

Compiled by Lila Briggs

“The true Christian is like Sandalwood, which imparts its fragrance to the axe which cuts it, without doing any harm in return.”

- *Sundar Singh*

Worth Reading:

There is a book called What Would Jesus Do Today? co-written by Mike Cope and Rubel Shelly. It is definitely worth the time you will spend to read it. The following is an excerpt from the introduction:

“Leonard Sweet, in his “Magna Charta of Trust by an Out of Control Disciple,” challenges us to greater heights.

“I am part of the church of the Out-of- Control. I once was a control junkie, but now am an Out- of- Control Disciple. I’ve given up my control to God. I trust and obey the Spirit. I’ve jumped off the fence, I’ve stepped over the line, I’ve Pulled out all the stops. There’s no turning back, looking around, slowing down, backing away, letting up or shutting up. It’s life Against the Odds, Outside the Box, Over the Wall, the game of life played Without Goal Lines other than “Thy will be done. ..”

I am not here to please the dominant culture. I live to please my Lord and Savior. My spiritual taste buds have graduated from fizz to froth to Fire and Ice. Sometimes I’m called to sharpen the cutting edge, and sometimes to blunt the cutting edge. Don’t give me that old time religion. Don’t give me that new time religion. Give me that all time religion that’s as hard as rock and as soft as snow.

I’ve stopped trying to make life work, and started trying to make life sing. I am finished with second hand sensations, third rate dreams, low risk high rise trades and goose stepping, flag waving crusades. I no longer live by and for anything but everything, God-breathed, Christ-centered and Spirit driven.

I can't be bought by any personalities or perks, positions or prizes. I won't give up, though I may give in . . . to openness of mind, humbleness of heart and generosity of spirit. In the face of adversity no longer will I hang in there, I will stand in there, I will run in there, I will pray in there, I will sacrifice in there, I will endure in there—in fact I will do everything in there but hang. My face is upward, my feet are forward, my eyes are focused, my way is cloudy, my knees are worn, my seat un-creased, my heart burdened, my spirit light, my road narrow, my mission wide.

I won't be seduced by popularity, traduced by criticism, travestied by hypocrisy or trivialized by mediocrity. I am organized religion's best friend and worst nightmare. I won't back down, slow down, shut down, or let down until I'm preached out, taught out, healed out or hauled out of Gods mission in the world entrusted to members of the Church of the Out-of-Control. . .to unbind the confined, whether they're the downtrodden or the upscale, the overlooked or the underrepresented.

My fundamental identity is as a disciple of Jesus—but even more, as a disciple of Jesus who lives in Christ, who doesn't walk through history simply “in His steps, but seeks to travel more deeply in His Spirit.

Until He comes again or calls me home, you can find me filling not killing time so that one day he will pick me out in the lineup of the ages as one of His own. And then. . .it will be worth it all. .to hear these words, the most precious words I can ever hear: “Well done, thou good and faithful. .Our –of – Control Disciple.”

(You might want to read the book. I found it helpful and challenging and a good reminder of what being a “Christ”ian is really all about.)

A little farther into the book they talk about being the “salt and light’ and what that means and say:

“We must not be “of the world” if we are to follow Jesus. Our lives must be distinctive. But we also must be “in the world”. Rather than escape, hide, build high walls, and then pull up the draw bridge, we must open ourselves to men and women who are lost in every sense of the word.”

The book is about how to do the things Christ asked of us and expects of us in our chaotic, sin filled world today.

ALSO RECOMMENDED FOR READING:

Max Lucado has a book entitled Every Day Deserves a Chance. I found it to be very encouraging. And if you are or have been or will be going through difficult times ...it is especially helpful...but covers a number of subjects that affect our days and make them “good” or “bad”. He talks about how to make them all “good”, with the help of the triune God. Doesn’t take long to read it ...has 122 pages plus a study guide if you want to use it as a group study, or for your individual study. I really found it worth reading. It’s in the Mesa Co Public Library, if you don’t wish to buy your own copy. Lila

Had a Physical Lately? Why Not a “Spiritual”?

In one of the Does God Exist publications, there was an article by Dr. Frank Black. I thought this was worth considering, so decided to share it in case some of you didn’t get to read it. (J. Clayton gave me permission to use anything I wished from his publication and I am grateful to him for that privilege.)

