



# ETCSA

East Tennessee Creation Science Association

Volume 3, Issue 4

## Breast Cancer

The creation answer to breast cancer is prevention, not just early detection. For too long, American women have equated breast cancer prevention with early detection. That paradigm is clearly no longer acceptable. Is there anything that can be done to actually reduce the chance of breast cancer - naturally - and maximize the odds of living to an older age? The answer is a resounding, "Yes!" Wellness-based lifestyle choices make the most significant difference. The following Breast Cancer Prevention Guidelines are some of the things that can be done:

### 1. Eat more fresh fruits, fresh vegetables & soy products

By emphasizing these foods, you are maximizing carotenoids, phytoes-

trogens, and other antioxidants - all linked to retarding the development of breast tumors. Eat a broad mix of broccoli, Brussels sprouts, cauliflower, spinach, soybeans, tofu, flaxseed, carrots, onions, and citrus fruits - a total of 10 servings daily.

### 2. More daily exercise

With regular exercise, you are promoting leanness which is a proven protective against breast cancer. Exercise also helps modulate depression, a common precursor to cancer. Set your goal for 30 minutes of exercise a day.

### 3. More stress management

Stress management counters the hormonal responses of the body to "perceived threat." Schedule solitude - 20 minutes a day is optimum.

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## DEVOTIONAL SHAKING THE EARTH TERRIBLY

“And they shall go into the holes of the rocks, and into the caves of the earth, for fear of the LORD, and for the glory of His majesty, when He ariseth to shake terribly the earth” (Isaiah 2:19).

Ever since the convulsions of the Flood, the earth’s crust has been in a state of instability, causing earthquakes from time to time all around the world.

But there are earthquakes yet to come which will exceed anything ever yet experienced. The earthquake prophesied in our text was also predicted in Revelation. “And I beheld when he had opened the sixth seal, and, lo, there was a great earthquake; . . . and every mountain and island were moved out of their places. And . . . (they) hid themselves in the dens and in the rocks of the mountains; And said to the mountains and rocks, Fall on us,

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### Special points of interest:

- July meeting: 19th, 6:30 PM, Chapel, First Baptist Concord
- August meeting: 23rd, 6:30 PM, Fireside Room (as of now), First Baptist, Concord
- September meeting: 20th, 6:30 PM, Fireside Room, First Baptist Concord
- We have books, videos and tapes for sale! Check out our website for more details: [www.etcসা.org/](http://www.etcসা.org/)

#### 4. Less Fat

High-fat diets correlate with increased breast cancer risk in older women. Scale back fats to no more than 30% of calories; set your goal for 20% if you already passed menopause. Make sure the fat you eat comes from fish like salmon, tuna, and sardines which are rich in omega-3 fatty acids. Cook and prepare dressings with canola or olive oils, the monounsaturated fats.

#### 5. Less Alcohol

Think hard about your drinking habits. As little as 2 drinks a day may increase your risk of developing breast cancer by up to 40%.

#### 6. Conclusion

Actual prevention, not early detection, is the creation answer standard in breast cancer. Numerous scientific documented research studies conclude up to 80% of cancers may be prevented with changes in

## The Plasticity of Evolution Theory

Ordinarily, scientists confronted with clear evidence contrary to a theory will readily accept it and perhaps consider other alternatives.

This is not true with evolutionism. Committed Darwinists will not accept, or even admit, there might be evidence challenging this secular theory of origins. A recent example is found in an article by Jeff Hecht in *New Scientist* magazine regarding vision of ocean mammals.

Swedish and German researchers have found that 14 species of toothed whales and seals lack pigments found in blue color receptors of the eye. "However," states Hecht, "they found the pigments in river otters and wolves, close relatives of seals, and in the hippopotamus, which is closely related to whales. This suggests whales and seals lost their color vision after they

lifestyle.

Our intentional choice of a healthy lifestyle enhances our well-being physically, mentally, emotionally, and spiritually. It may be the most positive breast cancer prevention program - ever.

Mark Stewart

Editors note: The American Cancer Society recommends up to 9 servings of fresh, raw fruits and vegetables, daily. Cooking destroys vitamins and other key nutrients found in these foods. A wide variety of colors of fruits and vegetables is the best way to ensure that you are getting all the nutrients your body needs.



Eat more fresh fruits, fresh vegetables & soy products

by Frank Sherwin, M.A. Zoology (Parasitology)

split off from a common ancestor."

Hecht states that specialists are "puzzled," and he quotes another researcher as saying, "Why this happened is a mystery."

But it's no mystery at all to creation scientists who see whales as always being whales from the premier chapter of Genesis.

Non-evolutionists are free to look at these data as just one more piece of evidence blocking the fanciful scenario of tetrapod-to-whale transition.

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## UPCOMING EVENTS

We will meet at 6:30 p.m., Thursday, July 19th, in the Chapel at First Baptist Church Concord. The topic will be 'How to begin a creation science class in your church or school.' Please invite your Education Minister to this event. For directions, visit the website: [www.etcса.org](http://www.etcса.org)

A large core of the team that Glenn Jackson worked with in Venezuela will be coming to the US to attend the Creation 2001 conference hosted by AiG. They are currently working on establishing the first official, legal, and non-profit creationist organization in that country. Also ... they will be able to come to visit our regularly scheduled meeting in August on the 23rd. Please come considering taking this mission funding concern to your home church.

## PALEOCRYPTOZOOLOGY by John Goertzen

“The interdisciplinary study for extinct creatures using archaeology, paleontology, together with classical records to know what the animal looked like as well as where/when they lived.”

A number of creatures, now extinct, were observed centuries ago being accurately represented on archaeological artifacts. These representations don't always match scientific reconstructions precisely, usually because of mistakes or limited knowledge in the recent reconstructions.

