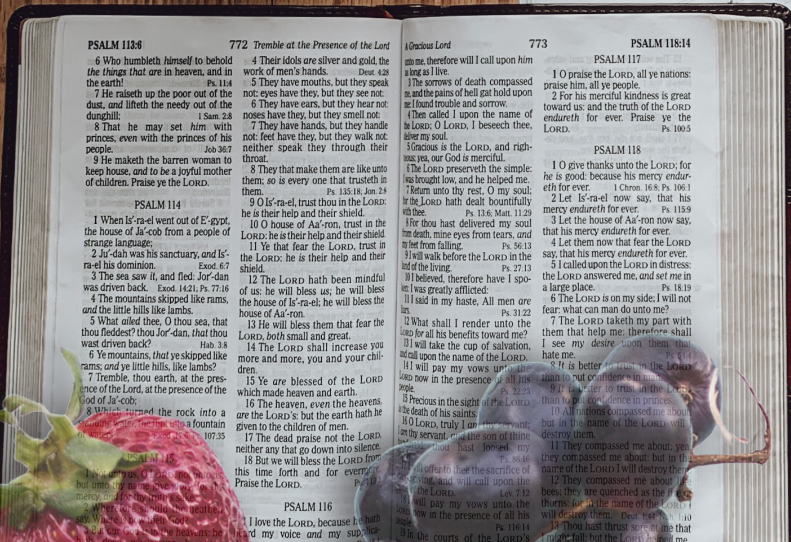


17th SEMINARY SCHOLARSHIP Symposium

Faith and Health

In collaboration with the College of Health and Human Services



February 7, 9-11, 2023

SDA Theological Seminary
Andrews University

Welcome to the 17th Seminary Scholarship Symposium

“Now the Berean Jews were of more noble character than those in Thessalonica, for they received the message **with great eagerness** and **examined the Scriptures every day** to see if what Paul said was true” (Acts 17:11 TNIV; emphasis supplied). The Bereans set an example of diligent study of the Holy Scriptures. They wanted to know the exact meaning of the Sacred Writings, its truths, and relevancy. The examination of the Scriptures involves very careful and deep searching with a passion to discover the truth about the triune God and its central message about the Lord Jesus Christ (John 5:39–40; Luke 24:27). This knowledge brings eternal life (John 17:3).

Our professors do thorough research to unlock the richness of the biblical message, the mystery of godliness (1 Tim 3:16; Eph 6:19; Col 1:27), but also the mystery of wickedness (2 Thess 2:7). They publish to help the worldwide Church to better understand the Scriptures. An understanding of God’s revelation brings freedom (John 8:32) and leads to a total commitment to God to live a pious life in faith and good works (2 Tim 3:15–17; Eph 2:10; Titus 2:11–13).

Research and scholarship are a crucial part of students’ and professors’ lives here at the Seventh-day Adventist Theological Seminary. This year’s collection of scholarly activities is very rich and reveals the depth and breadth of our work here at the Seminary. Theology and church belong together. One cannot do biblical theology without the church.

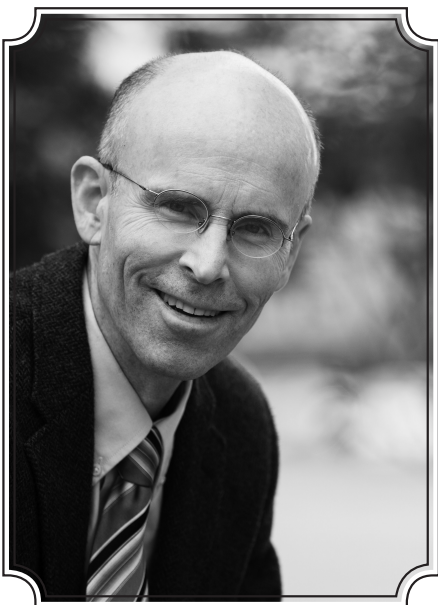
This symposium on scholarship strives to foster a culture of excellence in scholarly activities and to advance the quest for truth. Ellen G. White encourages: “As we take up the study of God’s word, we should do so with humble hearts. All selfishness, all love of originality, should be laid aside. Long-cherished opinions must not be regarded as infallible . . . We have many lessons to learn, and many, many to unlearn. God and heaven alone are infallible. Those who think that they will never have to give up a cherished view, never have occasion to change an opinion, will be disappointed. As long as we hold to our own ideas and opinions with determined persistency, we cannot have the unity for which Christ prayed . . . Whatever may be man’s intellectual advancement, let him not for a moment think that there is no need of thorough and continuous searching of the Scriptures for greater light” (*Counsels to Writers and Editors* [Nashville, Tenn.: Southern Publishing, 1946], 36–37, 41).

We are glad that David DeRose, MD, MPH, MAPM, accepted our invitation to be our plenary speaker, and I am sure we all will be blessed because of his outstanding experience in the medical field combined with his biblical-theological insights. We welcome him to our campus and look forward to his presentations. We also have a special enlarged symposium (Thursday–Sabbath) where issues relating theology and health will be further explored.