“Everyone knows what I’m talking about when I ask if you have had a physical exam lately. But have you ever thought about having a “spiritual” exam? Not a bad idea, is it? You know about physical parameters or vital signs that would be checked; height, weight, blood pressure, temperature, serum cholesterol, blood sugar, EKG, etc. Notice these are all objective parameters—easily measurable, but what would be your spiritual parameters or “spiritual vital signs,” and how would they be checked?

Let’s start a list of spiritual vital signs; levels, of faiths, love, belief, compassion, forgiveness, private thoughts, attitude, thankfulness, selfishness, prayer life, honesty and so forth. With some exception most of these parameters are subjective and certainly not easily measurable. But there are definitely some objective measurements that can be used in evaluating your “spiritual fitness”: your words, how you treat others, generosity in giving of yourself monetarily and in service, observable life traits and habits, etc.

In our current American culture most people are very health conscious. I imagine you are also—and rightly so. Being a physician I am acutely aware of this. But seriously, are you concerned about your spiritual fitness? Have you ever thought about it in these terms? Regarding your physical fitness, you probably have some dietary and exercise regimen that “ideally” you adhere to. How about some spiritual regimen (spiritual diet or spiritual exercise) to stay fit?

This could include more Bible study, reading articles and books by religious scholars, improving your prayer life, teaching Bible classes, serving the needy, specifically working on personal traits or habits that need improvement, etc. If you are successful, people will notice! In fact, you should have a “spiritual physician”—a friend who holds you personally accountable.

I can use some common euphemisms or concepts that relate to the physical as well as to our spiritual “shape.” You may add to the list:

“If you don’t use it, you’ll lose it.”

If we let our spiritual health lag or put it on hold, we lose ground.

“No pain, no gain”

It takes time and energy to grow spiritually and to serve others.

“Don’t be a couch potato.”

Just as we can become physical sluggards; likewise, we can become spiritual sluggards.

Mankind’s greatest concern is his physical health, but mankind’s greatest need is his spiritual health. Just as being in good physical condition allows you to do more and enjoy life more, the exact same can be said about being in good spiritual condition.

Isn’t it usually obvious who is in good physical shape? It’s likewise obvious who is in good spiritual shape. How? Look at Matthew 7:16, “by their fruit you will recognize them...”, Paul tells us in Galatians 5:22 and 23 what to look for. “The fruit of the spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.”

In our churches it is infinitely acceptable for people to be sick or to have surgery. OF course this is true. Many appropriate prayers are offered in their behalf. How many prayers do you hear offered for peoples spiritual health? Let us not forget this vital aspect of prayer,.. for ourselves and for others. Search the scriptures and you will find many more prayers for peoples’ spiritual well being than for their physical well being.

I conclude by asking these simple questions:

When was your last “Spiritual Exam”?

What is the status of your spiritual health? (Did you pass your “Spiritual”?)

As follower of Jesus, I must have the same kind of built in alertness and loyalty. In my activities every day, I need to be constantly receptive to any directions the Holy Spirit sends me and be willing to act accordingly.

“Those who are led by the spirit of God are sons of God.” - Romans 8:14 (NIV)

Thank You God, for Your Spirit to give me directions for my life. Thank You for the desire to do Your will. Grant that I will remain alert for Your call. In Jesus’ name, Amen.

The two readings above are from Sandra Drescher’s book Just Between God & Me.



KITCHEN STUFF!!

Leftover Ideas

LEFTOVER BEEF:

Heat 2 tbsp oil in large skillet over high heat. Add 2 cups small broccoli florets, a 5 oz pkg sliced shitake mushrooms and 1 cup shredded carrots: saute’ 2 minutes. Add 3 cups water, bring to a boil. Crumble in noodles from two 3 oz pkgs ramen noodles

(reserve seasoning packets for another use). Simmer, covered, 3 minutes or until noodles are almost soft. Stir in 2 cups leftover strips of beef and ¼ cup stir fry sauce. Simmer, uncovered, 1 minutes more or until noodles are soft and heated through.

HELPFUL IDEAS...

Not ready to use the meat you recently bought? Save time by freezing it with marinade in a zip top freezer bag. When you’re ready to use it just refrigerate overnight—the meat marinates as it defrosts.

Blend half a 6 oz can frozen limeade concentrate, 2 to 3 cups ice cubes, ¼ cup water and a few drops blue food color until slushy.

Grilling corn in the husk steams it and keeps it from drying out. To prevent the husk from charring too quickly while cooking, pull it back, remove silk, then recover corn and soak in cold water for at least 15 minutes before grilling.

