

# Preacher learns curiosity isn't the only thing that can kill a cat



**America's Heartland**  
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back open. The angry woman shouted, "Get your foot out of my door."

"But ma'am," the preacher managed to say before the woman slammed the door again.

Again, it bounced back open.

"I said get your foot out of my door," the woman yelled louder this time. Again, she slammed the door.

Again, it bounced open.

"But ma'am ..."

"I don't want to hear it," she shouted. "Get off my property." Then, she slammed the door, again.

Again, it bounced back open."

The preacher, now standing in the yard, finally got a word in edgewise, telling the wom-

an, "You'll be able to close your door if you get that kitten out of the way."

You know, I remember a time when preachers were greatly respected, a time when folks welcomed them into their homes. They were admired. They were trusted. They were held in highest regard. Then came the age of television. Religious shysters started buying airtime. For a fee, they'd pray for you. Just send them cash and you'd get your healing, they claimed. They got rich while people died waiting for their promised miracles. Well, it didn't take a genius to see through their silliness. Unfortunately, some people began to think all preachers were motivated by money, and, over time, some people began to mistrust

everyone in the pulpit.

A recent Gallup Poll showed that only 37 percent of Americans trust preachers. In fact, the poll found that Americans trust preachers only slightly more than journalists and building contractors.

If you're open to some sound advice, let me offer some. Within a short drive of your home is a preacher whom you know very well. You probably knew his parents. You likely know his wife and children. You know that he's a trustworthy man who cares for his flock. My advice is this, go to his church and support his ministry. You can likely count on that man.

The preacher on TV may have a great public image with his shiny new Cadillac and his \$1,000 suits, but that may be

all he has. That preacher in the church right down the road may drive a 20-year-old pickup truck and wear clothing from the second-hand store, but he may have treasures laid up in Heaven beyond your wildest dreams.

We would perhaps be wise to turn off the televangelists and to stop driving an hour to a megachurch to hear a preacher we don't even know and who we've never even met face to face.

And, by all means, let's open our doors to our local pastors when they come to visit. Our kittens certainly would be a lot safer if we'd do that.

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## Kitchen Diva by Angela Shelf Medearis Mediterranean Diet Stands The Test of Time

The Mediterranean diet is in the news again, not only because it's the start of a new year, but also because it was named as one of the most popular and healthiest diets by several publications. The origins of the "Mediterranean diet" are lost in time because it's based on the eating habits of the Middle Ages, in which the ancient Roman tradition -- on the model of the Greeks -- identified in bread, wine and oil products a symbol of rural culture and agriculture. These were supplemented by sheep cheese, vegetables (leeks, mallow, lettuce, chicory, mushrooms) and a little meat, and among Romans, a strong preference for fish and seafood.

According to a National Center of Biotechnology Information article, the discovery of the health benefits of the Mediterranean diet is attributed to American scientist Ancel Keys, who researched the correlation between cardiovascular disease and diet for the first time. In the 1950s, Keys was struck by a phenomenon, for which he could not, at first, provide a full explanation. The poor population of small towns of southern Italy was, against all predictions, much healthier than the wealthier citizens of New York, many of whom had Italian ancestors who emigrated to the United States. Keys suggested that this depended on food, and tried to validate his original insight, focusing on foods that made up the diet of these populations. This study proved that populations that had adopted a diet based on the Mediterranean diet presented a very low rate of cholesterol in the blood and, consequently, a minimum percentage of coronary heart disease. This was mainly due to the plentiful use of olive oil, bread, pasta, vegetables, herbs, garlic, red onions and other foods of vegetable origin, and a rather moderate use of meat.

The modern Mediterranean diet is characterized by the emphasis on plant foods such as grains, vegetables and fruits. Olives, olive oil, nuts, beans, legumes, seeds and herbs/spices are also part of the Mediterranean eating style. The Mediterranean lifestyle also recognizes the importance of physical activity and social interaction at mealtimes.

Grains should be mostly whole grains and can include whole-wheat breads, whole-wheat pasta, oats, brown rice, couscous, quinoa or barley.

Fruits and vegetables can be fresh, frozen or canned. The nutrients are similar between the three forms. Canned vegetables can have more sodium, so rinse before using or buy lower sodium options. Fruits and vegetables can be cooked or eaten raw.

Olives and olive oil are staples of the Mediterranean eating style. Olive oil is the main source of fat and is used in cooking, as salad dressing, as a light drizzle on vegetables or as a dip for bread. Olive oil is higher in heart-healthy unsaturated fats and should replace saturated fats like butter or margarine.

Nuts, beans, legumes and seeds are the main

sources of protein, healthy fats and fiber. Common beans include chickpeas (garbanzo beans), cannellini beans, kidney beans, lentils and black beans. Nuts are good as a snack, on a salad or added to other dishes.



