

Doctor easily diagnoses patient who hurts all over



America's Heartland
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The fellow touched his finger to his arm. "That hurts," he said. He touched his finger to his leg. "That hurts." He touched his finger to his chest. "That hurts." He touched his finger to his head. "That hurts, too."

"I know what the problem is," the doctor said.

"Give it to me straight," the fellow said. "What's the diagnosis?"

"You have a broken finger," the doctor said. "Did you ever know anyone who is 'sore' all the time? I mean 'sore' in terms of always being mad about one thing or another or always having something to complain about. Those kinds of people sure aren't much fun to be around."

I suspect you've noticed that lots of people across America are "sore" these days. We see them on TV, fussing about anything and everything. We see them on Facebook, complaining constantly. We hear them griping about neighbors, spouses, retailers, government leaders, you name it.

Not long ago, I was walking through the picnic area of a busy park that was being used by lots of immigrants who I assumed had only recently arrived in the U.S. I don't know when I had heard so much laughter. These folks were truly enjoying America and all of its bounty. They were absolutely delighted by simple things that so many people who grew

up here take for granted, like the taste of a grilled hotdog smeared with ketchup and mustard, a frosty Pepsi fished out of a Styrofoam cooler, children giggling as they splashed in water along the shallow edge of a lake, proud mothers and fathers taking it all in, seeing their families enjoy the blessings of being in America.

Contrast that with so many of our neighbors who were born here, who spend so much of their time "sore" about one thing or another. They spend their days listening to talking heads on TV and radio who give them a fresh supply of things to be angry about.

I'm convinced the Lord isn't pleased with that kind of thing.

In fact, God's Word admonishes us over and over again not to be "sore."

"Cease from anger and forsake wrath," we're told in Psalm 37:8.

The truth is it's hard to have a convincing Christian witness when we're angry. That's why God's word tells us, "Wherefore, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath, for the wrath of man worketh not the righteousness of God" (James 1:19:20).

Too many people are like the fellow with the broken finger, "sore" all over.

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Kitchen Diva by Angela Shelf Medearis

Three Cheers for the Red, White, and Green

A Fourth of July picnic, an ice-cold watermelon, patriotic songs and lots of loud, brilliantly hued fireworks are my idea of a wonderful holiday celebration. Watermelons serve two purposes on a hot July day -- they're a sweet finish to a meal, and a source of nutritious hydration. Watermelon also is low in fat and cholesterol-free. It has a vast nutritional profile including high levels of the antioxidant lycopene, an excellent source of the important amino acid citrulline and is a good source of vitamins C, B-1, B-6, and a source of vitamin A.



Watermelons are classified as a fruit, much like the pepper, pumpkin or tomato. However, as a member of the cucurbitaceae plant family of gourds, watermelon also is related to the cucumber and squash. Watermelons are planted from seeds or seedlings, harvested and then cleared from a field like a vegetable. Since watermelon is grown as a vegetable crop using vegetable production systems, it also can be considered a vegetable. Some refer to watermelon as a "fregetable" -- a combination of a fruit and a vegetable.

Watermelons are now available year-round in mini, seeded and seedless, and yellow- and orange-flesh varieties. They also come in various sizes, as well as two colors: red and yellow. This "fregetable" is especially plentiful from April through October. About 200 to 300 varieties are grown in the U.S. and Mexico, although only about 50 are very popular.

There's an art to picking the perfect watermelon. Look the watermelon over and pick it up. The one you select should be firm, symmetrical and free from bruises, cuts or dents, and heavy for its size. Watermelon is 92% water weight. To find out if a watermelon is ripe, knock it, and if it sounds hollow then it is ripe. The underside of the watermelon should have a creamy yellow spot from where it sat on the ground and ripened in the sun.

Compared to most fruits, watermelons need a more "tropical" climate -- a thermometer reading of 55 F is ideal. Maintain the purchase temperature of watermelons. If you bought it at room temperature, you can keep it at room temperature. If you refrigerate it after buying, be sure to keep the watermelon cool. Whole melons will keep for seven to 10 days at room temperature. Store them too long, and they'll lose flavor and texture.

According to the FDA, you should wash all fruits and vegetables, including all melons with rinds, in clean, running water before eating. Don't forget to dry them, too! Wash your hands thoroughly with

soap and water before cutting the watermelon. Wash all food-contact areas and equipment such as cutting boards, countertops, peelers and knives with hot water and soap to avoid cross contamination.

After cutting the watermelon, store the wrapped pieces in a refrigerator (32-40 F) for no more than three to four days. After two days of refrigeration, watermelons start to develop an off-flavor, become pitted and lose color. Freezing causes the rind to break down and produces a mealy, mushy texture. Peeled and/or fresh-cut fruit should be refrigerated if not consumed within two hours, and leftover fresh-cut fruit should be discarded if left at room temperature for more than two hours.

If you didn't buy a seedless watermelon, here's how remove seeds quickly and easily:

1. Wash and quarter a whole watermelon.
2. Cut each quarter into three

or four wedges.

3. Cut lengthwise along the seed line with a paring knife, and lift off the piece.
4. Using a fork, scrape seeds both from the removed piece and the remaining flesh on the rind.
5. Cut into desired sizes.

Now that you know how to select and prepare a watermelon, use the cubed pieces in this recipe for Sweet and Sour Watermelon and Cucumber Salad. It's the perfect salad for a picnic as it keeps well and is easy to transport. Enjoy a sweet, delicious slice of watermelon at your Fourth of July picnic and all year-long!

