

It's amazing how high you can jump when a bear's after you



America's Heartland
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bear. When Billy got close, the bear saw him and took off after him.

"I took off running as fast as I could go, looking for a tree to climb," Billy said. "When I finally got to a tree, I tell you, the first limb was at least 10 feet high. I jumped and missed the thing. You know what I did? I caught it on my way down."

It's amazing what we can do with the right motivation. I'd imagine we'd be motivated to run fast and jump high with a bear chasing us.

Did you ever stop and examine your motivations for the things you do? Jesus told us that we need to be careful not to do good deeds just to

impress folks around us, because if we do, we will have no reward with our Father in Heaven.

Jesus said there are people who want to sound a trumpet to draw attention to themselves when they do something for someone. Obviously, people who do that sort of thing don't have pure motivations.

Later, Jesus was watching as people put their offerings into the temple treasury. Many of them who were rich put in lots of money, and apparently made sure folks knew about it. Then, a poor widow dropped in two small coins.

"And he called unto him his disciples and saith unto them,

Verily I say unto you, that this poor widow hath cast more in than all they which have cast into the treasury, for all they did cast in of their abundance, but she of her want did cast in all that she had, even all her living" (Mark 12:43-44).

I envision that poor widow making no show whatsoever when she gave every bit of money she had in this world. She was not pretentious in any way. And Jesus memorialized her through the ages with the mention in the Scriptures. Why? Because her motivation was pure. That widow gave from a pure heart.

This is what I know: People around here are generous giv-

ers. They always have been. When they see a need, they meet it. And no one will ever know anything about it. Our neighbors here are nothing like the hypocrites Jesus talked about. They're more like the widow in that they always give from pure hearts.

We may be able to give generously. We may even be able to jump 10 feet into a tree with a bear behind chasing us. But, whatever great things we do, let's not seek the applause of men. Instead, let's be satisfied that the Lord knows and is pleased with us.

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Kitchen Diva by Angela Shelf Medearis

Fajitas Make Memorable Memorial Day Menu

Fajitas were invented by the vaqueros and cowboys of the Southwest and northern Mexico. During cattle roundups, they were given the less-desirable parts of the cow (the head, hide, entrails and meat trimmings such as the skirt steak) as part of their weekly pay. From these discarded scraps, the cowboys created dishes like barbacoa de cabeza (head barbecue), menudo (tripe stew) and the fajitas/ar-racheras (grilled skirt steak) that have become so popular on modern menus.

Fajita is the diminutive form of the Spanish word "faja," which translates to "belt" or "girdle" in English. The word was commonly used by butchers along the Texas/Mexico border and refers to the diaphragm muscle of a steer.

Traditionally, fajitas were created to make use of skirt steak, the long, flat cut of beef steak from the belly of the cow. Skirt steaks are usually marinated and braised over low heat to make them palatable. The meat should be sliced across the grain and into thin pieces to ensure that the meat will be tender.

Fajitas have become a traditional part of Tex-Mex cuisine in the Southwest and have gained popularity nationwide. Texas restaurants typically serve the grilled beef on a sizzling hot, cast-iron platter full of grilled slices of onions and bell peppers, along with a stack of flour or corn tortillas, shredded lettuce, sour cream, guacamole, salsa, pico de gallo, cheese and tomatoes.

Fajitas are typically made with skirt steak, but any type of meat can be used, including chicken, pork, shrimp and all cuts of beef. I like to serve my vegetarian friends a grilled "veggie" fajita, or change up the recipe by using grilled seafood.

For a memorable Memorial Day meal, try this delicious twist on beef fajitas using fish and shrimp. You also can season and grill your favorite vegetables as directed below and serve them on corn or flour tortillas with traditional fajita condiments.

SHRIMP AND FISH FAJITAS

- 1 tablespoon sweet paprika
- 1 tablespoon salt
- 1 tablespoon garlic powder
- 1 tablespoon onion powder
- 3/4 teaspoon black pepper
- 1/2 teaspoon cayenne pepper
- 1/2 teaspoon dried thyme (or 1 1/2 teaspoons fresh thyme)
- 1/2 teaspoon dried oregano (or 1 1/2 teaspoons fresh oregano)
- 1/2 cup olive oil
- 1/2 cup lime juice
- 2 pounds medium or large shrimp, shelled and deveined
- 1 pound white fish, such as bass, catfish, cod, orange roughy, salmon, tuna, sole, trout or tilapia
- 1 medium onion, halved
- 1 green bell pepper, seeded and halved



SHRIMP AND FISH FAJITAS

1. In a small bowl, blend together the paprika, salt, garlic powder, onion powder, black pepper, cayenne pepper, thyme and oregano. Pour the olive oil and lime juice over the shrimp and fish, and turn to coat. Use half the spice mixture to season the shrimp and the other half for the fish.