This year we welcome the participation of students and faculty from the College of Health and Human Services. A variety of events are planned for this week from Tuesday morning’s Seminary recognition assembly and book sale; Thursday morning’s worship service; Thursday evening’s Plenary Session I; Friday’s breakout and poster sessions and Plenary Session II; to worship service on Sabbath morning. I am sure that we will all be intellectually stimulated, but more importantly that we will grow spiritually from this biblical-theological and health-oriented feast. I encourage all of you to engage in meaningful discussion with the presenters. Begin already to plan your research and writing in order to participate in next year’s symposium by designing a poster or preparing a lecture.

We want to praise the Lord for godly scholars and their faithful work in enhancing our knowledge of God and His Truth. He gives gifts—the capacity to think and express thoughts and communicate truth effectively. To God be the glory!

Jiří Moskala, Dean



PLENARY SPEAKER

David DeRose, MD, MPH, MAPM, is a physician with specialties in both Internal Medicine and Preventive Medicine. His master’s degree in Public Health (MPH) featured an emphasis on Health Promotion and Health Education. In addition to his conventional training, DeRose has three decades of experience with lifestyle medicine and other natural therapies; he is a best-selling author and hosts a weekly syndicated radio broadcast. Dr. DeRose currently serves as pastor of the Fort Wayne First Seventh-day Adventist Church in Indiana and holds a master’s degree in Pastoral Ministry from Andrews University. He is married to Sonja Brandt DeRose, MD. They have three adult children.

17th Scholarship Symposium Schedule

February 7, 9–11, 2023

Tuesday, February 7 **Book Sale** *Seminary Commons*

10:00 AM–4:00 PM Featuring Adventist Theological Society, AU Press, AU Seminary Studies, Center for Adventist Research, Institute of Church Ministry/NCD America, and World Mission Department Publications

Tuesday, February 7 **Seminary Assembly** *Seminary Chapel*

11:30 AM 2022 Seminary Publications Wagner Kuhn
Zoom link: <https://andrews.zoom.us/j/98868164185?pwd=Z0JrTTcwL3U2aHVJUy9MZ1k1aHRXdz09>
Meeting ID: 988 6816 4185
Passcode: 436811

Thursday, February 9 **Seminary Worship** *Seminary Chapel*

11:30 AM “The Beatitudes: Prescription for a Health-Giving Spirituality” David DeRose
Zoom link: <https://andrews.zoom.us/j/95997557436?pwd=Sml1Q2FGcFFGYUNMY0V1WjhGNEJZdz09>
Meeting ID: 959 9755 7436
Passcode: 159340

Thursday, February 9 **Plenary Session I** *Seminary Chapel*

7:00 PM “Healing through the Beatitudes: The Example of Hypertension” David DeRose
Zoom link: <https://andrews.zoom.us/j/91964182997?pwd=cGY3RUg3VmZDMXFjQnRxMGlyYStzZz09>
Meeting ID: 919 6418 2997
Passcode: 730848

Friday, February 10 **Breakout Sessions**

Zoom link: <https://andrews.zoom.us/j/95523030773?pwd=MStnVzRmMWc2ZDlBVlE1aHBrZ1Yzdz09>
Meeting ID: 955 2303 0773
Passcode: 770640

9:00–9:30 AM

Sessions A (N150; Moderator: Roy Gane)

“Bridging Religious and Cultural Gaps in Public Health Through Successful Educational Partnerships with the Pokagon Band Native Americans” Yasmina Herinirina and Padma P. Tadi Uppala

Sessions B (N235; Moderator: Cedric Vine)

“Students’ Perception of What Worked for Their Learning During the COVID-19 Pandemic Transition to Remote Education at Andrews University”

Jean Cadet, Jochebed Bea Ade-Oshifogun, and Amarpreet Sudhaker

Sessions C (N310; Moderator: Denis Fortin)

“Narrative Evangelism: Finding Jesus in Dysfunctional Families, A Case Study of Genesis 27:1–28:9”

Omwocha Nyaribo

Sessions D (S215; Moderator: Willie Hucks II)

“Training and Equipping Our Lay Leaders to Preach Christ-Centered Biblical Messages to Increase Faith and Health of Our Local Churches”

Christopher Findley

9:35–10:05 AM

Sessions A (N150; Moderator: Roy Gane)

“The Effects of Using an Exercise Apps on Achieving One’s Weight Goals”

Sozina Katuli, Alison Walean, Ope Adesina, and Yehjee Lee

Sessions B (N235; Moderator: Jean Cadet)

“Nutrition Visual Tube Models for Healthy Choices in Adolescence”

Becki Loudon and Jean Cadet

Sessions C (N310; Moderator: Denis Fortin)

“Daniel 12:1–4: “Evaluating Contrasts in Meaning in the MT/LXX”

Jonathan Burt

Sessions D (S215; Moderator: Willie Hucks II)

“Religious Attitudes and Spiritual Well-Being: A Literature Review about Statistical and Contemporary Implications to University Students”

Hebert Davi Liessi

Sessions E (S120; Moderator: Cedric Vine)

