

# Wife refused to follow doctor's advice, despite the consequences



**America's Heartland**  
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her husband to his medical appointment.

After the examination, the doctor called the woman into his office to speak to her alone.

"Your husband is suffering from a very severe stress disorder. If you don't follow my directions carefully, your husband will die.

"Treat him like a king. Each morning, fix him his favorite breakfast and serve it to him in bed. For lunch, make him a nutritious meal. For supper, prepare him what-

ever he wants. Don't burden him with chores. Don't discuss your problems with him. Hug him and kiss him each time you walk past his recliner. Massage his shoulders. Scratch his back. Give him the TV remote and let him watch all the sports he wants. And, above all, don't nag him about anything. If you do this for the next 12 months, I think your husband will live."

On the way home, the husband asked his wife what the doctor had told her.

"He said you're going to die," she answered.

Well, the woman in that old joke simply didn't want to follow the doctor's instructions, even if it meant saving her husband.

You know, Christians have been given directions from the Lord that many choose not to follow. In his Great Commission to the church, Jesus said, "Go into all the world and preach the Gospel to every creature. He who believes and is baptized will be saved" (Mark 16:15-16).

It's one thing to ignore the instructions of a doctor. It's quite another to ignore the instructions of Jesus who very clearly told Christians to share the Gospel with everyone.

I admit laughing at the joke about the woman who didn't want to follow the doctor's instructions. But refusing the share Jesus' instructions is no laughing matter.

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You may have heard about the woman who went with

## Kitchen Diva by Angela Shelf Medearis Spring Mix Greens Herald a New Season

Years ago, when bags and bins of spring mix lettuce greens first appeared in the grocery stores in early March, I must admit, I was skeptical. To me, spring mix looked like small leaves of multicolored lettuce mixed with lawn clippings. The variety of colors and flavors, textures and varieties were radically different from my traditional (and quite frankly boring) salad consisting of iceberg and romaine leaves, and maybe a tomato or two.

After trying spring mix, I've become a fan of the interesting combination of flavors and textures. Now one of my favorite spring pastimes is visiting my local farmers market and looking at all the varieties of lettuce greens at their colorful best. Spring mix, also known as "mesclun," is a name used for a salad mixture of leaves of various species. The name comes from the Spanish word "mezclar," which translates as "to mix." Traditional mesclun usually consisted of chervil, arugula, lettuce and endive.

Now, spring mix is typically made up of 16 fresh greens and lettuces of varying tastes and textures, including red romaine, baby spinach, radicchio, green romaine, red oak leaf, mizuna, red leaf, lollo rosso, arugula, red mustard, green mustard, red chard, frisee and tatsoi. About half of the greens and lettuces are sweet and mild, while others provide a complementary, slightly bitter edge.

Spring mix is available year-round with a peak season in spring and summer. These delicate greens contain a punch of flavor and are packed with vitamins A, C and E, calcium and potassium.

Here's an overview of the many types of spring mix lettuce greens.

**Arugula** or Rocket -- Typically has long, spiked, dark green leaves and a strong, peppery flavor, especially when the leaves are larger and wild-harvested. Cultivated arugula varies in intensity of flavor, so taste before using. Arugula adds a bold punch to salads or an intense note as an ingredient in hearty dishes.

**Little Gem lettuce** -- A mixture of soft leaves with a slight crunch, similar to butter lettuce in texture.

**Mesclun** -- A combination of tender, wild-harvested or cultivated young greens. Most mesclun varieties include greens with texture and peppery flavor such as curly endive, mezzaluna, mustard leaves, watercress, arugula, purslane, cress, Asian greens like mizuna, red kale and chicory, and a few herbs such as cilantro, basil or parsley.

**Mache**, Corn Salad or Lamb's Lettuce -- Grows in a tight bunch of 4 or 5 leaves attached to a root. It has more flavor and texture than most salad greens, but requires more care when cleaning because grit and dirt tend to settle in the rosette-shaped leaves near the roots.

**Dandelion** -- Greens are a dark emerald color and are bitter. They add a distinctive flavor component when added raw, but lose some of their sharpness when cooked low and slow.

