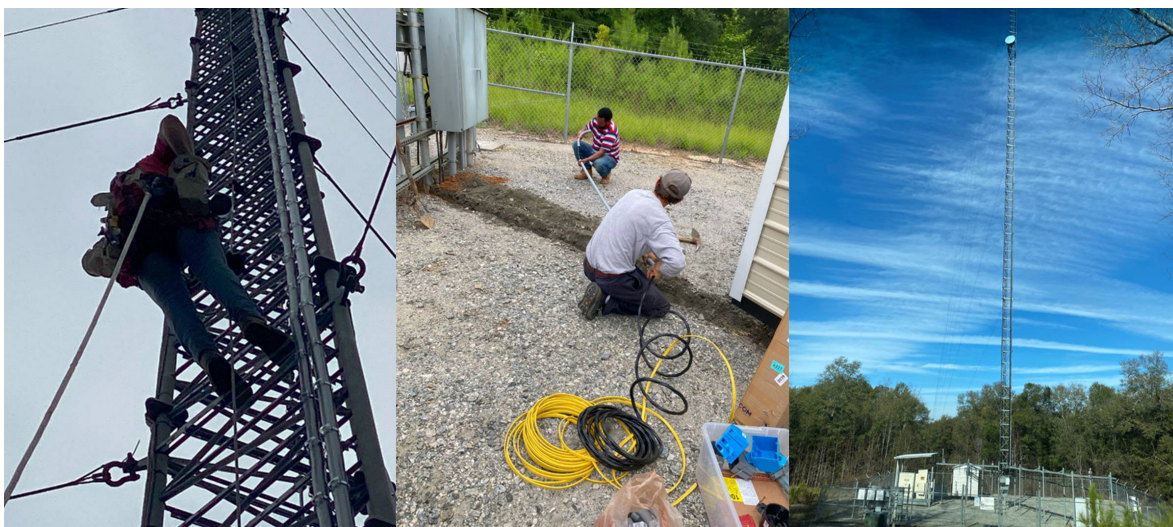




emphasis

The Uchee Pines Institute health and news letter



GEORGIA GOSPEL RADIO IS ON THE AIR

Uchee Pines Institute has launched its first full-power radio station to share the everlasting gospel message of Jesus Christ! Broadcasting since October 9, 2024, Georgia Gospel Radio, WGGR 90.1 FM, primarily serves Lumpkin and Richland, Ga, and Stewart County. The radio signal has approximately a one-hour listening radius, which reaches from the tower in Lumpkin forty miles to the Uchee Pines campus in Seale, AL, and even transmits clearly into southern Columbus, Ga, as well as southward toward Eufaula, AL.

WGGR is a 3ABN affiliate radio station, providing Christ-centered, uplifting, life-changing content 24-hours a day. Current programming includes sermons, health topics, Bible prophecy, financial training, children's programs, and Christian music by a variety of presenters, including Doug Batchelor, Mark Finley, Clifford Goldstein, Joe Crews, John Lomacang, Scott Ritsema, John Bradshaw, Dr. James Marcum, and many other notables.

To officially launch the radio station, a health expo was conducted by

medical missionary trainees from Uchee Pines on March 27, 2025 near the Stewart County courthouse in Lumpkin. Dozens of local residents came out for health screenings such as blood pressure and blood sugar checks, enjoyed chair massage, and received free consultations with Uchee Pines medical providers and lifestyle practitioners.

Free vegan hot dogs and hamburgers were served, with giveaways including copies of the books Steps to Christ and the Great Controversy, as well as the Amazing Health Facts magazine. Uchee Pines staff and



families knocked on doors and invited interested residents to the expo or to have a nutritious lunch. They also walked through the surrounding streets, connecting with construction workers and pedestrians, promoting the radio station and its focus on health and Christian programming.

Lawn signs promoting the station were distributed, as well as WGGR key chains. Great relationships were formed, including one with a city councilman who is interested in scheduling Uchee Pines personnel to conduct a future Health Emphasis Weekend in an area church or civic center. As the event was wrapping up for the afternoon, local schools were out, and many children hurried over to enjoy food and giveaways, and to take advantage of the exercise booth at the health expo.

Louie Sousa, president of Uchee Pines, reflected on the blessings of the event and its immediate impact in the city of Lumpkin. "It was inspiring to witness God's children

working together to share Jesus with this community. We're so grateful to those who went above and beyond to make this event such a great blessing, and contribute to a successful launch of the radio station. It was great to see people motivated to go through the various stations of the health expo, learning about the benefits of exercise, nutrition, drinking enough water, and getting proper sunlight and rest. We know and believe that the health message is the right arm of the third angels' message, and we look forward to sharing that message with these communities through WGGR radio."

Radio engineer Geoff Greaves joined Uchee Pines 18 months ago, and was instrumental in getting WGGR on the air. A permanent studio was established next to the tower, power was installed, and antenna cables were run in the spring and summer of 2024. Final installation, connection, and fine-tuning was completed in October and the station was powered up for broadcast.