“The Genealogies of Genesis 5 and 11 in Context: Toward a Solution”

Paul J. Ray

10:10–10:40 AM

Sessions A (N150; Moderator: Roy Gane)

“Evidence-based Natural Therapies and Immune-enhancing Strategies Used by Adventist Pioneers to Prevent and Treat Flu Virus Works Today for COVID-19, Its Variants”

Padma P. Tadi Uppala and Brian Wong

Sessions B (N235; Moderator: Jean Cadet)

“The Effect of Sleep Deprivation on Academic Performance Among Graduate Students”

Ricardo D. Moss and Jean Cadet

Sessions C (N310; Moderator: Denis Fortin)

“A Historical Sketch of the Views of Ellen White’s Authority in Relationship to the Bible’s Authority”

Scott Linton

Sessions D (S215; Moderator: Willie Hucks II)

“Adverse Childhood Experiences (ACES) in Seminary Students: 4 Years of Data”

David Sedlacek and David Springer

Sessions E (S120; Moderator: Cedric Vine)

“Developing an Operation Model for Mission Trips on Health and Evangelism in Developing Countries—The Tanzania Salama Health Project”

Sozina Katuli, Isaac Nicolao, and Roy Mendizabal

10:45–11:15 am

Sessions A (N150; Moderator: Roy Gane)

“COVID-19 Common Ground for the Vaccinated and the Unvaccinated: Scientific and Biblical Perspectives”

Padma P. Tadi Uppala and Brian Wong

Sessions B (N235; Moderator: Jean Cadet)

“Parental Barriers and Challenges of Raising Plant-Based Children in North America”

Shantel Wahl and Jean Cadet

Sessions C (N310; Denis Fortin)

“White American Christianity and Racial Justice: Walking on the Wrong Side of Racial Justice”

Trevor O’Reggio

Sessions D (S215; Moderator: Willie Hucks II)

“Regularity in Eating”

Wol Bol Wol

Friday, February 10

Plenary Session II *Seminary Chapel*

11:30 AM

“Healing Insights from the Gospel of Mark: The Power of Social Connectedness”

David DeRose

Zoom link: <https://andrews.zoom.us/j/93608022186?pwd=eU5tWFZVYTk4QIM0aXZXM2loYlV4QT09>

Meeting ID: 936 0802 2186

Passcode: 770243

Friday, February 10

Poster Session & Refreshments *Seminary Commons*

12:30–2:00 PM

Sabbath, February 11

Attend a Sabbath School Lesson Study of Choice

Sabbath, February 11

Worship Service *Seminary Chapel*

11:30 AM

“Healing Insights from the Gospel of Mark: Hope for the Hopeless”

David DeRose

Zoom link: <https://andrews.zoom.us/j/91344418546?pwd=akd0WDQ5R3c5NDBCU3Nxd0htQkx4Zz09>

Meeting ID: 913 4441 8546

Passcode: 225437

ABSTRACTS

**Abraham, Sophia
Chi, Grace**

Effects of Hope Intervention on Hope and Quality of Life in Senior People Who Live Alone

In the U. S., there is a growing number of seniors who are at increased risk of reduced hope and quality of life (QOL). QOL in the elderly is a global concern and is directly associated with their well-being. Seniors who live alone experience a higher degree of isolation, depression, and loneliness. Loneliness is a complex and multi-dimensional feeling which has a significant impact on the health of the senior population. Hope is an inner source that can improve the outlook on life. Studies have shown that the level of hope and QOL have a significant correlation. Hope influences how a person thinks and acts; it shapes people's behavior and motivates them to stay positive. Hope creates new possibilities and fills people with strength and happiness. Healthcare professionals play an essential role in promoting hopefulness. This project evaluates the effects of the guided Hope Intervention Program on seniors who live alone. Hope and QOL will be measured before and after the program. Two independent sample t-tests and mixed model ANOVA will be utilized to analyze hope and QOL between two groups. The significance is to enhance the hope level in seniors who live alone through meaningful activities.

Akawobsa, Dennis

God's Definite, Dynamic, and Relational Foreknowledge: A Canonical Reading of Psalm 139

This poster presents a study of Psalm 139 in canonical context as a response to the apparent contradiction between what seems to be two parts of the biblical perspective. On the one hand, God has definite foreknowledge of the future, and, on the other hand, the future is indefinite or open. More specifically, God foreknows all our definite (or specific) free choices without this foreknowledge contradicting our libertarian freedom (the freedom to choose among real options). Most proponents of Open Theism argue that foreknowledge cannot be definite because certain aspects of the future, especially free choices, are indefinite. They reject the concept of definite foreknowledge of free choices because they presuppose that this would mean that future free choices are definite in the sense that they are settled ahead of time. In response, I seek to answer the following questions. How can God foreknow the future if it does not yet exist? Does the Bible teach that God has definite foreknowledge of an indefinite future? My thesis is that Scripture indicates that God foreknows the indefinite future because his foreknowledge is not only definite but also dynamic and relational.