2. Using a grill basket or other seafood-grilling device, grill fish and shrimp over medium coals for about 5 minutes, stirring shrimp occasionally and turning fish once. (If you do not have a grilling basket, make a small packet with foil, and poke small holes in the packet with a fork.)

3. While the fish and shrimp are cooking, grill the onion and bell pepper until tender, about five minutes, turning once. Remove from heat and cut the fish, onion and bell pepper into strips.

4. Serve in flour tortillas with salsa, guacamole, sour cream and refried beans. Serves 6.

 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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Thank A Soldier - A Tribute to Those Who Paid The Price For Our Freedom

Wednesday, May 26th, 2021 Message
 Bro. Warren Rogers, Retired Baptist Minister

Memorial day is a time each year when we pause to remember those who laid down their lives for family, friends, and freedom. One week after the Pearl Harbor attack, President Franklin D. Roosevelt said, "Those who have long enjoyed such privileges as we enjoy forget in time that men have died to win them." Freedom is never free; it's almost always bought with the blood of patriots.

We enjoy a lot of freedom in our country. We are free to attend church, we are free to choose what we want to be when we grow up, we are free to choose where we want to live, we are free to choose most of the things that affect our daily lives.

Three things that our soldiers have provided for America:

#1 Liberty: Of the many things the deaths of our soldiers provide for us, liberty is by far one of the greatest. I think the first verse of, "**My Country, 'Tis of Thee,**" tells the whole story. "*My country, 'tis of thee, Sweet land of liberty, Of thee I sing; Land where my fathers died, Land of the pilgrims' pride, From ev'ry mountainside Let freedom ring!*"

#2 Security: Perhaps verse four says it best: "*Our fathers' God to Thee, Author of liberty, To Thee we sing. Long may our land be bright, With freedom's holy light, Protect us by Thy might, Great God our King!*"

#3 Peace: I get chill bumps when I hear the "**Star-Spangled Banner.**" The fourth verse is not heard very much at all, but it says a lot. "*O thus be it ever, when freemen shall stand. Between their loved homes and the war's desolation. Blest with vict'ry and peace, may the Heav'n rescued land. Praise the Power that hath made and preserved us a nation! Then conquer we must, when our cause it is just, And this be our motto: 'In God is our trust.' And the star-spangled banner in triumph shall wave. O'er the land of the free and the home of the brave!*"

There are many things we enjoy at the expense of the lives of our soldiers, so today we want to honor their courage, their valor, their sacrifice by simply saying "Thank You," for what they have given to us. Let us never forget!

Let us never forget the one who died on the cross to purchase these same things for us -- Freedom, Security, & Peace You can have these by trusting Jesus as your Savior.

Friends, until next week, may God bless you is my prayer. If you would like to contact me, you may call or text 606-481-0444.

Warren Rogers,
 Retired Baptist preacher

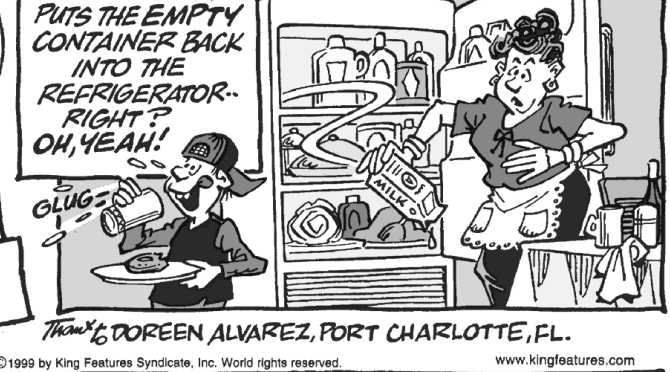
THEY'LL DO IT EVERY TIME

NOT IN OUR LIFETIME - THE VERY FIRST FABRIC SAMPLE IS SHOWN AND...



BY AL SCADUTO

ANY MOM WILL TELL YOU - THERE'S ALWAYS ONE FAMILY MEMBER WHO DEVOURS THE LAST DROP



TRUCKER LUGNUT HAS TO YELL TO BE HEARD ABOVE THE ENGINES RACKET...



AND THEN WHEN HE STEPS OUT, HE STILL DOESN'T TURN DOWN HIS DECIBEL LEVEL...



LAFF - A - DAY



"Don't think of it as leftovers. Think of it as a replay."