

There must be a reason cows have horns and horses don't



America's Heartland

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"Well, some breeds of cattle don't grow horns," the farmer explained. "Others do, and we cut them off so they're not a danger to other cattle or to people. Sometimes, when they're small calves, we put dehorning paste on them, and they dissolve. But the reason that particular cow doesn't have horns is because it's a horse."

The truth is, if we're unfamiliar with rural living, there are lots of things we don't know or understand. By the same token, if we're unfamiliar with city living, there are lots of things we don't know or understand. And, with human nature being what it is, pride can well up in us simply because we know something the other person doesn't.

That's not just a city vs. country thing. Pride can well up in us because we have something our neighbor doesn't, no matter where we live.

Oh, but we must remember God hates pride. He warns us: "Pride goeth before destruction, and a haughty spirit before a fall" (Proverbs 16:18).

I was driving to church the other day on the outskirts of Atlanta and was struck by the ginormous homes along the way. With so many professional sports teams, Atlanta has a great number of highly paid athletes who can afford multi-million dollar homes. Atlanta also has highly paid businessmen working for major Fortune 500 companies who can afford multi-

million dollar homes. Yet, I've found those people aren't puffed up with pride.

In all honesty, the most prideful attitudes I've encountered have been in less well-to-do communities where people have become puffed up because their four-bedroom homes are a little bigger than the neighbor's down the road, because their pickup truck sits higher than the neighbor's down the road, because their car is a little newer, or because their lawn is a little greener, or because their cows are a little fatter.

Pride gives us a feeling of superiority. It convinces us that we're better than others, and even that we have no need for the Lord because we

can handle things ourselves.

What we need to keep in mind always is that, "God opposes the proud, but gives grace to the humble" (James 4:6).

Knowing the difference between a cow and a horse doesn't make us better than someone else. It just shows we grew up on a farm. Knowing how to maneuver in a big city subway system doesn't make us better than someone else. It just shows we grew up in the city.

Let's lose the prideful attitudes that cause us to lift ourselves up, and let's lift up Jesus, the only One who is worthy.

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Kitchen Diva by Angela Shelf Medearis Salsa Adds Spice to Red Snapper

Dear Readers:

Over a decade ago, I was given the wonderful opportunity to work King Features Weekly Service to create The Kitchen Diva! food and lifestyle column. Editor Jim Clarke helped me to craft 800 words, including a recipe, into a user-friendly and, hopefully, entertaining format each week, year in and year out. This is my last column for King Features, and I'd like to take this opportunity to thank Jim for being such an extraordinary editor, the King Features Weekly Service staff and all of you for your interest and support of my work.

I've enjoyed reading your emails, searching for recipes that you loved and lost, and answering questions about your cooking dilemmas. I feel like I've made thousands of new friends over the years. I can't thank you all enough for the privilege of doing what I love, and the honor of being able to share my thoughts and new discoveries with you each week.

When I started The Kitchen Diva column, I was transitioning into the culinary world after writing more than 100 children's books and visiting schools and presenting speeches at literacy conferences all over the U.S. and Europe. My love affair with studying culinary history, writing about food, creating recipes, publishing cookbooks and doing cooking demos as The Kitchen Diva! is an odd turn of events considering I was never a great cook.

My mother, Angeline, is a wonderful cook, among her many other artistic talents, so I never felt the need to try to cook anything when I was growing up. My mother's decision to supplement her income by baking and selling her fabulous pies was the impetus of my career change. But instead of baking and selling pies, my sister Sandra suggested that I write a cookbook containing her recipes.

I taught myself how to cook and to write a recipe as part of the educational process of creating my first cookbook, "The African American Kitchen," with lots of help from my mother and my sister Marcia. I had no idea how labor-intensive, expensive (we bought all of the ingredients and tested over 150 recipes) and challenging this cookbook would be. I spent two years studying culinary history and heritage recipes from Africa, South America, the Caribbean, old Southern "receipts and scripts" and the African-influenced melting pot of cuisines that make up the foundation of the way that we eat in America today.

Over the past two decades, I've also observed the impact of recipes, handed down from generation to generation and prepared for the people you love, to bond together a family or to wel-

come new friends. It's those recipes for life that have held me in good stead through the horrible and heartbreaking national and personal events during the pandemic last year. Jim, my editor at King Features, took over my column in order to allow me to take the time that I needed to run The Kitchen Diva's Health Outreach, a division of Book Boosters, our families' non-profit education, health and social-service agency.

We were able to distribute hundreds of prepared meals, and to purchase canned and packaged foods to establish onsite pantries for families living in apartments in underserved communities here in Austin, Texas, during the pandemic and the horrible winter storm last year. I want to devote more time to operating our

non-profit health outreach division and focus on educating and empowering people all over the world about ways to combat diabetes and diet-related illnesses using every form of media.