Burt, Jonathan

Daniel 12:1-4: Evaluating Contrasts in Meaning in the MT/LXX

Daniel 12 has been a topic of great interest to Seventh-day Adventists since the movement's founding. While all the sections of Daniel 12 contain aspects of interest for Adventist Eschatology, verses 1-4 have great importance as they contain content relevant to the time of trouble, resurrection, judgement, and the historical sealing of Daniel until the time of the end. However, while the MT rendering of this passage is familiar to Adventist theology, the LXX renders these verses in very different ways which could result in a dramatically different theological conclusion not the least of which is a post resurrection exile for the wicked. Which of these two readings has the most accurate rendering and does the NT favor one over the other? Are there NT allusions that draw from the LXX/MT? What are the theological implications of one reading over another? The purpose of this paper is to examine the differences between the MT and LXX readings of Daniel 12:1-4 in order to determine which of these gives evidence of being the most accurate reading and determine the New Testament usage and theological implications.

**Cadet, Jean
Ade-Oshifogun, Jochebed Bea
Sudhaker, Amarpreet**

Students' Perception of What Worked for Their Learning During the COVID-19 Pandemic Transition to Remote Education at Andrews University

Due to the Covid-19 pandemic, Andrews University switched to a completely remote learning modality from the traditional face-to-face in-classroom instructions in the Spring 2020 semester. This study examined the students' perception of their learning environment during this transition. The online qualitative survey questionnaire asked students to narrate what worked for their learning during the transition to remote education. Two hundred and eleven students responded to the qualitative survey questionnaire. The data was analyzed using deductive and inductive methods to derive codes and themes. Deductive codes derived include teacher, student, educational, family, and non-academic factors. Teachers' factors identified include changes in course design, well-organized courses, and effective teacher-student communication. Students perceived time management, studying resources, self-care, and prior experience with remote learning as factors that helped their transition. Educational factors identified were effective LMS design and the university's flexibility with grades and courses. Students perceived the support of family and peers as vital to their learning during this period. Non-academic factors included prayers and the counseling center. These results help plan for similar future contingencies.

**Chung, Kaitlyn
Rossman, Carol**

Implementation of an E-Learning Module to Increase RNs Knowledge and Skills of Emergency Preparedness

The purpose of this project was to bridge knowledge gaps and improve perceived knowledge and perceived skills regarding mass casualty incidents and disaster preparedness in one midwestern county through the creation and implementation of an e-Learning module. Having education initiatives for mass casualty incidents with concise and organized education for staff is of high importance. Feedback from staff members, including non-nurses, involved in previous drills has indicated that there is a gap in education regarding mass casualty incidents.

Participants were given a 25-question pre-survey to assess their current perceived knowledge and perceived skills regarding disaster preparedness. They also completed 25 multiple choice questions to assess their base knowledge of mass casualty incidents, SALT triage, and information on mass casualty and disaster preparedness. Immediately after, participants were presented with an e-Learning module to complete at their own pace. Seven days later, participants were asked to re-take the same test and survey to assess for changes in perceived knowledge, perceived skills, and true knowledge of mass casualty incidents and disaster preparedness. Overall, there was a mean increase between pre- and post-multiple-choice question (MCQ) scores of 0.98. However, the p-value was 0.094, which is not statistically significant.

Of the 25 items asked from the Disaster Preparedness Evaluation Tool (DPET), only one item showed a decrease in self-ranking between the pre- and post-survey. Eleven items showed a statistically significant increase before and after completion of the module. These project results will be useful in modifying staff education in disaster preparedness in our community.

**Coleman-Ferreira, Kim
Chong, Dae-Eil**

Analyzing an 18-day Holistic Program's Effect on Pain and Function in Individuals 50 Years and Older with Lower Limb Osteoarthritis: A Single Subject Design

Osteoarthritis (OA) is a leading cause of long-term joint disorder and disability in older adults with numerous associated risks such as age, gender, genetics, weight, and previous injuries. As the prevalence and medical costs associated with OA increase, the need for more effective and efficient treatments also increases. Current treatment of OA includes patient education, physical therapy, pharmacological interventions, and weight loss. However, there is no research on a holistic approach to treatment of OA that targets the mind, body, and spirit. A single subject design study was implemented on four subjects with complex medical histories, who attended the NEWSTART™ 18-day holistic program (Nutrition, Exercise, Water, Sunlight, Temperance, Air, Rest, Trust in God). Each subject was tracked prior to, during, and after the program using the Numerical Pain Rating Scale (NPRS) for pain and the Lower Extremity Functional Scale (LEFS) for function. There were significant improvements in function in two of the subjects and a trend toward improvement in another. However, there were no statistical or visual increase or decrease in pain scores. Further research is needed with a larger number of subjects and a longer follow-up period to test the therapeutic effectiveness of this holistic approach to OA.

Introduction: This study examines the wellness beliefs and practices during a pandemic amongst students, faculty and staff at Andrews University.

Methods: Retrospective study of secondary data from a cross-sectional survey on wellness beliefs and practices during a pandemic at Andrews University in August 2020.

