

# It's not nice to be flicking your finger on a crowded bus



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"Ow, that hurt," she protested.

"Pardon me, ma'am," he said. "I have a nervous twitch in my foot. I got it in the war."

As she walked on down the aisle, a fellow was winking continuously at her.

"Why are you winking at me?" she asked unapprovingly. "I'm sorry ma'am," he said. "That's a nervous tick I picked up in the war."

She walked on down the aisle, and saw a man flicking his finger over and over again. She asked, "Did you get that in the war?"

"No, ma'am," he said. "I got it out of my nose, and I'm hav-

ing trouble getting it off my finger."

I'm sure you've noticed by now that we all have our quirks - those things that others might consider odd. I'd be afraid to count mine, but one I notice more than any other is that I say "um" a lot when I'm talking. I interrupt just about every sentence with "um," it seems like. But I'm just glad I'm able to talk at all. It was a gift I didn't have as a young child, and when I did begin to talk, I had a speech impediment that prevented me from saying some words. For example, I remember being teased by other children because I couldn't pro-

nounce words that begin with the letter C. I pronounced "car" as "tar." A "can" was a "tan." A "cat" was a "tat." So, when I speak to people nowadays, and if they're bothered by my saying "um" far too often, I'm in my own mind thanking the Lord that I'm able to communicate at all.

In the Gospel of Mark, we read about a person who couldn't hear and who had an impediment in his speech. That person was brought to Jesus, who restored both his hearing and his speech. Jesus touched his ears and his tongue, "and straightway his ears were opened and the string of his

tongue was loosed, and he spake plain" (Mark 7:35).

I hope all of us realize just precious a gift it is that we're able to talk to one another, and I hope all us choose to share gracious words with one another, as the Bible encourages us to do.

Whether our quirks are our nervous ticks, our stutters, or a peculiar physical trait, let's be grateful that our Lord has given us the gifts of breath and life. And let's be careful not to tick off the lady on the Greyhound bus.

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A woman had just boarded a crowded bus and was walking down the aisle to find a seat when a man kicked her in the shin.

## Kitchen Diva by Angela Shelf Medearis Jerusalem Artichokes Are Culinary Treasure

If you're bored with the same vegetable and tuber routine, it's time to try something new -- like Jerusalem artichokes, also known as sunchokes. Think of it as a culinary treasure hunt with a delicious reward for your palate.

Like many tubers, sunchokes look a little strange. But when it comes to food, looks can often be deceiving. The sunchoke is the tasty, knobby, root of a sunflower. Until recent years, this native of North America was more popular in Europe than in the United States.

The sunchoke is a hardy perennial that can grow in a variety of conditions and is not frost tender. With water shortages and the growing cost of agri-

er vegetables, used in a gratin or to make a delicious soup. If you're using sunchokes in a creamed soup or puree and want to remove the peel for presentation color, pass them through a food mill or a fine mesh strainer.

Try this recipe for Sunchoke Chips With Parmesan and Parsley as a delicious alternative to potato chips. And remember, this is just the first step on your adventure to discover all things Jerusalem artichoke! Enjoy!

- Sunchoke Chips With Parmesan and Parsley**  
**2 pounds unpeeled sunchokes (also called Jerusalem artichokes), scrubbed**  
**Vegetable oil (for frying)**  
**1 1/2 teaspoons salt**  
**1/2 cup grated Parmesan**  
**1 1/2 teaspoons minced fresh parsley**

1. Fill a large bowl with cold water. Slice sunchokes into thin rounds (about 1/16-inch thick), immediately dropping into bowl of water to prevent browning. Rinse and drain 3 times to remove some of the starch for a crisper chip. Pat dry with paper towels.

2. Pour enough oil into a large, deep skillet to reach depth of 1/2 inch. Submerge bulb of deep-fry thermometer into the oil; lean top of thermometer against skillet rim. Heat oil to 375 F. Mix salt, Parmesan and parsley together in small bowl, blending well, and set aside.

3. Working in batches, fry sunchoke slices until golden brown, 3 to 4 minutes, stirring occasionally. Using a skimmer, transfer chips to a wire rack placed over a paper-lined baking pan to drain. While the chips are hot, sprinkle them with the Parmesan and salt mixture. The chips won't be crispy immediately out of the fryer. After a few minutes, they will crisp up. Mound chips in bowl and serve. Serves 8.

**TO BAKE THE CHIPS:**

1. Preheat oven to 400 F.
2. Line two baking sheets with foil and lightly grease with cooking oil spray. Place the slices in a single layer on the two sheets. Spray each slice with oil, then sprinkle salt on top.
3. Bake for 10 to 15 minutes. If they aren't golden brown and crisp, bake them in 3 to 5 minute increments until done. Sprinkle with the topping of your choice.

