



America's Heartland
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A fellow was walking down the street one day when he was approached by an especially pitiful looking homeless man asking for money to buy food.

"If I give you money, will you buy something healthy or are you just going to get some kind of greasy fast food burger?"

"No, I had to give up burgers long ago," the homeless man said.

"Will you go buy salty French fries?" the fellow asked.

"I don't eat salt," the homeless man said. "It makes my blood pressure go sky high."

"Will you spend the money on a

Could diets lacking in grease and salt lead to homelessness

sugary milkshake?"

"No," the homeless man said. "I haven't had a shake in 20 years."

"Well," the fellow said, "instead of giving you money, I'm going to take you to my house for a delicious home-cooked meal prepared special by my wife."

The homeless man asked, "Won't she be angry at you for bringing me to your home?"

"Don't worry about it," the fellow said. "I want her to see what a man looks like after he has given up burgers, fries and milkshakes."

Perhaps you've grown tired of people talking about their diet plans. Every day, we see folks show up on TV and on Facebook telling us what we should eat or drink to be healthy and thin. Interestingly, that's nothing new. In fact, the Apostle Paul dealt with this very issue generations ago.

"One believeth that he may eat all things: another, who is weak, eateth herbs. Let not him that eateth despise him that eateth not; and let not him which eateth not judge him that eateth" (Romans

14: 2-3).

I find it fascinating that the Bible deals with the issue of diets. That's because some people try to spiritualize what they eat? They're apparently convinced that they're somehow closer to God than others because they eat their veggies. Meanwhile, some others look down on the veggie eaters. Well, the Scriptures are clearly telling us in this particular passage that we shouldn't judge others based on what they eat or on what they don't eat.

I can see you fellows clipping this article, circling that scripture in red ink, and hanging it on the refrigerator, hoping your wife will read it and let you eat all the burgers, fries and shakes you want. If that tactic doesn't work, you might have to bring a homeless guy to your house and let her see what the lack of fast food has done to him.

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Kitchen Diva by Angela Shelf Medearis

Eating Right Can Help Fight Breast Cancer

A pink ribbon is the symbol worn in October for National Breast Cancer Awareness Month. A breast cancer is a malignant tumor that starts from cells of the breast. A malignant tumor is a group of cancer cells that may grow into (invade) surrounding tissues or spread (metastasize) to distant areas of the body.

Tragically, more than 200,000 women will be diagnosed with breast cancer and more than 40,000 will die from it this year in America. Although breast cancer occurs mainly in women, men can get it too. Many people do not realize that men have breast tissue and that they can develop breast cancer. About 1,970 new cases of invasive breast cancer will be diagnosed among men. About 390 men will die from breast cancer. New medical research strongly suggests that you can eat and live proactively to prevent breast cancer before it strikes.

Current anti-breast-cancer medical efforts are aimed at critical early detection with mammograms. Early detection allows doctors to treat the cancer while it is still small and confined to the breast.

According to an independent study, the top-10 food items to fight breast cancer include easy-to-enjoy carrots, apples and green tea. Carrots and other foods rich in beta-carotene may lower your relative breast cancer risk, and lower the risk of invasive can-

cer. A natural substance in raw carrots called "falcarinol" can slow the growth of cancer cells. Falcarinol is inactivated by heat or cooking, so it is critical to eat raw carrots, too.

A few apples a day may truly keep the breast-cancer surgeon away. Specifically, studies show that natural substances found in apples decrease the number of tumors, the size of tumors and tumor growth rates in animal models. The more apple extracts the animals were fed, the greater the reduction in cancer.

Green tea consumption may reduce your relative breast cancer risk by more than 50%. Green tea is rich in potent "polyphenol" antioxidants that protect your DNA from damage and shortening, reduce inflammation, reduce estrogen and reduce breast tissue density. The recommended amount to consume is two to four cups per day, or you can take a green-tea supplement.

Enjoy this Apple and Carrot Salad with a cup or glass of green tea, and you'll incorporate three delicious cancer-fighting ingredients into your diet.