Herbs and spices add flavor and aroma to foods. They reduce the need for salt and can be rich in health-promoting antioxidants.

This delicious baking-pan recipe for Salmon Roasted with Broccoli and Tomatoes is an effortless way to incorporate the Mediterranean diet eating plan into your lifestyle.

### Salmon roasted with Broccoli and Tomatoes

- 1 pound fresh or frozen skinless salmon fillet
- 2 tablespoons olive oil
- 2 teaspoons Italian or poultry seasoning
- 1 1/2 teaspoons salt
- 1 1/2 teaspoons black pepper
- 2 cups grape or cherry tomatoes
- 2 cups broccoli florets
- 2 cloves garlic, minced
- 1 lemon
- 2 tablespoons snipped fresh basil and/or parsley
- 1 tablespoon honey

1. Line a 15-by-10-inch baking pan with parchment paper. Rinse salmon; pat dry. Place salmon in prepared pan. Drizzle with 1 tablespoon of the oil and sprinkle with 1 teaspoon of the Italian or poultry seasoning, and 1 teaspoon of the salt and the pepper.

2. In a medium bowl, combine tomatoes, broccoli, garlic and the remaining 1 tablespoon of oil, the Italian or poultry seasoning, and the salt and pepper; toss to coat. Place in pan with salmon. Roast 15 to 18 minutes or just until salmon flakes.

3. Meanwhile, remove 1 teaspoon zest/peel from the lemon (do not use the white flesh or pith) and squeeze 3 tablespoon juice from lemon. In a small bowl, combine lemon zest and juice, the basil and/or parsley, and the honey. Spoon the mixture over salmon and vegetables before serving.

TIP: To thaw frozen fish, place in a sealed bag and submerge in a bowl of cold water for 30 minutes.

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Angela Shelf Medearis is an award-winning children's author, culinary historian and the author of seven cookbooks. Her new cookbook is "The Kitchen Diva's Diabetic Cookbook." Her website is [www.divapro.com](http://www.divapro.com). To see how-to videos, recipes and much, much more, Like Angela Shelf Medearis, The Kitchen Diva! on Facebook. Recipes may not be reprinted without permission from Angela Shelf Medearis.

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## The Storm on the Horizon

Wednesday, February 3rd, 2021 Message  
 Bro. Warren Rogers, Retired Baptist Minister

*"The great day of the LORD is near, it is near, and hasteth greatly, even the voice of the day of the LORD: the mighty man shall cry there bitterly."*  
 Zephaniah 1:14

Read all of Zephaniah 1:14-18.

A young boy had just been given time out and when his time was up, he asked his mother, "God can do anything he wants, can't he?"

His mother said, "Of course."

Then the boy said, "God doesn't have any parents, does he?"

**When expecting a bad storm, we have 3 kinds of people**

- #1 People who heed the call and get ready
- #2 Some choose to defy the storm and do their own thing
- #3 And others that refuse to believe there are real dangers.

We see and hear of all three different believers when there is a hurricane or tornado predicted. We also find that same group when they hear of the Second Coming of Christ.

#1 The Christians who believe and accept Christ as the Saviour. **John 10:27**, "My sheep hear my voice, and I know them, and they follow me: <sup>28</sup>And I give unto them eternal life; and they shall never perish, neither shall any man pluck them out of my hand." Also **John 3:16**, "For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life."

#2 Some that hear about this time and choose to go about their own little merry way, never seriously considering the outcome.

The days of Noah: There is no mention of the people making fun, but it is reasonable to think this.

The 10 virgins in Matthew 25:1-8. Here we have the story of the ten virgins going forth to meet the bridegroom. Five were ready and five were not. I'm afraid that we have a lot of people that are not ready, and I believe the bridegroom is ready to come claim his bride.

False belief - I've got plenty of time.

#3 Then we have those that just absolutely refuse to believe that there was a "Baby Jesus," that he lived 33 years and died on the cross, arose the third day for our sins. It sounds too much like a movie or fictional book that someone decided to write.

Jesus and his disciples were used to rejection from elders, chief priests and scribes, but here he spoke of increased suffering. Rejection and opposition would increase towards the end of his journey.

**Proverbs 8:33**, "Hear instruction, and be wise, and refuse it not."

This next verse goes right along with the world's condition today. **Genesis 6:5**, "And GOD saw that the wickedness of man was great in the earth, and that every imagination of the thoughts of his heart was only evil continually."

We have arrived to this right now. I believe that time is short, that Jesus is on the horizon. Friends, it's time to get ready. Do not put off this important decision, it is up to you. No one can do it for you. You must accept Christ before it's too late.

Read **2 Timothy 3:1-5**, "This know also, that in the last days perilous times shall come..."

Until next week, may God bless you and keep you safe. If you need to talk to me, I can be reached at 606-481-0444.

**Bro. Warren Rogers - retired Baptist preacher**