Upgrade classic corn on the cob: Swap butter for heart healthy olive oil and sea son with one of these zippy toppings, adding it just after cooking. Each recipe makes enough for eight ears of corn.

Basil Mint pesto:
Puree 2 garlic cloves and $\frac{3}{4}$ cup olive oil in a blender. With machine running, add 1 cup packed fresh mint and $\frac{1}{4}$ cup packed fresh basil; puree for 1 minute. Brush corn with pesto; season with coarse salt.

Brighten up copper cookware and fixtures the nontoxic, earth-friendly way. Sprinkle baking soda on the cut side of a lemon, then use as a scrubber. Once you've polished the surface to a shine, use a damp sponge to wipe off the paste.

Recipes (from Woman's Day and Martha Stewart magazines)

Potato Salad

Serves 8

Active 15 min - Total 2 $\frac{1}{2}$ hr

2 $\frac{1}{2}$ lb red potatoes, cut into 1 in chunks

1 cup fresh corn kernels

3 Tbsp cider vinegar

$\frac{1}{2}$ tsp salt

$\frac{1}{4}$ tsp pepper

$\frac{1}{2}$ cup light mayonnaise

Southwest spice:
combine 2 tsp chili powder, 1 teaspoon each ground toasted cumin and coriander seeds, and 2 tsp coarse salt. Brush corn with olive oil, sprinkle with spices.

Black pepper and thyme:
Brush corn with olive oil, sprinkle with 1 tblsp fresh thyme; season with coarse salt and freshly ground pepper.

Lime Zest:
Combine 1 tblsp finely grated lime zest (from 2 limes) and 2 teasp coarse salt. Brush corn with olive oil; sprinkle with zest mixture.

$\frac{1}{2}$ cup plain fat free yogurt

$\frac{1}{3}$ cup water

1 tsp Dijon mustard

$\frac{3}{4}$ cup each chopped celery and sliced scallions

$\frac{1}{2}$ cup chopped fresh dill

Directions:

Bring potatoes in enough water to cover to a boil. Reduce heat and simmer 6 minutes or until they are almost tender. Add corn; simmer 1 minute or until potatoes are tender and corn crisp tender. Drain. Transfer to bowl and toss with vinegar, salt and pepper. Cool. In another bowl, stir mayonnaise, yogurt, water and mustard until smooth. Add potatoes, celery, scallions and dill. Toss to mix and coat thoroughly. Cover and refrigerate at least 2 hours.

Tip: this salad tastes better made the day before serving so the flavors get to blend together.

Pound Cake with Peaches and Cream

Active time: 10 min - Total time: 55 min

Yield: one 5 x 9 inch cake - serves 4-8

3 peaches, sliced into $\frac{1}{4}$ inch thick wedges

$\frac{1}{4}$ cup plus 1 tablespoon confectioners' sugar

1 cup cold heavy cream

1 store-bought pound cake, sliced horizontally into 3 even pieces.

(Note: You can use cool whip, etc. if you desire)

Toss peaches with 1 tbsp sugar. Whisk cream and remaining sugar until stiff peaks form. Line a 5 x 9 inch loaf pan with plastic wrap, leaving a 3 inch overhang on all sides. Lay bottom slice of pound cake in pan. Arrange half the peaches on top in a single layer. Spread half the whipped cream over peaches, and top with middle slice of pound cake. Repeat with remaining peaches, whipped cream and slice of pound cake. Wrap cake gently with plastic wrap and freeze for at least 45 minutes. Remove cake from pan by using plastic overhangs to lift. Slice cake into 1 inch thick slices. Serve immediately.

Chicago Hotdogs: how to build! Yield: Makes 6

Brush outsides of 6 split hot dog buns with 3 tbsp melted unsalted butter, sprinkle with 1 tbsp plus 1 tsp poppy seeds. Bake, split sides down, at 350° until warm, about 5 minutes. Warm 6 all beef hot dogs in boiling water for 5 minutes, transfer to buns. Arrange a dill pickle spear on one side of each hot dog and 2 tomato wedges on the other side. Squirt yellow mustard over each in a zigzag ,

top with a dollop of sweet relish. Divide 1 small onion, finely chopped, among hot dogs. Top each with a sport pepper or a pepperocini. Sprinkle with celery salt.

Car Owner Tips (from "Woman's Day" magazine)

Here are some ways to help save on fuel:

Check your tire pressure - "You can improve fuel economy by up to 10 percent by keeping your tires properly inflated." Sasy John Nielsen, national director of auto repair for AAA. Check them monthly with a gauge when they're cold. Correct tire pressure are listed in the vehicle owner's manual and on the driver's side door jamb.