APPLE AND CARROT SALAD

- 1/2 pound carrots, coarsely grated (about 2 cups)
- 2 large organic apples (Baldwin, Cortland, Granny Smith or Red Delicious), unpeeled, cored and sliced into matchstick pieces
- 3 stalks of celery, cut into matchstick pieces
- 2 tablespoons extra-virgin olive oil
- 3 tablespoons fresh lemon juice

- 2 tablespoons chopped fresh parsley
- 2 cloves garlic, minced
- 1/2 teaspoon ground cumin
- 1/4 teaspoon ground cinnamon
- 1 teaspoon sweet paprika
- 1 teaspoon salt
- 1 teaspoon black pepper
- 4 large Hass avocados, peeled, cut in half and pitted
- 2 teaspoons apple cider vinegar

1. In a large bowl, mix together carrots, apples, celery, oil, lemon juice, parsley, garlic, cumin, cinnamon, paprika, and salt and pepper. Cover and let marinate in the refrigerator for at least 2 hours to allow flavors to meld and permeate the ingredients.

2. Place 1/2 cup of the salad on each avocado half. Sprinkle with apple cider vinegar. Serve chilled or at room temperature. Serves 4.

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Smile! God Loves You!

Sunday, October 4th 2020 Morning Message
 Bro. Warren Rogers, Ivory Hill Baptist Church

See Ephesians 3:14-19 & Hebrews 10:4-7

You take your child to the playground and while they are playing you go to get ice cream. When you get back, you see they have a mouth full of sand. Question: Do you love your child with sand in their mouth? Silly question! Of course you do. Are they any less your child with sand in their mouth? Of course not. The next step is obvious: you find water to wash out their mouth. Why? Because you love them.

God does the same for us -- he holds over a fountain and says, "spit out the dirt, I got something better for you." He also cleanses us of the filth, the immorality, the dishonesty, the bitterness, and the greed.

We don't always enjoy the cleaning -- we pout and say, "I can eat dirt if I want to." Jesus wants us to be the person He intended us to be. God's love is everlasting -- Jeremiah 31:3

Jesus came to earth to preach to four different kinds of people:

#1 The Poor: The word poor can cover poverty of every kind but in this context it means moral and spiritual poverty. **Matthew 5:3** Blessed are the poor in spirit, for theirs is the kingdom of heaven. These have realized their condition.

#2 The Prisoner: people under spiritual bondage, prisoners of money, prisoners of guilt. We can be prisoners of anything that keeps us from serving the Lord. Satan gets a stronghold and sometimes we don't realize it. I have heard a lot of people say that they have done something that they don't think God can forgive them for. That is Satan talking. God loves you and wants you to accept His salvation. See Ps. 102: 18-20 & Gal. 5:1

#3 The Blind: 2 Cor. 4:4 and Acts 26:17-18 People get sand in their mouth and are blind to it. Some people are so satisfied with the way that they are living they are blind to the fact that they are on their way to hell.

#4 The Oppressed: Sometimes we get so down on ourselves, we can't see a way out. Maybe our lives get crushed by a death, a divorce, bills piling up, anything that will cause us to worry. In my years in the ministry this is probably the thing I hear the most. People getting depressed. I'm not pretty enough, I need to change my hair color, I need more tattoos, people don't like me; and they keep telling themselves these kind of things until they get depressed.

Jesus is saying,

"I have come for your spiritual poverty, your bondage, your blindness, your brokenness. I have come to heal your broken hearts. I have come to make you whole I have come to give you life."

There is no one or any thing on this earth that God loves more than He loves you. God loves you just the way you are, but he refuses to leave you that way.

If you are going to grow in your walk with the Lord, you must allow Him to help you change. To get the sand out of your mouth, to be more like Jesus.

Smile! Jesus Loves You!