Results: Subjects included 913 survey respondents, 40.2% 18–22-y/o and 50-64 y/o 16% with 51.9% Caucasian, 17.5% Black/African Americans and 15% Asian. Eighty five percent of participants 'totally' believed daily exercise boosts the immune system and 76.9% believed a plant-based diet and daily sunshine and fresh air (89.5%) also boosts the immune system. Spiritual behaviors such as trusting God and temperance were also identified. Overall, 69% of participants believed trusting God 'totally' boosts the immune system. In general, the more people believe the wellness behaviors boost their immune system the less fear they have ($r=-0.133$).

Discussion/Conclusion: Data analysis reveals respondents believe healthy lifestyle behaviors boost the immune system. Participants who believed wellness behaviors boost the immune system felt more prepared to handle COVID-19 and believed trust in God boosts the immune system. The more participants believed trust in God boosts their immune system the less fear they reported.

Findley, Christopher

Training and Equipping Our Lay Leaders to Preach Christ-Centered Biblical Messages to Increase Faith and Health of Our Local Churches

This project is to train and equip lay preachers to preach Christ-centered Biblical sermons. The outcome will be more elders, members, and youth leaders leading out in preaching for Sabbath services, prayer meetings, and youth vespers. This would be a great asset for pastors who lead multi-church districts. The method is to conduct three-part training seminars on the seven keys to Christ-centered preaching. Training and equipping lay leaders will be a blessing to the faith and health of local churches and advance the Gospel of Jesus Christ for the kingdom of Heaven.

**Herinirina, Yasmina
Tadi Uppala, Padma P.**

Bridging Religious and Cultural Gaps in Public Health Through Successful Educational Partnerships with the Pokagon Band Native Americans

In Michigan, only 14.2 percent of Native Americans or Alaska Natives who are 25 years of age or older have received a bachelor's degree, compared to the statewide average of 28.1 percent. Andrews University in partnership with Pokagon Band of Potawatomi Indians, seeks to improve Native American student outcomes under the new initiatives of the Title III grant by the U.S. Department of Education. This is achieved by combining the strengths and resources of Andrews University and the Pokagon Band. Andrews University learns how to best accommodate Native American students and their families through careful listening. Several factors have surfaced that are important. Some of these include trust, respect, kindness, and health. Health impacts all people regardless of race or culture. Faith-based institutions spend more time in health and healing than preaching. In this initiative, Andrews University will offer college-level courses in public health, English, stress management, and substance abuse in addition to others to the Band. The challenge in this partnership is moving away from the ideology of "Americanizing the Native Indian and Saving the Man." The solution is not to change the Native Indian but to recognize their potential and offer them the opportunities and privileges to thrive.

**Katuli, Sozina
Nicolao, Isaac
Mendizabal, Roy**

Developing an Operation Model for Mission Trips on Health and Evangelism in Developing Countries—The Tanzania Salama Health Project

Numerous health workers and evangelists have conducted mission trips in developing countries. Though benefits have been realized by many African communities, some were short-lived and not sustainable. Once the mission team leaves, the communities are left unattended, with little or no support. This project strives to develop an operating model for sustainable mission trips. A health assessment at Kihurio village in Tanzania was conducted using participatory research in December 2017, followed by a visit in December 2021. This project focuses on preventing diseases using lifestyle changes followed by an in-depth investigation and provision of health care by local providers. Research, evangelism, and health care were the main components in 2021. Results of participatory research in 2017 found that at least 50% of the participants had hypertension. Focus group discussions of men and women also showed that among perceived health problems were blood pressure, back pain, water and sanitation, cancers, and gynecological problems. The grassroots approach showed more participation from the community and exhibited community's sense of ownership of the project. The results of the two visits will be used to develop sustainable health programs. A second follow-up visit is planned for December 2022.

**Katuli, Sozina
Walean, Alison
Adesina, Ope
Lee, Yehjee**

The Effects of Using an Exercise Apps on Achieving One's Weight Goals

The effectiveness of exercise apps in terms of the functions and time to achieve weight goals are not well documented. The aim of this study is to determine whether using an app is beneficial to achieving an individual's weight goals. In a quasi-experimental design, 45 participants from Andrews University and the community were enrolled in the study. Measurements were taken from two groups; the treatment group used the Andreasen Wellness Center app and control group had no app. Weight and height for Body Mass Index (BMI) was taken at baseline-initial visit and after four weeks. The effect of using the app was evaluated using a paired t-test to compare the mean BMI before and after four weeks of exercise. The difference between the groups was assessed using an independent t-test. The treatment group lost weight significantly for those who intended to lose weight. However, the difference in change between groups of app user and no app user did not reach significance. Small sample size and shorter time was the major limitation of this study. Larger sample size with longer follow up period should be considered for future studies.

Liessi, Hebert Davi

Religious Attitudes and Spiritual Well-Being: A Literature Review about Statistical and Contemporary Implications to University Students.