Don't idle - Thirty seconds of idling uses more gas than shutting off and restarting your engine, according to AAA. Cut the engine while waiting for your child after school and while in line at the drive thru.

Slow Down - There is less aerodynamic resistance on your car at lower speeds, making it

easier to propel forward. That improves fuel efficiency. Dropping from 70 mph to 60 mph can increase mileage by as much as 18 percent, notes Nielsen.

Drive steadily - Don't accelerate rapidly, and stay at a steady speed. "Drive as if the gas pedal is an egg under your foot," says Patricia Serratore, senior vice president at the National Institute for Automotive Service Excellence. On flat, straight roads, use cruise control, which works at speeds as low as about 35 mph.

Lighten Up - the heavier your car, the more fuel required to power it. Carry only the stuff you really need.

DIY Car Emergency Kit - Do you have these things in your vehicle??

- First aid kit
- Fully charged cell phone to call for help
- Properly inflated spare tire in case of a flat

- Owner's manual to look up the meaning of dashboard warning lights
- Hand cranked or battery powered combination radio/flashlight
- State map

- When kids are on board, moist towelettes, a change of kids' clothes for unexpected messes, and plastic ziptop bags in case they get sick

For rural travel or a road trip: drinking water, nonperishable food, and a safety triangle or similar warning device.

Sing Praises!

"All The Way My Savior Leads Me"

(From One Year Book of Hymns by Brown & Norton)

"Jesus doeth all things well." It probably wasn't always easy for Fanny Crosby to believe that. When she was only six weeks old, she lost her sight because of a doctor's error. "I have always believed," she said, "that the good Lord, in His infinite mercy, by this means consecrated me to the work that I am still permitted to do." And generations of hymn singers have been blessed by Crosby's thoughtful and praise filled hymn texts.

This particular hymn was written on a day when Crosby needed five dollars and didn't know where she would get it. She prayed about it, and a few minutes later a stranger came to her door and handed her that exact amount.

She was amazed at the Lord's marvelous answer to her simple prayer. "I have no way of accounting for this," she wrote. "Except to believe that God, in answer to my prayer, put it into the heart of this good man to bring the money. My first thought was, 'It is so wonderful the way the Lord leads me.' "

**All the way my savor leads me,
what have I to ask beside?
Can I doubt His tender mercy,
who through life has been my guide?
Heav'nly peace, divinest comfort,
here by faith in Him to dwell!!
For I know whate'er befall me,
Jesus doeth all things well;
For I know whate'er befall me,
Jesus doeth all things well.**

**All the way my Savior leads me;
cheers each winding path I tread.
Gives me grace for ev'ry trial,
feeds me with the living bread;
though my weary steps may falter,**

**and my soul athirst may be,
gushing from the Rock before me,
Lo! A spring of joy I see;
gushing from the Rock before me,
Lo! A spring of joy I see.**

**All the way my Savior leads me:
Oh, the fullness of His love!
Perfect rest to me is promised
in my Father's house above;
when my spirit, cloth'd immortal,
wings its flight to realms of day,
this my song through endless ages;
Jesus led me all the way,
this my song through endless ages:
Jesus led me all the way.**

Fanny Jane Crosby (1820-1915)

"Within your temple, O God, we meditate on your unfailing love. Like your name, O God, your praise reaches to the ends of the earth, your right hand is filled with righteousness....for this God is our God forever and ever, He will be our guide even to the end." (Psalm 48:10,14)

Find The Books Of The Bible: (An easy one for you this month!)

Can you find the names of 16 books of the Bible in the paragraph below without the aid of your Bible? (One minister found 15 of the books in 20 minutes, but it took him weeks to find the last one.)

Rules: there are no rules - just find the names - punctuation and grammatical marks are irrelevant and can be ignored as can physical placement.

I once made the remark about the hidden books of the Bible. It was a lulu: Kept people looking so hard for facts... and for others it was a revelation. Some were in a jam, especially since the names of the books were not capitalized. But the truth finally struck home to numbers of our readers. To others it was a real job. We want it to be a most fascinating few moments for you. Yes, there will be some really easy ones to spot. Others may require judges to help them. I will quickly admit it

usually takes a minister to find one of them, and there will be loud lamentations when it is found. A little lady says she brews a cup of tea so she can concentrate better. See how well you can compete. Relax now, for there really are sixteen names of books of the Bible in this.