Some scholars; Mayor (“The First Fossil Hunters: Paleontology in Greek and Roman Times,” Princeton, U. Press, 2000) as well as others; suggest these representations are all based on ancient observation of fossils. However there are two problems with her idea:

1. Archeological depiction of soft tissue parts (pterosaur tail vanes, crests, etc.)
2. Some mismatches for fossil locations with their archeological representation locations.

In contrast, the evidence works well with a recent inception of all living kinds, with extinction through human habitat destruction or hunting (after Noah's flood).

Archeology (Paleocryptozoology) may help the work of Cryptozoologists of Paleontologists besides being a useful discipline in its own right. For instance the *Baryonyx* may be confidently identified with the Babylonian Sarrush reptile on the Ishtar Gate because of the head crest for both as well as other like-

nesses. Now paleontologists are not certain if the nearly foot long claw went with the front foot or behind (Dinosaur Encyclopedia, 1993, p.64). They speculated it went on the front feet. However, the Ishtar Gate *Baryonyx* clearly has the long claws on the back feet.

### Summary of New Reasons Against a Basking Shark Identification

1. Unanimous eyewitness testimony for a pair of upper fins and against a dorsal fin.
2. Matching pictorial confirmation for the pair of upper fins.
3. Archaeological and cryptozoological support for these upper fins.
4. Pictorial confirmation for nares at the front of the skull, matching eyewitness testimony.
5. Only 1/7 the radiation in the horny fibers that sharks possess; suggesting fewer crosslinks.
6. Cryptid's trunk is longer than any known large fish species.
7. Fossil plesiosaurs are found together with smooth ballast stones matching the 300 m. depth the specimen was found at. Sharks, perhaps, not a good match for 300 m.

For further study: Goertzen, John C. “The Rhamphorhynchoid Pterosaur *Scaphognathus crassirostris*: A Living Fossil Until the 17th Century,” [www.rae.org](http://www.rae.org) or Proceedings of the Fourth International Conference on Creation, 1998, Walsh, ed., CSF, Pittsburgh, PA.

## Creation Corner #1

(In this column, Dr. John Roller, a former Atheist and Evolutionist, now a Christian and Creationist, attempts to answer commonly asked questions about Creation and Evolution. If you have a question you'd like to see answered here, send it on a postcard to Creation Corner, 617 Randolph Street, Charleston, West Virginia, U.S.A. 25302-2020.)

Question: Doesn't the existence of “primitive” tribes in many parts of the world prove that mankind evolved from lower species, as most science textbooks teach?

Answer: No! For one thing, you'd better be careful whom you call “primitive” nowadays. It's not Politically Correct to imply that one “culture” is somehow “better” than another. You don't want to offend anyone's ancestral heritage! But you want to know about so-called “tribal” peoples — “ethnic minorities” who live in “remote” areas (far from “our civilization”) and practice “Stone Age” lifestyles (as their ancestors supposedly have for thousands of years). Doesn't their existence demonstrate human evolution — in that “we” are so much more “advanced” than they are?

Again, no, it doesn't. In many cases, the ancestors of these peoples were much more “advanced” than their descendants are today. For example, the Quechua “Indians” in Ecuador and Peru are the direct descendants of the ancient Inca Empire — a very “advanced” civilization that occupied most of South America until they were conquered by invading Spaniards. In other cases, we don't know much at all about the history of a tribe. How, then, can we say its ancestors have lived such-and-such a way for a long period of time?

We don't know how its ancestors lived! According to the Bible, all human beings are descendants of the highly “advanced” peoples who conspired to build the Tower of Babel (see Genesis 11:1-9) some 4,000-5,000 years ago. At that time, they all spoke one language and had a common culture and “high” technology (Genesis 11:4 — can you imagine “primitive” architects taking on such a project?). Then God interfered, as He had done earlier in sending a worldwide Flood. This time He confused their languages, probably giving a different one to each nuclear family. Consequently, they couldn't

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# ETCSA

“Set in the Defense of Creation Science”

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understand each other, and they were scattered throughout the world.

The ones that moved the furthest from the Middle East (American Indians, Australian Aborigines, etc.) brought the least culture and technology with them, so they had the hardest time rebuilding their lives when they got to where their descendants now live. That's why their descendants are less “advanced” than the descendants of those families who stayed near the Middle East and have had all that time to redevelop their skills.

Rather than proving Evolution, the presence of such peoples in many parts of the world is a good evidence for the truth of the Bible. If the evolutionary version were really true, it wouldn't be possible for an Eskimo to learn how to fly a fighter jet. But the U.S. Air Force knows it is possible!

John Roller has a Ph.D. in Religion, but has taken many math and science courses in high school and college and has kept up with those studies as a hobby for the past 30 years. “Creation Corner” is a radio program

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and hide us from . . . the wrath of the Lamb” (Revelation 6:12–16). But, when these judgments of God are in the earth, those who have rejected the love of the sin-bearing Lamb of God still will remain unrepentant and will merely seek to flee His anger.

God is long-suffering, but “the great day of His wrath” will surely come (Revelation 6:17). “For thus saith the LORD of hosts; . . . I will shake the heavens, and the earth, and the sea, and the dry land; And I will shake all nations” (Haggai 2:6,7). “The earth is utterly broken down, the earth is clean dissolved, the earth is moved exceedingly” (Isaiah 24:19). Finally will come “a great earthquake, such as was not since men were upon the earth, so mighty an earthquake, and so great. . . . And every island fled away, and the mountains were not found” (Revelation 16:18,20).

Those who belong to Christ, however, will be delivered from the wrath to come: “This word . . . signifieth the removing of those things that are shaken, . . . that those things which cannot be shaken may remain” (Hebrews 12:27).  
Henry M. Morris, Ph. D.