



## America's Heartland

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An old time mountain preacher stood up one Sunday morning to deliver his sermon, but unbeknownst to him, some mischievous boys had glued some of the pages of his Bible together.

The preacher opened his Bible and began to read: "In those days, when Noah was

# Preacher surprised by height, width of Noah's wife

140 years of age, he took unto himself a wife." The preacher then flipped to what he thought was the next page and continued reading: "She was 30 cubits broad and 30 cubits high, made out of gopher wood and dobed with pitch inside and out."

He then looked wide-eyed at the congregation and said, "Brothers and sisters, that's the first time I have ever read that in the Word of God, but if it's in there, I believe it."

Kentucky preacher Seymour Wattenbarger told that in the middle of a sermon he was preaching not long ago about old time religion.

Seymour was talking about a time when everyone revered the Bible and believed it without reservation. Sadly, in these modern days, some people have begun to question

the reliability of God's word. I'm glad that's not true for folks in our part of the world. I feel so blessed to be around people, like Brother Seymour, who reverence the Lord and believe the Word of God from cover to cover. That's important because: "All scripture is given by inspiration of God and is profitable for doctrine, for reproof, for correction, for instruction in righteousness" (1 Timothy 3:16).

You may have been around people who want to dismiss portions of God's Word or who want to add to God's Word. That's dangerous business, considering Revelations 22:18-19, which reads: "For I testify unto every man that heareth the words of the prophecy of this book, if any man shall add unto these things, God shall add unto him

the plagues that are written in this book. And if any man shall take away from the words of the book of this prophecy, God shall take away his part out of the book of life and out of the holy city and from the things which are written in this book."

The Bible is the best-selling and most widely read book of all time. No others even come close. It is an amazing book, filled with amazing true stories that cover every genre you could find on the shelves of your nearest bookstore, whether action and adventure, biography, love and romance, comedy, self-help. It's all right there.

I still remember the first time I read the book of Esther. I was absolutely amazed, thinking that the most imaginative Hollywood writers

could never come close to the plot twists in this true life story of a woman who saved her people from slaughter. I was so excited when I first read about three little underdog boys named Shadrach, Meshach and Abednego who survived being thrown into a blazing furnace. Or the romance of a down-on-her-luck lady named Ruth who was swept off her feet by a handsome, wealthy man named Boaz, and they lived happily ever after, as happened in so many of the fairy tales that their story inspired.

The Bible is an amazing book, even when some mischievous boys glue a few pages together.

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## Kitchen Diva by Angela Shelf Medearis

### A Happy (and Healthy) Thanksgiving!

Most people eat more at Thanksgiving dinner than they consume in a normal day, and then continue overeating at year-end. So it helps to have a plan in place to avoid any holiday gobbling that you might pay for later.

Turkey, yams, mashed potatoes, green beans and cranberry sauce are all nutritious, so long as

lots of salt, sugar and butter haven't been added to them, says Kathleen Duran-Thal, director of nutrition at Cooper Healthy Living at the Cooper Clinic in Dallas.

An earlier study by researchers at the National Institute of Child Health and Human Development and the National Institute of Diabetes and Digestive and Kidney Diseases found that Americans usually gain only one pound during the winter holidays, but the weight put on then isn't shed in the new year.

Those findings contradict many people's views that they gain five to 10 pounds between Thanksgiving and New Year's Day. Researchers said the effects of weight gain at year-end, however, are worth worrying about because they contribute to increased weight over time.

Keeping weight stable in the fall and winter may help prevent age-related weight gain and associated diseases, says Dr. Riva Rahl, medical director at Cooper Wellness. In addition to not looking or feeling top-notch, adults with excess weight are at greater risk of heart disease, high blood pressure, diabetes and certain cancers, she says.

Cooper Wellness experts say to go ahead and enjoy your favorite Thanksgiving foods, but consider making healthy choices at your turkey dinner. They offer some tips for keeping you from fiddling with your belt at the end of the meal.

1. First of all, don't arrive at a Thanksgiving dinner hungry. Eat a good breakfast, and maybe even lunch that day.

2. Fill half your plate with vegetables, one quarter of it with lean meat, and one quarter with starches like mashed potatoes and turkey dressing.