"The LORD thy God in the midst of thee is mighty; he will save, he will rejoice over thee with joy; he will rest in his love, he will joy over thee with singing." Zephaniah 3:17

**Jesus loves me! This I know,
 For the Bible tells me so;
 Little ones to Him belong;
 They are weak, but He is strong.
 Yes, Jesus loves me!
 Yes, Jesus loves me!
 Yes, Jesus loves me!
 The Bible tells me so.**

My friend I hope you are a child of God! If you need to talk to me, I can be reached at 606-481-0444. All are cordially invited to worship with us at Ivory Hill Baptist.

Until next week, may God bless,
 Bro. Warren

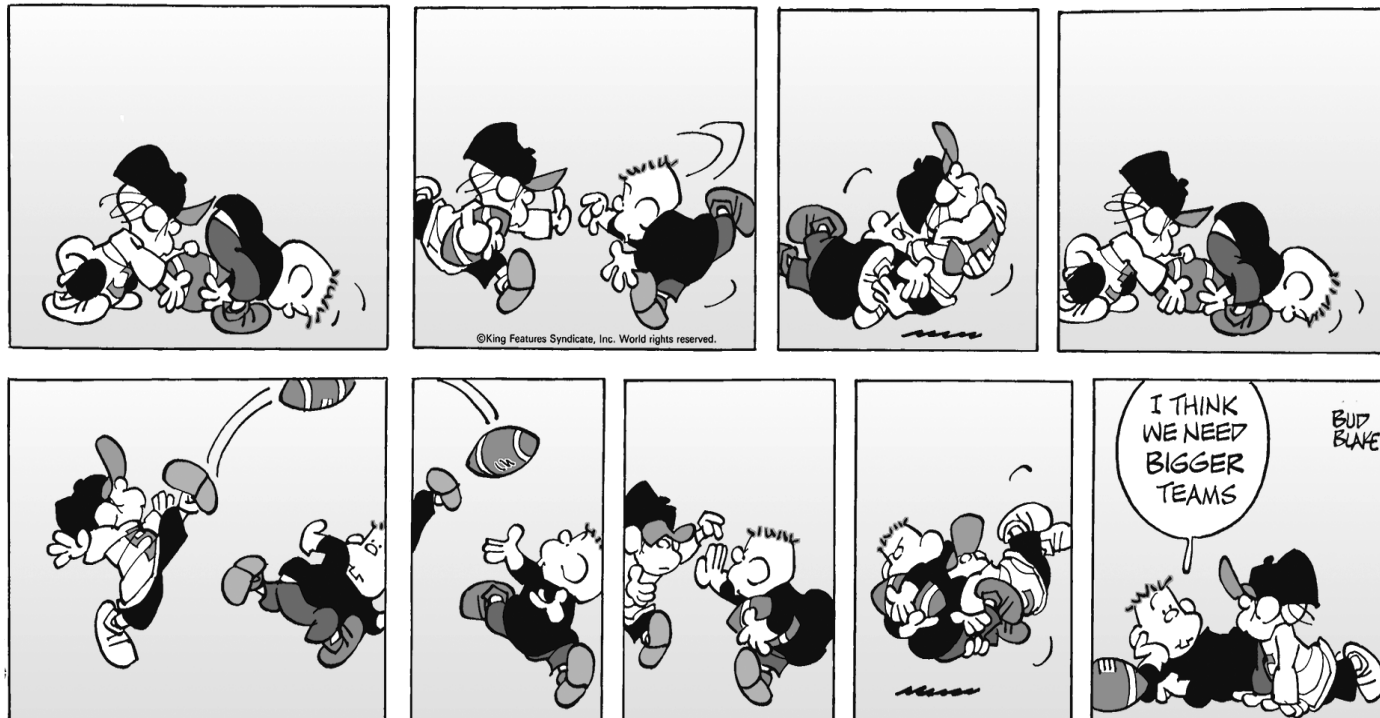
Americanisms



"Justice will not be served until those who are unaffected are as outraged as those who are."
 — Ben Franklin

TIGER

by BUD BLAKE



I THINK WE NEED BIGGER TEAMS
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