

THE MESSAGE

YOUR CAMP MEETING DAILY NEWSLETTER



THE LDL BUS

BY ANGELA HYDE

Did you have a bus system in your body? Curtis Eakins and his lovely wife Paula gave the campers a whole new perspective on cholesterol and its affects on the body. Curtis said that it's challenging to learn things and it's even more challenging to unlearn something that has been learned as true. Cholesterol has been given a bad name. He told us that LDL and HDL are NOT types of cholesterol. They are actually proteins! Curtis said that LDL and HDL are actually buses that transport cholesterol to the various parts of the body. Our

cholesterol comes from our foods and the body produces cholesterol through the liver. We discovered that the body the more foods that you eat which contain cholesterol, the less of the natural cholesterol will be made from the body. The LDL levels are controlled by the diet. The more meat based the diet, the worst the LDL bus driver. The more plant based the diet the lower the chances are for heart attacks and strokes. He shared that Lipitor and other Statin drugs have been contributors to diabetes and liver cancer. The American Journal of Clinical Nutrition revealed that information in their studies. Coronary artery disease is still one of the main things that is destroying us. Come to Mosley Complex and learn what you can do to have a healthy heart.



DISASTER RELIEF

BY JOSEPH HYDE

given scenarios about disasters to learn how to handle them. Things such as how to properly handle and organize a donation surplus.

Buckingham would like to get more youth involved in community service. Many of the people who volunteers now are older but Buckingham says it would be great to join with the youth when aiding people during disasters. Youth could work on

mobile distribution trucks that go out into the community giving supplies to those who are in need.

ACS is in partnership with other organizations such as the Federal Emergency Management Agency (FEMA) and Red Cross to provide help during disasters.

Training classes are also provided by ACS in things such as forklift driving and

warehouse management so when a disaster strikes volunteers are adequately equipped to help.

For more information visit <http://www.communityservices.org>



Oakwood University, 7000 Adventist Boulevard Northwest, Huntsville, AL

Wednesday
Scattered Thunderstorms

88 °F | °C

Precipitation: 50%
Humidity: 71%
Wind: 6 mph

Temperature Precipitation Wind



2 AM	5 AM	8 AM	11 AM	2 PM	5 PM	8 PM	11 PM
Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue
86° 69°	88° 70°	90° 69°	92° 70°	92° 71°	91° 71°	91° 71°	90° 72°

TOMORROW'S ANNOUNCEMENTS

BY JOSEPH HYDE

- Evangelism Bootcamp
10 a.m-11:30 Holland Hall Chapel
- Movie Night 8:30 p.m- 10:30
Skating Rink