3. Choose white-meat turkey and avoid eating the skin.

4. Avoid gravy. Turkey doesn't need to be smothered in gravy to taste good. If you want gravy, just drip a little on your meat and potatoes.

5. Limit yourself to small helpings of heavily sweetened yams and cranberry sauces.

6. Use restraint when dinner rolls are passed around. Buttered rolls may melt in your mouth, but they're full of calories, so eat only one.

7. Try sampling in moderation the many foods that you have looked forward to. And consider bringing something healthy to the dinner, like a side dish that's low in fat, sugar and salt.

8. Eat slowly. By eating Thanksgiving dinner slowly, your body has time to register when it is full so that you don't consume too much.

9. At dessert time, try to choose the lightest options. Pick pumpkin over pecan pie, for example, and avoid 200 calories in the process. Or just eat half a piece of pie, and pass on whipped toppings and ice cream. As dinner winds down over coffee,

avoid any plates of additional sweets that may be sitting on the table.

10. After Thanksgiving dinner, take a walk with your friends or family. Fifteen minutes of walking will get your blood circulating and can burn off 100 calories, says Susie Kania, exercise physiologist and director at Cooper Wellness. The fresh air will invigorate you after a long stay at the table.

(Information courtesy of Cooper Wellness, www.cooperwellness.com)

### LIGHT SWEET POTATO PUDDING

Agave syrup is a natural sweetener that doesn't raise your blood glucose levels. This is a great des-

sert for everyone, but is particular good for diabetics.

1 1/3 cups mashed, cooked sweet potato

1/2 cup agave syrup

2 teaspoons ground cinnamon

2 teaspoons grated orange zest

1 teaspoon salt

1 teaspoon ground ginger

1/2 teaspoon ground cloves

1/3 cup egg substitute

16 ounces evaporated skim milk

1/2 cup light whipped topping, optional

1/2 cup chopped, toasted walnuts, optional

Cooking spray

1. Heat oven to 375 F.

2. In a large bowl, combine sweet potato, syrup, cinnamon, orange zest, salt, ginger, cloves and egg substitute. Beat at medium speed with a mixer until smooth. Add milk; mix well.

3. Pour mixture into a 2-quart casserole coated with cooking spray. Bake at 375 F for 1 hour or until a knife inserted near the center comes out clean. (For individual servings, pour 2/3 cup potato mixture into each of 4 custard cups. Bake at 375 F for 40 minutes or until a knife inserted near the center comes out clean.)

4. Let pudding cool. Cover and chill for 2 hours. Serve with a tablespoon of whipped topping and sprinkle with walnuts, if desired. Makes 4 servings (2/3 cup per serving, 88 calories).

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## Pop A Lock Today

Pop a lock today,  
and open your heart to me  
The treasure of your heart,  
is what I want to see  
Pop a lock today,  
don't make me go away  
Open your heart to me,  
and make me want to stay

CHORUS:

I have loved you  
much too long  
To stay around if I don't belong  
If you don't want us to be apart  
It's time to open up your heart

Pop a lock today,  
let me see your heart  
Don't keep it locked up,  
let's make a new start  
Pop a lock today,  
all I want is just a chance  
To try to touch your heart,  
and start a romance

How can our hearts ever unite  
If you keep yours  
locked up tight  
Pop a lock today,  
and please open the way  
For us to be together  
each and every day

**Written by Price J. Rawlins**

## Growing Old

My days on Earth are numbered  
Maybe my steps are slow.  
The days that God have given have been  
wonderful, I hope I can enjoy a lot more.

I have many things I would like to do,  
And many places I want to go.  
I want to tell my friends the story of Jesus,  
Tell it to everyone I know.

But if I leave tomorrow,  
And go home to be with God;  
My work down here will be completed,  
This Dear Land no more will I trod.

Do not cry for me in sadness,  
God has given me many wonderful years.  
He spared my life to raise a child,  
A memory I hold so dear.

Reach out and touch me if you will,  
My body will be lifeless and cold.  
My soul is not here in this casket,  
It is resting in peace in God's fold.

Take hold of my hand and tell me good-bye,  
Then go on with your life as before.  
When you look down at my face,  
Please promise you will meet me,  
On Heaven's bright shore.

**Written by Madalene Wasson**