Sweet & Sour Watermelon & Cucumber Salad

- 3 cups seedless watermelon balls or small chunks
- 2 cucumbers, peeled, seeded and sliced
- 1/2 cup cider vinegar
- 1 cup water
- 1/2 cup sugar
- 1 tablespoon poppy seed
- 1 teaspoon salt
- 1 teaspoon pepper
- 1 bunch green onions, trimmed and chopped

Mix together the vinegar, water, sugar and poppy seeds in a bowl and season with salt and pepper. Stir in the chopped green onions. Place the watermelon and cucumber in a serving bowl and pour the marinade over the top. Toss gently before serving. Serve immediately or cover and refrigerate a couple of hours before serving.

(Information and recipe courtesy of The National Watermelon Promotion Board, www.watermelon.org.)

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. 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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Count Your Blessings

Wednesday, June 23rd, 2021 Message
 Bro. Warren Rogers, Retired Baptist Minister

"And it came to pass, as he went to Jerusalem, that he passed through the midst of Samaria and Galilee. ¹²And as he entered into a certain village, there met him ten men that were lepers, which stood afar off: ¹³And they lifted up their voices, and said, Jesus, Master, have mercy on us. ¹⁴And when he saw them, he said unto them, Go shew yourselves unto the priests. And it came to pass, that, as they went, they were cleansed. ¹⁵And one of them, when he saw that he was healed, turned back, and with a loud voice glorified God, ¹⁶And fell down on his face at his feet, giving him thanks: and he was a Samaritan. ¹⁷And Jesus answering said, Were there not ten cleansed? but where are the nine?" Luke 17:11-17

If you have food in the refrigerator, clothes on your back, a roof overhead, and a place to sleep, you are richer than 75% of the world. If you have money in the bank, spare change is a dish somewhere, you among the top 8% of the world's wealthy. If you woke up this morning with more health than illness, you are more blessed than 6 million who will not survive the week.

If you have never experienced the danger of battle, the loneliness of prison, the agony of torture or the pangs of starvation, you are ahead of 500 million in the world.

If you can attend church without fear of harassment, of arrest, torture, or death, you are more blessed than 3 million in the world. And if your parents are still alive and still married you are very rare, even in the United States.

When was the last time you truly told the Lord you were thankful? We often thank God for our food and ask him to bless us, but how often do we thank him for the blessings he has already bestowed upon us?

If you read the scripture at the top of this article you might ask yourselves, "Wonder what happened to the other nine?" Only one leper came back to thank Jesus.

A missionary was sent to a leprosy camp. There he witnessed some very disturbing scenes. He was leading them in some hymns, trying to raise their spirits by singing happy songs, when a lady's hand went up. He saw the most disfigured face he had ever seen. She raised her arm that had no hand and asked if they could sing "Count Your Blessings." The missionary said he was never the same after that.

Someone once said, "God does not always calm the storm, but sometimes calms his child in the middle of the storm."

Imagine if you will, a television reporter talking to Noah. "Noah, was it messy on the ark?" Noah answers, "Sure it was messy, but it was still the best ship afloat." Sometimes we complain, instead of being thankful, because whatever condition or wherever you find yourselves, it could be worse. It seems there is always someone in more trouble than we are. A sure way to help you count your blessing is to visit a nursing home or hospital and see all the people that have it worse than you. I guarantee you, you will leave counting your blessings.

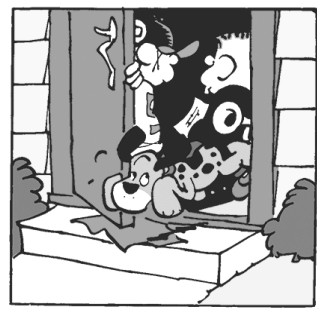
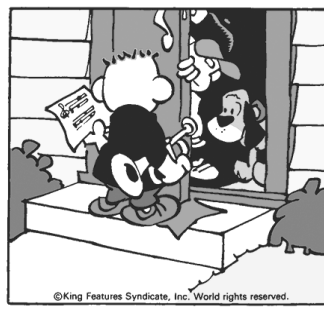
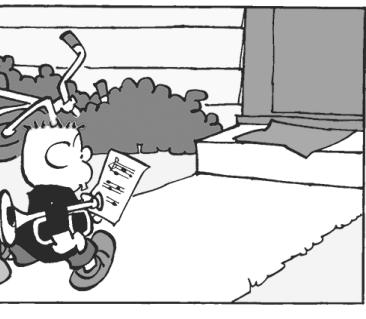
For a Christian, gratitude should be a lifelong attitude. **Hebrews 5:9** says that salvation is "eternal." **1 Peter 1:3-5** is a guarantee that we have an inheritance that cannot be lost. "Blessed be the God and Father of our Lord Jesus Christ, which according to his abundant mercy hath begotten us again unto a lively hope by the resurrection of Jesus Christ from the dead, ⁴To an inheritance incorruptible, and undefiled, and that fadeth not away, reserved in heaven for you, ⁵Who are kept by the power of God through faith unto salvation ready to be revealed in the last time."

Lost Person, Christ is waiting for you to come to him. **Christian**, Christ deserves your gratitude, deserves your worship, deserves your devotion.

Count your blessings!
 Until next week, may God bless and keep you. Until then, if you would like to get in touch with me call 606-481-0444.

Bro. Warren Rogers, Baptist preacher

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