Introduction and Problem: The influence of religious attitudes on health is a phenomenon resulting from factors such as lifestyle, social support, belief system, religious practices, ways of expressing stress, direction, and spiritual guidance. The purpose of this project is to verify through Literature Review academic works that have a statistical correlation between the variables of Religious Attitudes and Spiritual Well-Being. In addition, there is a discussion about the implications between university students, analyzing how faith, and religious attitudes, such as prayer, frequency to church, and reading the Bible, can significantly and positively affect well-being in spiritual and existential areas. The research method for this project is a literature review through databases including Proquest, Academic Search Complete (EBSCO), Sage Publications, @digitalcommon (Andrews University), and Dissertations and Theses. Further, articles and books use Google Scholar and James White Interlibrary Loan Service.

Results: Research shows interaction and statistical regression between these two variables in the context of university students. Faith and health have a positive correlation in this environment.

Linton, Scott

A Historical Sketch of the Views of Ellen White's Authority in Relationship to the Bible's Authority

The Bible and the Bible alone or *Sola Scriptura* are often expressions that one may hear among Protestant churches. When one engages with the Adventist church though, it may feel like the Bible plus something else or rather someone else. The Adventist church openly acknowledges and accepts Ellen White as exercising the role of a prophet. What does this mean though in relation to the famous and foundational understanding of the Protestant movement, *Sola Scriptura*? How do Adventists view the relationship between the Bible and Ellen White? Do they stand on equal ground? Is she an addition to Scripture to be included in the Bible Canon?

The central undergirding theme in all these questions is that of authority. George Knight identifies that "the question of authority has been central to Adventism through all its developmental stages" and that "Adventism's position on authority . . . will determine its future" (George R. Knight, *A Search for Identity the Development of Seventh-Day Adventist Beliefs* [Hagerstown, MD: Review and Herald Pub. Association, 2000], 192). Although these two statements primarily focus on Adventism's approach to the Bible, they apply indefinitely to Adventists view and use of Ellen White's writings. The authority of Ellen White's role as a prophet and her writings have been a point of contention and confusion since the foundation of the Adventist church. What I hope to demonstrate in this paper is that throughout Adventist history, from 1844 to present day, we have been consistent in our view of her authority always being subservient to the Bible but not always in practice.

**Louden, Becki
Cadet, Jean**

Nutrition Visual Tube Models for Healthy Choices in Adolescence

Childhood obesity is a growing concern as it has reached epidemic levels. Epidemiological research shows that 31.9% of children ages 10–17 are obese in the United States where Tennessee has an even higher percent of 36.9%. Startlingly, Coffee County, Tennessee has an obesity prevalence of 41.9% in women and 37% in men. It is the researcher's goal to conduct a Healthy Choices education intervention for 11th - 12th grade culinary arts students in Coffee County, Tennessee. The sample (n=73) consists of 30 males and 43 females from classes (n=5). Population range is 14–19 years old. Site of intervention is Coffee County Central High in Manchester, Tennessee. The inclusion criteria consist of those registered at Coffee County Central High in Manchester, TN. This four-day intervention will be taught from January 18, 2022, to January 21, 2022. The intervention will be a pre-test/post-test study design. Participants will be exposed to nutrition information, looking at visual training aids, completing a label project, and preparing a healthy snack in hopes that it will help this adolescent population to make better food choices. These positive changes could reduce frequencies of obesity-related non-communicable diseases throughout their lifespan.

**Lowe, Jacqueline
Rossman, Carol**

Occupational Stress in Psychiatric Nurses and the Impact of Self-care Activities

The nursing profession is an extremely stressful occupation. Psychiatric nurses face many of the general stressors that are inherent within the profession as well as unique challenges in taking care of psychiatric patients. Prolonged exposure to stress can impact the quality of the nurses' lives as well as the quality of patient care. Engagement in self-care activities can promote the well-being of psychiatric nurses.

The purpose of this project was to investigate the level of occupational stress in psychiatric nurses and offer them a guided six-week program on self-care activities. This intervention was measured for any change in the level of occupational stress that might have occurred.

A mixed-method approach was used where participants were able to express their levels of stress in a numerical form via the Perceived Stress Scale (PSS) and document self-care activities in both numerical and textual form via the Occupational Stress in Psychiatric Nurses and the Impact of Self-Care questionnaire (OSPN INC). The sample was obtained through the snowball sampling method.

The Chi-square test showed significant movements within the stress categories from medium to low stress. With the paired sample t-test, although the null hypothesis was retained for the overall instrument, two items of the PSS were significant with positive correlation coefficients above 0.7. The modal responses for the OSPN INC showed participants experienced ongoing reductions in stress levels across the six weeks. Data suggested that self-care activities were beneficial in reducing occupational stress levels for psychiatric nurses. Similar investigations could be undertaken with larger sample sizes to enable generalization of the outcomes to wider groups of psychiatric nurses and the nursing profession in general.