**ALTERNATE TOPPING:**

For protein boost and cheese flavor: Sprinkle chips with 1/2 cup nutritional yeast.

For spicy flavor: Sprinkle chips with 1 tablespoon chili powder and 1/4 teaspoon cayenne pepper.

For salt and vinegar chips: Soak sunchokes in vinegar for 2 hours before frying. Drain and pat completely dry. Fry or bake as directed and sprinkle with salt.

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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.



culture almost everywhere in our country, farmers were looking for ecologically sustainable crops, and the sunchoke fit their needs. Sunchokes are now being grown commercially and by home gardeners in America.

Many small organic farms are also growing sunchokes successfully, so look for them at farm stands and farmers markets. The crop does have its downside. It tends to grow wild, and can be invasive, presenting challengers for farmers and backyard gardeners alike.

As a healthy addition to our diet, sunchokes are a low-glycemic food and possess a significant amount of protein, with very little starch. They also are rich in inulin, a natural fructose type of carbohydrate. Inulin is thought to be better tolerated by those diagnosed with Type 2 diabetes.

When shopping for sunchokes, look for firm, brown-colored tubers. If they are beginning to darken, they are not fresh. After you get them home, store in paper towels in a plastic bag in the refrigerator for up to two weeks. Don't wash your sunchokes until you are ready to use them, as moisture can lead to spoiling. Sunchokes have a thin skin and don't need to be peeled.

Sunchokes are extremely versatile. You can use them in the same way you typically use a potato. They have a crunchy texture and are delicious raw. When roasted, their nutty flavor comes out. Steamed sunchokes can stand alone or can be mixed with oth-

## The Green, Green Grass of Home

Wednesday, May 5th, 2021 Message  
 Bro. Warren Rogers, Retired Baptist Minister  
 Based on Psalm 23:2

The secret to happiness in life is not 'having what you want' but 'wanting what you have.' If you understand that, you are way ahead of most people. There has never been a time when people were more discontented than they are now. On the average we are in the top 7% of the world's wealthiest people. If you earn 30M (thousand), top 7%. Earning \$25,000, that means that 9 out of 10 people have less than you do. If you earned \$34,000, you are in the top 5% of the world's wealth bracket.

The problem is, we are never satisfied -- nice home, we want a bigger one -- nice car, we want newer or sportier one. As a nation we have more food than any other country in the world -- yet, we want more. True nationally and individually, we are always looking for better than we've got.

It was spring, but it was summer I wanted -- the warm days and great outdoors.

It was summer, but it was fall I wanted -- the colorful leaves and cool dry air.

It was fall, but it was winter I wanted -- the beautiful snow and the joy of the holiday season.

It was winter, but it was spring I wanted -- the warmth and the blossoming of nature.

**What is it?** It afflicts 70 million Americans and causes over 38,000 deaths a year. It annually costs the United States 70 billion in productivity; teens suffer from it, middle-agers face it, senior citizens are afflicted by it. Chemical abuse -- no, divorce -- no, long sermons -- close (LOL). No, it is the lack of sleep. Only one other creature has as much trouble sleeping as we do, sheep. For sheep everything has to be just right -- no predators, no tension in the flock, no bugs in the air, no hunger in their bellies, everything must be just so-so. But they cannot find a safe pasture, nor spray for bugs, deal with friction in the herd, or find food. They need a shepherd.

Without a shepherd they can't rest -- neither can we. See Psalm 23:1-2.

In the ten commandments, God needs only five (5) words to condemn adultery, four (4) on thievery and murder, but it took verses 8, 9, 10 & 11 to devote to the importance of rest.

The shepherd looks on his flock, and they are lying down; he knows they are content, not hungry nor afraid. He knows their four basic needs are met. The same as yours and mine.

**#1 The need for sufficiency** -- "He maketh me to lie down in green pastures." Psalm 23:2 The sheep's needs have been met -- God knows our needs. He may not meet your need when you want him to or how you want, but he is faithful and just to supply all our needs according to his riches in glory. See Philippeans 4:19.

**#2 The need for security** -- sheep will not rest if they are scared. See John 10:1,2 & 14.

**#3 The need for stability** -- sheep will not drink unstable water. It must be still. "he leadeth me beside the still waters." Psalm 23:2

**#4 The need for significance** -- in the far east shepherds lead their sheep, they know each one by name and by sight.

Let's look at the significance of your soul. Five things that we use to determine something's worth.

- Who made it -- **God.**
- How many were made -- **you are significant.**
- How well was it made -- **fearfully and wonderfully made.**
- What condition is it in -- **you are a brand-new creature in Christ.**
- What was somebody willing to pay for it -- **The Blood of the Lamb.**

**John 10:9** says, "I am the door: by me if any man enter in, he shall be saved, and shall go in and out, and find pasture."

Friends, until next week, may God bless 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

## Out on a Limb

by Gary Kopervas