Answers To July's Quiz - The most mentioned women in the Bible:

- | | | |
|-----------|------------------------|-------------------|
| 1. Sarah | 4. Rebekah | 7. Abigail |
| 2. Rachel | 5. Jezebel | 8. Miriam |
| 3. Leah | 6. Mary, Jesus' mother | 9. Mary Magdalene |

CRAFTS

(from "Martha Stewart" Magazine)

Gift wrapping idea:

When wrapping for a male, use a box that is tall enough and shaped so you can do the following (you can also use this idea on plastic containers which you might put food gifts in):

Take white paper or cardboard to make your own (or check to see if you can download these from Marthastewart.com/cookies-clipart). Make a white strip to go around three sides of the container and cut to make collars like the front of a white shirt on the last side. Cut these from one strip of paper or whatever you choose to use. Then attach to the top edges of the container. It will look like a shirt collar on someone's neck. Then make a necktie...also

from paper, cardboard...or you could use some type of material if you prefer. Attach it in the proper place under and on the front of the collar.. Makes a clever package for a male. You can wrap the package first ...you might want to wrap it in the same color you are going to make your collar. I like the white shirt look with a colored tie but whatever you feel appropriate for the person you are giving it to. With the plastic containers if they are clear and you want the cookies or whatever to show through...just put the collar and tie onwithout wrapping.

Marriage

A few quotes from Debbi Pearl in her book Created to be his Helpmeet. Especially for wives or potential wives. Some things for women to consider. There are many more in the book, if you care to read it for yourself.

* When you are a help meet to your husband, you are a helper to Christ.

* Men are highly attracted to smiles; that includes your husband.

* Never demand that a man love you and cherish you because he ought to. ..earn every smile and shared moments.

* God stand with you when you stand by your man.

* Discontentment is not a product of circumstances; it is the state of the soul.

* Because I have known such love and closeness with a man, it makes my understanding of and appreciation for God much deeper.

* I want you to know something wonderful about Jesus, with Him it doesn't matter where you have been or who you have been with, because His love and forgiveness can reach down and make you His bride.

* When a weak sister fulfills her divine purpose of being a true help meet, it brings great glory and joy to God.

* She was totally deceived into thinking that her female intuition, sensitivity and passions were spirituality.

* Satan didn't even give me a chance to get properly bedded before he introduced himself to me, just as he did to Eve, and I like my big sister Eve, fell for his line.

* If you fight his inadequacies, both of you will fail. If you love him and support him with his inadequacies and without taking charge, both of you will succeed and grow.

Parenting

Children And Alcohol – start early to warn them of its dangers

(from “Woman’s Day” magazine)

You may think it’s too soon to have the anti alcohol talk with your fourth or fifth grader, but a study of more than 4000 Chicago students says that it’s not.

Roughly 17% of sixth graders had used alcohol within the past year, the researchers found – and kids who are already drinking may be less receptive to prevention programs.

Talk about alcohol with your tween by looking for “teachable moments,” says Keryn E. Pasch, PHD, MPH, lead author of

the study. “If you see underage drinking on TV, use it as a chance to talk about why it’s a bad idea to drink, how to deal with peer pressure and how to say no when alcohol is offered.”

How can you tell if your grade school child is drinking (other than smelling it on their breath)? Dr. Pasch says the sixth graders who were drinking were much more likely to have friends who did too, so one clue is if he talks about his friends using alcohol. Another big warning sign is falling grades.

HEALTH

Mood Boosting Super Foods!

(From “Parade” Magazine)

by Melinda Wenner Moyer

Forget candy, potato chips and ice cream---science shows that these are the real comfort foods.

“Just as premium gasoline makes for a smoother running car, brain friendly foods can make for a smoother mood.” Says Oregon based dietitian Elizabeth Somer. That’s because food is the No 1 source of the chemical building blocks that regulate emotions and increase well being. Want to brighten your outlook? Add these six ingredients to your diet.

Tomatoes

The molecules that give this fruit its characteristic red, orange, or yellow hue are carotenoids, antioxidants that counteract the damage wrought by free radicals, which destroy mood-protecting fats in the brain. A 2011 study from the National Institute on Aging found that older people who filled up on carotenoid-rich foods were 28% less likely to be depressed. And people with high

blood levels of carotenoids have lower rates of memory loss and dementia." Says Drew Ramsey, M.D., a Columbia Univ. psychiatrist specializing in nutrition and coauthor of 'The Happiness Diet'. Happiness-boosting Rx: One serving (about a cup) of tomatoes a day—either fresh or in tomato-based sauces or low-sugar ketchup or salsa.