**Moss, Ricardo D.
Cadet, Jean**

The Effect of Sleep Deprivation on Academic Performance Among Graduate Students

The purpose of this study was to determine the effect of sleep deprivation on academic performance among graduate students. The participants represented 195 seminary students. Sleep deprivation was measured by sleep duration < 7 hours, while academic performance was measured by GPA level on a 4.0 scale. Data collected through written and electronic surveys, included among the list of questions a validated screening tool known as the Epworth Sleepiness Scale (ESS). Independent Sample T-Test, a Pearson's correlation test, and a one-way ANOVA compared academic performances between groups of independent variables and to determine the correlation between sleepiness and GPA. SPSS version 27 was used to analyze the data. The Independent Sample T-Test results revealed sleep deprived students performed significantly lower when compared to their peers who were not sleep deprived, ($t(175.454) = -4.170, p < .001$). Furthermore, the Pearson's correlation test showed a positive correlation between sleep and academic performance. ($r = .295, p < .001$), and the one-way ANOVA test showed a difference in GPA level between the five ethnic groups that was statistically significant ($F(4,168) = 3.826, p < .05$). Sleep deprivation not only impacts physical health, cognitive performance, but it also impacts student's GPA level.

Nyaribo, Omwocha

Narrative Evangelism: Finding Jesus in Dysfunctional Families, A Case Study of Genesis 27:1–28:9

Perfection is a term commonly used in ideal and rarely in real situations. We encounter imperfect stories in the Bible. Through sharing these imperfect narratives with a broken and hurting world, the world meets and connects with Jesus Christ. Using the story of Esau and Jacob in Genesis 27:1–28:9, the paper seeks to achieve two objectives. First, to persuasively demonstrate effective ways evangelists can share sound Biblical doctrines through the sharing of narratives. Second, to propose and recommend a cyclic approach to evangelism by telling Biblical narratives instead of the commonly used dogmatic and ideological linear approach.

O'Reggio, Trevor

White American Christianity and Racial Justice: Walking on the Wrong Side of Racial Justice

A brief survey of American history reveals that the majority of white American Christians of whom White Evangelicals is a subset, have been on the wrong side of history especially in matters of racial justice and have supported leaders, like Donald Trump over the years. This latest example is only a continuation of that pattern.

Although there were a few white Christians who favored the abolition of slavery, the vast majority supported slavery and twisted the scriptures to justify this terrible institution. After the Civil War, the majority of white Christians supported Jim Crow laws and racial segregation and fought against equal rights for Blacks. The majority also opposed the Civil Rights Movement, and were some of the leading voices against Martin Luther King Jr.

Today the most ardent supporters of this new nationalist, anti-immigrant, xenophobic, Make America Great Again movement, sweeping our country are white Evangelicals Christians. In the election of 2016, the majority of white Evangelicals voted for Donald Trump for President. Again, in the election of 2020, they voted by over 80% for Donald Trump. They formed his strongest and most enthusiastic supporters. Some have likened him to Cyrus, the legendary Persian king who returned the exiled Jews back to their home country after their Babylonian exile.

Ray, Paul J.

The Genealogies of Genesis 5 and 11 in Context: Toward a Solution

Based on Scripture as its own interpreter, the genealogies of Genesis 5 and 11 have typically been compared in isolation, as the only two with begetting ages. Unfortunately, this type of exegesis has resulted in a stilted way of dealing with genealogy and history and has led to an unhealthy division among scholars who otherwise, typically inform each other's scholarship.

The approach in this study treats the Genesis 5 and 11 genealogies within their own contexts, in comparison respectively with the pre-Flood genealogy in Gen 4, and the post-Flood genealogy in Gen 10. Both pre- and post-Flood couplet genealogies have their same corresponding beginning and ending points. While the pre-Flood material is rather limited, the post-Flood material in the "Table of Nations," is considerable, and yields a different story than the traditional approach.

Instead, of a loose compilation, cobbled together late in the transmission of the book of Genesis, focusing on the first three generations of separate peoples, relegated into large territorial units, from the point of view of ancient Israel, we have found that these genealogical links, in each case, consist of peoples who participated in three great dispersions of the ancient world, and the places they later settled.

Robertson, Terry D.

An Epistemological Reading of 2nd Peter with Application to Truth and Information Warfare

In 2 Peter, the knowledge, practices, and dispositions of the faith community (2 Pet 1), contrasted with those of the false teachers (2 Pet 2), are applied to a truth warfare issue (2 Pet 3). Drawing from interdisciplinary conversations on information literacy, sociality, and philosophical argumentation, the theme developed in 2 Peter of "growing in knowledge" may be viewed as relational, performative, and consequential. This understanding equips the Christian disciple to "be not deceived" and to "grow in the grace and knowledge of our Lord and Savior Jesus Christ." (2 Pet 3:17-18)--both in the discernment and proclamation of truth.

I propose this reading speaks to theological discourse, how those members of the learning community who pursue Biblical Theology engage one another. It does not attempt to evaluate hermeneutics. Instead, it guides how we, together as a community of faith, can effectively engage one another as we pursue the truth.

