

#### America's Heartland **Roger Alford** RogerAlford1@GMail.Com

at the lake and the baby was years in the town of Barbour- zar, a prideful, self-indulgent coming fast. Her husband be- ville in southeastern Kentucky fellow who considered him- I am always running into peodoctor. There just happened honesty and integrity. to be one fishing from a boat

# **Doctor interrupts day of fishing to deliver 29-pound baby**

and delivered the baby boy.

him," the new mom said. in my tackle box," the doctor bit? said, retrieving his fish scale and measuring tape. "Let's warning about making sure

29 pounds and is 37 inches long." Sellards, a former Marine and that joke here while back. Jack, (Proverbs 11:1).

now 88 years old and retired, A woman went into labor ran a television shop for many long ago about King Belshaz-

ons International, knows that himself. You may remember with God. Sometimes they

The Bible gives us a stark didn't measure up. verse aimed at those who sell merchandise by weight, I sure laughed when Jack saying "a false balance is an Korean War veteran, told me a just weight is his delight"

"Oh, wouldn't it be nice if anglers have been known to from Daniel 5 that God wrote even measure themselves we could weigh and measure exaggerate a bit about the his conclusion on the wall. against the fellow down the fish they catch. Maybe that's "Thou art weighed in the bal- road, saying "I'm as good as "I have just what we need because their scales are off a ances and art found wanting." he is." Well, that's simply not In other words, Belshazzar the way it works.

see here; looks like he weighs our scales are accurate in a in and of ourselves, can ever measure up on God's scales. righteousness is as filthy rags" abomination to the Lord: but (Isaiah 64:6). That's why it's it. But, when we belong to Jevital that we have Jesus in our hearts. When we step onto will always measure up.

Even here in the Bible belt, up. gan yelling frantically for a where he was known for his self a big, big man. He felt large ple who are trying to balance **South Fork Baptist Church**. and in charge. And then he their good deeds against the Reach him at 502-514-6857 Jack, who serves with the was weighed on God's scales bad they've done in their lives or rogeralford1@gmail. nearby. He motored to shore Christian organization Gide- and found out the truth about to determine their standing *com*.

The Bible tells us, "All have The truth is, none of us, sinned and come short of the glory of God" (Romans 3:23).

That's what's so amazing In fact, the Bible tells us "our about grace. We're not worthy of that grace and don't deserve sus, God measures us the way the fishing doctor measured I preached a sermon not God's scales with Jesus, we that baby. With Jesus in our hearts, we'll always measure

Roger Alford is pastor of

### **<u>Kitchen Diva</u>** by Angela Shelf Medearis **Cactus Is a Prickly Pear**

when I saw a huge pile of fresh Prickly Pear Enjoy this taste of Mexico, and try nopalitos cactus pads in the produce section. Prickly in your recipes to give your dinner a South-Pear cactus is thought to be native to Mexi- of-the-Border flair! co and is eaten as a vegetable. The cactus is called "nopal" in Spanish, and the pads or 1 cup fresh nopalitos, rinsed, drained and stems are called "nopales." Mexico exports patted dry 40,000 pounds of nopales pads to Texas ev- 1/3 cup all-purpose flour ery day. They're also grown as an export crop 2/3 cup commeal in Central America and Israel.

The pear-shaped fruit on the ends of the 1 1/2 teaspoon salt nopal pads are called "tunas," and range in 1 teaspoon ground black pepper color from a greenish-white to purple. If the 1/8 teaspoon cayenne tuna fruit are sweet, they're eaten raw or 1 cup vegetable oil



and served during the Mexican celebration of Lent, used as a taco filling, as a vegetable in soups, or breaded and eaten like French fries.

I used breaded nopalitos as a crunchy I was shopping in an ethnic grocery store topping for this unusual Fried Cactus Salad.

FRIED CACTUS SALAD 1 teaspoon chili powder

1. To make the fried cactus, place flour, cornmeal, 1 teaspoon salt, black pepper and cayenne pepper in a small bag. Shake the bag to mix the ingredients. Drop the rinsed and drained nopalitos into the bag. Shake until the strips are wellcoated.

2. Heat oil in a medium-sized skillet, about 2 to 3 minutes. Fry the strips until they are golden brown. Place strips on a paper towel to drain, sprinkle with the remaining salt, and set 1 aside.

onion

pieces

spoons fresh

3 tomatoes, sliced

3 tablespoons chopped white or sweet

1/2 teaspoon dried oregano or 2 tea-

Romaine Lettuce, torn into bite-sized

1/3 cup crumbled queso fresco or ane-

1 avocado, peeled and sliced (optional)

dressing. Toss to combine. Top with the toma-

Place the onion, cilantro, oregano and let-

1/4 cup prepared Italian Dressing

1/3 cup chopped fresh cilantro

jo or Monterey jack cheese

1/3 cup purple onion rings

1/2 cup chopped fresh cilantro

#### He Is Always There

**CHORUS** 

Through out the day In every way Standing by my side Helping me abide In HIS love --- because HE is always there

Adam was the first to know Of the love that HE would show By being with HIM every day In a very special way

Near a burning bush, Moses did stand Being told to go, to an enemy land And in Egypt later he would see Just how close our GOD can be

Abraham's faith was put to the test But he believed that GOD knew best And when the angel did interfere He saw then, that God was near

Paul did not know The best way to go Until a great light he did see Then he heard just how close **IESUS** can be

NOTE: Lyrics written by

used to make wine or as a sweet syrup. If sour, Salad: they're cooked and incorporated into a variety of recipes. I've always wondered about the first adventurous cook to take this prickly crop and turn it into a delightful dish!

Preparing the fresh cactus pads takes time and care, as all of the prickly spines and thorns must be carefully removed. After the pads have been prepped, they're grilled or boiled until tender. When sliced thinly, the **Topping**: nopales are called "nopalitos." They look like French-cut green beans and have a similar texture.

You can buy nopalitos in a can or jar, and both the fresh nopales and the canned variety are widely available in ethnic supermarkets. I prefer the ease and convenience of using the canned nopalitos because it's difficult tuce into a large bowl. Drizzle with the salad to prepare them properly the first few times. Be sure to rinse the canned nopales well before using them.

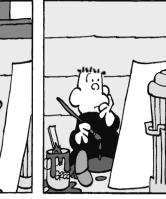
Nopalitos are a popular ingredient in around the salad. Makes about 4 servings. Mexican dishes. They're scrambled with eggs



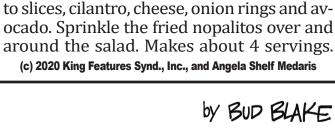


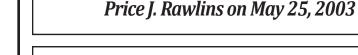












## God Sent Me An Angel

God sent to me an angel, Was on Thanksgiving Day. While I was doing my chores, In a very simple way. When the phone rang, a small voice said, "I have good news for you Tell this to no one," the small voice said, "What God has told me to do." God works in a very special way, He knows exactly what I need.

He will always be there

When the way seems so dark; So, He sent an angel to comfort me.

I said, "Thank you, Lord,"

For this special day.

Though my car is broken down

And falling apart,

My children are all well

And serving you now. And I praise you, Lord, with all my heart.

What have I got to complain about? For this morning you helped me

To open my eyes.

Some people are living in a blinded world, Unable to see the beautiful sunrise.

And you have sent an angel to me again. Though unexpected, I must admit. It came in a very special way. And I know for sure it was Heaven sent.

So, again, I want to say, "Thank you, Lord." Not only for Thanksgiving Day, But for every blessing you have given me, And every angel you sent my way.