Whole Grains

Noshing on carbs promotes the release of insulin, a hormone that stimulates serotonin production, Somer says (to avoid a blood-sugar spike, choose whole grains over the processed variety) Avoid eating carbs and

proteins together, doing so can block the effects of serotonin, says Somer. Happiness-boosting Rx: Two cups of air-popped popcorn or whole-grain graham crackers.

Fatty Fish

More than half of the human brain is composed of fat, and two types seem to be crucial to mood; the omega-3 fats DHA and EPA, found in fish such as salmon and mackerel. Last year, scientists analyzed the blood of U.S. veterans who had committed suicide and found far lower levels of DHA than were found in veterans who

reported no suicidal feelings. And in December 2011, a research review by the New York State Psychiatric Institute concluded that EPA can significantly reduce the symptoms of depression. Happiness-boosting Rx: At least two servings of seafood, especially fatty fish, each week.

Dark chocolate

Chocolate—particularly the dark kind, which by definition consists of at least 60% cocoa—is thought to increase the brain's serotonin levels. Chocolate may also increase mental alertness. In a 2010 study, British researchers asked 30 people to drink cocoa drinks or similar-tasting cocoa

free drinks and then gave them a series of cognitive tasks, like solving arithmetic problems. Those who drank the cocoa performed significantly better and felt less mentally drained afterward. Happiness-boosting Rx: One ounce of dark chocolate a day.

Spinach

These leafy greens are loaded with folate, a B vitamin the brain uses to make several mood regulating chemicals, including serotonin, dopamine and norepinephrine. (Other folate packed foods include lentils and asparagus). "up to 50% of people with depression are folate-

deficient," says Ramsey. A 2010 report from the American Psychiatric Association even noted that folate may be effective in treating depression. Happiness-boosting Rx: One to two cups of spinach or another folate rich food, each day.

Red Meat

We know, we know—red meat has its detractors. But it's an incredibly good source of iron, which the brain needs to make mood-regulating chemicals like dopamine; in fact, people who are iron deficient may be 50% more likely to become depressed than those with higher iron levels. Ramsey recommends meat from grass fed cows, it contains more happiness promoting omega-3

fats than beef from conventionally raised cows. Stick to lean, unprocessed cuts—more roast beef, fewer hot dogs. (Vegetarian? Though it's harder to absorb iron from non-meat sources, the best bets are beans, dried fruits and whole grains.) Happiness boosting Rx: Two small servings of red meat each week—a total of 8 to 12 ounces.

Sunburn

I imagine you all have your own remedies for sunburn. And this year of lots of hot sun, the sun burn danger is probably higher! In Joey Green's book called Amazing Kitchen Cures, there are some ideas that others have used that worked for them. Some I have tried ...others I haven't but just for your info, here is a list of things that others have used:

Afta:

Dabbing Afta aftershave lotion on sunburned skin relieves sunburn pain promptly.

Arm & Hammer Baking Soda:

Dissolve one half cup A&H baking soda in a tepid bath. Soak for fifteen minutes, then let the powdered solution dry on your skin.

Carnation Nonfat dry milk:

Fill a bathtub with warm water and add four handfuls Carnation Nonfat Dry Milk. Soak in the milk bath for twenty minutes to ease the pain.

Cheerios:

Pour two cups Cheerios in a blender and blend into a fine powder on medium high speed. Put the powdered Cheerios into a warm bath and soak in the oats for thirty minutes. The soothing oatmeal bath relieves the pain of sunburn. Use a plastic or mesh drain cover to avoid clogging your pipes.

Cool Whip:

Spread Cool Whip on the sunburn, let sit for twenty minutes and then rinse off with lukewarm water.

Crisco Vegetable Shortening:

After soaking in a cool bath, seal the moisture into your skin by coating the sunburned area with Crisco.

Dannon Yogurt:

Spread Dannon Yogurt (any flavor you please) on the sunburn, let sit for twenty minutes and then rinse clean with lukewarm water.

Desitin:

Coat the sunburn with Desitin diaper rash ointment to reduce the pain and redness.

Dickinson's Witch Hazel:

Moisten a washcloth with Dickinson's Witch Hazel and apply it to the burn.

French's Mustard:

Rub French's Mustard on the sunburn to stop the stinging and prevent blistering. Let the mustard dry on the skin.