"This project was put into motion long before I arrived, and it has been a marvel to see how God placed all the right pieces, people, and circumstances in place to being this about. I praise the Lord for providing a great site and rate for the radio station building. We were given a window in which we had to have the station operating by a certain date or risk losing it and, by God's grace, many people really stepped up to ensure that we were broadcasting on schedule. But we want to give special appreciation to Luke Rogers at Elijah Radio, and radio engineers Carroll Baker and Stephen Denny for all their expertise and efforts."

Another full-power radio station is expected to be broadcasting later this year, servicing the Hurtsboro and Tuskegee areas of Alabama.

To learn more about WGGR radio, please go to our website: ucleepines.org/radio

To schedule a Health Emphasis Weekend for your church or community, please email lifestyleed@ucleepines.org



Carob Pudding Pie

For the Pie Crust:

- 1 1/2 cups almond flour (or coconut flour for a different base)
- 2 tbsp coconut oil, melted (or vegan butter)
- 2 tbsp maple syrup (or other liquid sweetener)
- 1/4 tsp sea salt

For the Carob Pudding Filling:

- 1 block (14 oz) firm tofu, drained and pressed to remove excess water
- 1/2 cup carob chips
- 1/4 cup maple syrup (or preferred sweetener like agave or stevia)
- 1/4 cup unsweetened almond milk (or any plant-based milk)
- 1 tsp vanilla extract
- 1/4 tsp sea salt
- 1 tbsp carob powder

For Garnish (optional):

- Vegan whipped cream
- Chopped walnuts
- Fresh berries



Make the Pie Crust: Preheat your oven to 350°F In a bowl, mix together almond flour, melted coconut oil, maple syrup, and a pinch of sea salt. Stir until everything is well combined, forming a dough-like consistency. Press the mixture evenly into the bottom of a 9-inch pie dish or tart pan, forming a crust. Bake the crust in the oven for 10-12 minutes, or until lightly golden. Remove from oven and let it cool completely while you prepare the filling.

Prepare the Carob Pudding Filling: In a small saucepan, melt carob chips over low heat, stirring constantly. Once melted, remove from heat and set aside. In a blender or food processor, combine the firm tofu, melted carob, maple syrup, almond milk, vanilla extract, carob powder, and sea salt. Blend until smooth and creamy. You may need to scrape down the sides a few times. Taste and adjust sweetness by adding more maple syrup or sweetener if desired.

Assemble the Pie: Once the pie crust has cooled, pour the carob tofu filling into the crust. Smooth the top of the filling with a spatula to make it even. Refrigerate the pie for at least 4 hours or overnight to allow the filling to firm up and set. Add toppings of your choice.

Cranberry

Many people consider cranberries to be a superfood due to their high nutrient and antioxidant content. In fact, research has linked the nutrients in cranberries to a lower risk of urinary tract infection (UTI), the prevention of diabetes and certain types of cancer, improved immune function, decreased blood pressure and cholesterol, and better oral health. In addition, cranberries are a good source of vitamin C, they contain vitamin E as well as a range of vital B vitamins, and are a good source of fiber. They can be eaten fresh (or frozen), taken in supplement form, or enjoyed as a tea.



From our Lifestyle Center

What Our Guests are Saying

They teach you how God created us, how He made the body, and how it works. It's incredible. You get to learn and understand how much God cares and really loves you. They make you feel at home. I found the place so beautiful. It's country living, full of life. Beautiful pictures and framed paintings on the walls. God bless you all.
-Francis

YOU NEED TO KNOW

Next **Lifestyle Sessions** at the Lifestyle Center begin June 1, June 22, July 13.

Visit: ucheepines.org/lifestyle-center

Do you want to be trained in medical missionary work? **Apply today!** Lifestyle Educator (6-months or take in 4-wk block) and Lifestyle Counselor (1-yr) courses begin in every January and July. Take the whole course or just one block (4wk). **Visit:** ucheepines.org/education

Improving Health Conference – Lifestyle Medicine and Natural Remedies.

Visit: ucheepines.org/events

Lifestyle Interventions with Natural Remedies for Health Professionals Conference – 15 CME/CEU Credits

Visit: ucheepines.org/events

Country Life Natural Food Store and Vegan/Vegetarian Restaurant. We ship non-perishable items!

Visit: countrylifeonline.com

Staff Volunteer opportunities:

Media Production Director, Cooks for Lifestyle Center and Restaurant, Orchardist.

Visit: ucheepines.org/work-opportunities

Current needs of the Institute: Funds for new housing, refurbishing of existing housing, upgrading lifestyle center, road paving, new education building.

Visit: ucheepines.org/donate



Scan the QR Code and subscribe to our online mailing list or send an e-mail to: EYH@UCHEEPINES.ORG

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