So, dear readers, as a tribute to my mother, Angeline, who LOVES collard greens, I'm sharing one of her favorite recipes with you. Enjoy, and "see" you soon!

ANGELINE'S EASY COLLARD GREENS
1 large bunch (about 10 ounces) collard greens

- 3 tablespoons olive or vegetable oil
- 1 red bell pepper, seeded, ribs removed and thinly sliced
- 1 yellow onion, peeled and thinly sliced
- 1 tablespoon garlic powder
- 1 teaspoon salt
- 1 teaspoon sugar
- 1/2 teaspoon cayenne pepper
- 2 tablespoons balsamic or red wine vinegar

1. Wash the greens in cool water to remove any dirt. Cut the thick central ribs out of the collard greens. Stack the leaves on top of one another. Starting at one end, roll them up into a cigar-shaped shape, then slice across the roll to make the greens into thin strips about 1/8-inch wide, and cut again lengthwise.

2. Place a large, heavy bottomed skillet over medium-high heat. Add the olive oil and heat for a minute. Then add the greens and all of the rest of the ingredients except for the vinegar. Cook the greens, stirring every 30-seconds to combine the ingredients and cook them through, about 8 to 10 minutes.

3. Transfer the collards to a serving bowl, sprinkle them with the vinegar, stir and serve immediately. Serves 4.

EDITOR'S NOTE: This is Angela's final column. We'll be debuting a new cooking column next week (0726). Recipes for Life.

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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Angeline Shelf Medearis with her mother, Angeline

God Wants Us To Know The Truth About Himself

Wednesday, July 21st, 2021 Message
Bro. Warren Rogers, Retired Baptist Minister

Actual warning labels:

Window air conditioner, "Avoid dropping air conditioner out of window."

Halloween Superman Costume, "Cape does not enable you to fly."

Nabisco Easy Spread Cheese, "For best results, remove cap."

Luke 20:9-19 is a warning label from God that tells us, "If you reject God, you will receive God's judgement."

Reason #1 -- God is good. He placed mankind in the world to tend and take care of it. "The earth is the LORD'S, and the fulness thereof; the world, and they that dwell therein." Psalm 24:1

Genesis' first words -- "In the beginning God created the heaven and the earth." Genesis 1:1

There is lots of speculation about how the world came into existence. My favorite is the big bang theory -- I believe God spoke and BANG, it was done.

I believe God created the sun, moon, stars, the earth, and everything in existence. Read Genesis chapter 1.

"Every good gift and every perfect gift is from above, and cometh down from the Father of lights, with whom is no variableness, neither shadow of turning." James 1:17

Reason #2 -- God is patient with you: God sends us many messengers. In the Old Testament, God sent many prophets to Israel to warn them of the dangers of rejecting God. Many prophets were rejected -- Elijah was threatened by a wicked Queen, Jeremiah was thrown into a pit to die. Amos was scorned and ridiculed.

The prophets were never valued until they died. "But, beloved, be not ignorant of this one thing, that one day is with the Lord as a thousand years, and a thousand years as one day." 2 Peter 3:9 God is giving you and I another chance right now.

Reason #3 -- God is loving: He sent his only Son. "For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life." John 3:16

Instead of welcoming Jesus with open arms, the world rejected, tortured and crucified him.

"But God commendeth his love toward us, in that, while we were yet sinners, Christ died for us." Romans 5:8

God has written thousands of love letters to you. Every page of the Bible expresses his love. The reason most people don't understand the Bible is because they read it like a paperback novel. In other words, they don't take time to study.

Reason #4 -- God is Holy -- He will punish sin. See Revelation 16:4-7 "Thou art righteous, O Lord, which art, and wast, and shalt be, because thou hast judged thus. For they have shed the blood of saints and prophets... And I heard another out of the altar say, Even so, Lord God Almighty, true and righteous are thy judgments." Revelation 16:7

What God is really like -- Good, patient, loving; but he is holy and just. If you reject God's Son, you will receive God's judgement. See Isaiah 13:11 and Jeremiah 21:14.

"And these shall go away into everlasting punishment: but the righteous into life eternal." Matthew 25:46

"But as many as received him, to them gave he power to become the sons of God, even to them that believe on his name." John 1:12

God desires that we know more about him. "Study to shew thyself approved unto God, a workman that needeth not to be ashamed, rightly dividing the word of truth." 2 Timothy 2:15

Friends, the truth about God, is, he's crazy about you. He desires you to know him in a more personal way. Take time to study God's word.

Until next week, may God bless each one who reads this column. If you would like to contact me, call or text 606-481-0444.

Warren Rogers, Baptist preacher