Fruit of the Earth aloe Vera Gel:

Coat the sunburned skin with Gel to soothe and relieve the pain.

Heinz White Vinegar:

Saturate a washcloth with Heinz White Vinegar and use it as a compress to cover the sunburn, pressing down lightly. Or add two cups vinegar to cool bathwater and soak.

Kingford's Corn Starch:

Add enough water to Kingsford's Corn Starch to make a paste, and apply directly to the burn.

Lipton Tea Bags:

Pat the sunburn with wet Lipton Tea Bags. The tannic acid in the tea relieves sunburn pain.

Lubriderm:

After soaking or using compresses, moisturize the skin with a generous coat of Lubriderm.

Miracle whip:

Slather Miracle Whip liberally over the sunburn to relieve the pain and moisturize the skin.

Nestea:

Empty a jar of Nestea powdered iced tea mix into a bathtub, fill the bath with warm water, and soak in it. It may sound like an unusual way to take the Nestea Plunge, but the tannic acid in the tea relieves sunburn pain.

Niagara Spray Starch:

To soothe sunburned skin, spray Niagara Spray Starch on the affected area. The spray starch sizzles and cools the skin.

Phillips' Milk of Magnesia:

Coat the sunburned skin with Milk of Magnesia, let dry and leave on overnight. The milk of magnesia keeps the skin cool all night and relieves the sunburn pain.

Preparation H:

Rub Preparation H into the sunburned skin immediately to quell the burning sensation and reduce the redness.

Ziploc Freezer Bags:

An ice pack can relieve mildly burned skin. Fill a Ziploc Freezer Bag with water and freeze it or fill it with ice cubes. Wrap the ice pack in a paper towel before applying.

Play it cool! See your doctor if your sunburn begins to blister or you feel ill.

Sunburn trivia/facts:

Contrary to popular belief, you can get a sunburn on a cloudy day. Ultraviolet rays from the sun penetrate clouds, no matter how overcast the sky may be.

Turnips turn green when sunburned.

Pigs, walrus, and light colored horses can be sunburned.

The place with the most hours of possible sunshine is Yuma, Arizona, where the chance of sunshine during the day is 91%.

Quaker Oats and L'eggs Sheer Energy Panty Hose:

Using a blender, grind one cup Quaker Oats into a fine powder. Cut off the foot from a clean used pair of L'eggs Sheer energy Panty Hose, fill it with the powdered oats and tie a knot in the nylon. Tie the oatmeal sack to the spigot, letting it dangle in the flow of water as the tub fills with warm water. Soak for thirty minutes in this inexpensive and soothing oatmeal bath, using the oatmeal sack as a mild washcloth.

Starting on February 9, 1967, St Petersburg, Florida, recorded 768 consecutive days of sunshine, ending on March 17, 1969.

To avoid getting a sunburn, apply sunscreen thirty minutes before going outside.

Never use a sunscreen that is more than a year old. Abide by the expiration dates.

The higher the SPF of a sunscreen, the higher the price.

To figure out how many hours of protection you can expect from a sunscreen, take the number of minutes it takes your skin to start burning without sunscreen, multiply by the sun protection factor (SPF) printed on the bottle of Coppertone, and divide the result by sixty. For instance, if you usually burn in thirty minutes, a SPF 8 lotion should protect you for approximately four hours.

The higher in the sky the sun is, the higher the SPF number you need. Also, the closer to the equator you are, the stronger the sunscreen you need.

History

(from More That I Never Knew About Colorado)

Two Horrible School Bus Calamities: Towner and Gunnison

A great blizzard struck the area of Towner, two miles from the Kansas state line in Kiowa County, on Thursday, March 26, 1931. When school bus driver Carl Miller brought twenty children to the Pleasant Hill schoolhouse that morning it was decided the storm was so bad school would be dismissed that day and the children returned to their homes.

Miller decided to save time by taking a short cut over an abandoned road. Only a mile from the school, visibility was impossible, and the bus veered off the road. The crash broke three windows of the bus and damaged the motor so that it could not be started again. The driver finally decided to go for help. Lost in the driven snow, he collapsed and died three miles away from the bus.

In attempts to stay warm, the children burned schoolbooks and anything else they could find on the vehicle. It was not until 6:30 the next evening that searchers located the bus. A boy by the name of Bryan Untied had been keeping the children moving and had used his own coat to keep some of them warm. In spite of his efforts, five of the children died.

Untied became a hero throughout the nation. He was the personal guest of President Herbert Hoover late the next month. The sad fate of the victims will never be forgotten.