**Escarole** -- Has a subtle bite, hearty texture and a longer growing season. During the spring months, escarole is sweeter and at its tender best. Add it raw to provide complexity to a salad or as an interesting addition to cooked dishes in place of spinach.

**Pea Greens** -- These are the giant, tangled vines on which peas grow. Pea greens are typically available at farmers markets in spring and early summers.

Break out the salad bowl and try a variety of spring mix lettuce greens in nontraditional ways. This recipe showcases spring mix salad topped with crunchy cucumber slices, seeds or nuts, tart cherries, creamy goat cheese and a drizzle of Maple Balsamic Dressing. It's a delicious way to welcome spring!

### Spring Greens w/Goat Cheese and Cherries

- 1 (12-ounce) bag spring mix greens
- 12 cherry or grape tomatoes or 2 small/medium tomatoes, cut into wedges
- 1/2 large cucumber, sliced
- 1/3 cup dried cherries or cranberries
- 3 tablespoons roasted, salted sunflower seeds or roasted almonds
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 1/2 cup crumbled goat cheese

Add the greens, tomatoes, cucumbers, dried cherries or cranberries, and sunflower seeds into a large bowl or platter. Sprinkle with the salt and pepper, and toss lightly with desired amount of dressing (recipe follows), then top with crumbled goat cheese. Serves 4.



### Maple Balsamic Dressing

- 4 tablespoons balsamic vinegar
- 1 1/2 teaspoons Dijon mustard
- 2 teaspoons pure maple syrup or maple-flavored agave syrup
- 1/2 teaspoon salt
- 1/4 cup olive or vegetable oil
- 2 tablespoons lemon juice
- 1/8 teaspoon cayenne pepper

Whisk everything together in a medium bowl until emulsified, or place all the ingredients into a jar with a tight-fitting top and shake until everything is well-combined. Store remaining dressing in the fridge for up to 1 week. Shake to recombine the ingredients before using. Makes about 1/2 cup.

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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.

## The Storm On The Horizon

Wednesday, March 17th, 2021 Message  
 Bro. Warren Rogers, Retired Baptist Minister

Read Zephaniah 1:14 - 18

A young boy had 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 parents, does he?"

When expecting a bad storm we find three 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.

People scurry about putting things up so that they don't get blown away. They sometimes cover their windows with plywood to keep them from being broken. Sometimes they even evacuate their homes and go to a safer place. We recently were warned of a possible flood. As it got deeper they forecast a major flood, and the #1 group, some people started putting things as high as they could, taking their cars, etc. to higher ground. Then, we had the #2 group that chose to defy the storm and went about their daily lives, never giving serious thought to the danger.

The #3 group just plain refused to believe that there was any danger of a major flood.

Sad to say, we also find the same group when they hear of the second coming of Christ.

**#1 Group:** The Christians who believe and accept Christ as their Savior. "My sheep hear my voice, and I know them." *John 10:27* These are the ones who believe. "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." *John 3:16*

**#2 Group:** Some that hear about this time and choose to go their own little merry way, never seriously considering the outcome. I believe we are definitely living in the latter days, as we have too many people living as in the days of Noah. We have too many preachers that are preaching for worldly gain instead of what God wants them to preach. Read Genesis 6: 5-6

We have the story of the ten virgins in Matthew 25:1-8 who were told to be ready when their master came. 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 and claim His bride.

We have a way too many people that believe they've got plenty of time

**#3 Group:** We have the third group of people that just absolutely refuse to believe that there was a baby Jesus, that He lived about 33 years and died on the cross, arose the third day for our sins. To them, it sounds too much like a movie or a fictional book that someone decided to write for gain.

Jesus and his disciples were used to rejection from elders, chief priest and scribes. Jesus spoke of increased suffering, that rejection and opposition would increase towards the time when He will come back for His bride. "Hear instruction, and be wise, and refuse it not." *Proverbs 8:33*

This next verse goes right along with the world's condition today. "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." *Genesis 6:5*

We have arrived to this right now. I believe the Storm is on the horizon. I believe that time is short. 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. Please get your Bible and read 2 Timothy 3:1- 5 and Romans 12:1 & 2

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

## The Spats

by Jeff Pickering