Every Fall Semester since 2019, during their first semester in seminary, seminarians have been invited to take the Expanded ACE survey. This survey consists of the original ten ACEs proposed by Dr. Vincent Felitti and his team at Kaiser Permanente Hospital in San Diego, CA, the architects of the ACE study in the mid-1980s. This study showed that when participants had one or more ACEs, the probability of their experiencing chronic health problems, mental health issues such as depression and anxiety, and self-destructive behaviors such as drinking, smoking, overeating, etc., increased compared with those who had no ACEs. In addition to the original ten ACEs, we added additional ACEs that were not in Felitti's groundbreaking study. These included spiritual abuse, performance orientation, conditional love, and neighborhood violence to name a few. This presentation will share the initial results of the four years of data collection which includes findings from over 600 students. I will also share plans for the follow-up studies and the vision for creating trauma-informed churches in the Seventh-day Adventist Church.

God's amazing grace prevents the destruction of humanity during the ongoing COVID-19 pandemic. God in His foreknowledge made a provision within the human body to defend us from viruses, bacteria, and harmful substances even before sin and disease entered the world. This machinery called the immune system produces specific antibodies to destroy antigens. To adapt to invaders such as the COVID-19 virus that the body has never encountered before, the immune system can generate countless new antibodies. It is estimated by researchers from Scripps Research Institute that the human body has the potential to make a quintillion, or one million trillion, unique antibodies that can bind to distinct antigens to destroy them. This concept of natural immunity created by God serves as a common ground of religious conviction for both the vaccinated and the unvaccinated groups. God built mechanisms in our body to fight the Covid-19 disease even before the appearance of the virus SARS CoV-2. However, sin has changed this course. This paper presents the current statistics for COVID-19 disease among the vaccinated and unvaccinated groups and provides Biblical and scientific perspectives of common grounds for both the vaccinated and unvaccinated groups along with the advantages and disadvantages.

Key Words: Natural Therapies, Immune-enhancing, Hydrothermal Therapy

The purpose of this research is to provide evidence-based natural therapies that will enhance the immune system to fight the virus SARS CoV-2. Successful lessons learned from the 1918 pandemic flu by Adventist pioneers will also be discussed.

Hypothesis: We hypothesize that targeting lifestyle factors such as diet, exercise, hydrothermal therapy, and prayer that enhance the immune system can effectively control and reduce the risk for COVID-19 disease. Covid-19 disrupts the innate immune system, especially the natural killer cells, monocytes, and neutrophils.

Methodology: Our research is exploratory and is based on recently published literature. The following databases were searched: WHO Global COVID-19, CINAHL, Web of Science, PubMed, EBSCOHost, Google Scholar, and MedlinePlus.

Results: During the Spanish flu pandemic death rate of those who received the best medical care was 6.7% compared with those who received natural therapies at SDA Sanitariums at 1.34%. During the current pandemic, mortality rates per million people during the current pandemic in countries that use Saunas (Finland) and consume herbs and spices such as China, India, Egypt, and Saudi Arabia are lower when compared with US and UK, where herbs and spices are used sparingly. Garlic, ginger, turmeric, cinnamon, cloves, pepper, onions, mint, and lemon were frequently used spices and herbs. Natural remedies used during the Spanish flu pandemic should be instituted to help enhance immunity and lessen the deadly impact of COVID-19.

Purpose: To identify the challenges parents face while raising plant-based (PB) children in North America.

Design: Phenomenological qualitative study using semi-structured interviews established thematic barriers among PB parents.

Setting: Parents raising children following a PB diet and residing in North America.

Participants: 22 parents of PB children ages 0-17 participated in 19 ZOOM interviews.

Phenomenon of interest: Challenges faced by parents raising their children PB.

Analysis: Interviews analyzed with NVivo 12 using thematic analysis techniques.

Results: Six parental perceived challenge themes identified: (1) extended family, (2) perceptions of others, (3) eating away from home, (4) access to convenience foods, (5) extra work and time, and (6) organic and specialty/convenience food prices. Although not perceived by most parents as challenges, (7) healthcare provider concern based in lack of education and (8) lack of resources provided were themes encountered while raising PB children.

Conclusions and Implications: Provides understanding of parental experiences while raising PB children and highlights the challenges faced. Further studies needed to determine distinct barriers, interventions, support, and resources that would decrease challenges to raising PB children and ensure their health while supporting parents.

Ecclesiastes 10:16-17 presents a perspective on eating that contributes to the overall health of an intelligent being called human. Should humans eat as often as possible or less often as possible? In an age when frequent eating is encouraged, it is important to look back into the past for wisdom and insight into the issue of regularity in eating. A quick look at the text in question seems to suggest that eating in the morning is childish and eating at a proper time is noble. However, the common advice today is to eat a good breakfast. So, what is the relationship between eating in the morning and eating at regular intervals? King Solomon seems to associate regularity in eating with good motive for eating such as strength and irregularity in eating with the wrong motive for eating such as drunkenness. Exodus 16:12 states that there were at least two meals: supper at evening and breakfast in the morning. While speaking at Pentecost, Peter alluded to the fact that the disciples had not yet eaten nor drunk anything since it was only the third hour of the day and therefore were not drunk (Acts 2:15). This research topic will explore the importance of eating at regular intervals and its implications.