On Saturday, September 11, 1971, a school bus from Gunnison was headed over Monarch Pass on the Continental Divide. There were forty eight people aboard including the Gunnison Junior High School football team bound for a game in Salida and several adults including the driver.

Atop the pass, the driver attempted to shift gears for the east side downhill drive. Suddenly neither the brakes nor the gearshift worked, and the bus careened down the highway. It was amazing that it got as far as it did. At the village of Garfield, 6.3 miles below the summit, it veered off and rolled two and a half times ejecting thirty nine of the passengers.

Eight players and their coach were either killed by impact or crushed as the roof of the bus collapsed. MAST military helicopters were rushed to the site of the accident and took fifteen of the wounded to St Luke's Hospital in Denver. Most survivors were injured, some very critically.

Severely hurt and in traumatic shock, the driver was never able to recall the disastrous events preceding the crash.

A federal investigation placed the blame on a defective braking system in the bus which was a new one in the school's fleet. The report also cited the weak structure of the sides and roof of the bus, as well as the "unforgiving nature of the road terrain."

The investigation led to many improved standards for the construction of buses designed for mountain travel, and a runaway truck ramp was added to that stretch of highway which had in five years experienced 111 accidents and five fatalities in addition to the bus tragedy.

OUR NATION'S GODLY HERITAGE

"ONLY EAGLE SCOUT TO BECOME PRESIDENT"

LESLIE LYNCH KING, JR., BORN JULY 14, 1913, BECAME THE 38TH PRESIDENT OF THE UNITED STATES. RENAMED BY HIS FATHER, HE WAS THE ONLY EAGLE SCOUT TO BECOME PRESIDENT. HE ATTENDED THE UNIVERSITY OF MICHIGAN ON A FOOTBALL SCHOLARSHIP, GRADUATED FROM YALE LAW SCHOOL, AND SERVED IN THE NAVY DURING WW II.

HIS NAME WAS GERALD RUDOLPH FORD.

FORD WAS HOUSE MINORITY LEADER UNTIL CHOSEN AS VICE PRESIDENT WHEN SPIRO AGNEW RESIGNED, THEN PRESIDENT WHEN RICHARD NIXON RESIGNED. HE WAS THE ONLY PRESIDENT NOT ELECTED. GERALD FORD STATED UPON ASSUMING THE PRESIDENCY, AUGUST 9, 1974: "I AM ACUTELY AWARE THAT YOU HAVE NOT ELECTED ME AS YOU PRESIDENT BY YOUR BALLOTS; AND SO I ASK YOU TO CONFIRM ME AS YOUR PRESIDENT WITH YOUR PRAYERS."

ON SEPTEMBER 8, 1974, PRESIDENT FORD STATED: "THE CONSTITUTION IS THE SUPREME LAW OF THE LAND AND IT GOVERNS OUR ACTIONS AS CITIZENS. ONLY THE LAWS OF GOD, WHICH GOVERN OUR CONSCIENCES, ARE SUPERIOR TO IT. AS WE ARE A NATION UNDER GOD, SO I AM SWORN TO UPHOLD OUR LAWS WITH THE HELP OF GOD."

IN A PROCLAMATION OF PRAYER, DECEMBER 5, 1974, PRESIDENT FORD QUOTED PRESIDENT EISENHOWER: "WITHOUT GOD THERE COULD BE NO AMERICAN FORM OF GOVERNMENT. ..RECOGNITION OF THE SUPREME BEING IS THE FIRST MOST BASIC EXPRESSION OF AMERICANISM."

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As you know I have been gone for several weeks. While I was gone we celebrated both Flag Day (June 14) and our nation's birthday on July 4. The following was shared by David Barton on his Wallbuilders website concerning "Old Glory", our flag.

Flag day, June 14, commemorates the same day 235 years ago, when, in 1777, the Continental Congress passed a resolution "that the flag of the thirteen United States be thirteen stripes, alternate red and white, that the union be thirteen stars, white in a blue field, representing a new constellation." Since that time generations of Americans have celebrated the flag as a symbol of our God given freedoms and God blessed nation, and in every American military campaign, "Old Glory" has been a symbol of our freedom.

Interestingly, "Old Glory" was the name that Captain William Driver placed on a flag he was presented in 1831. the nickname given to that flag became so well known that during the Civil War, the Confederates tried unsuccessfully, to confiscate and destroy Captain Driver's flag that he had sewn into his bedcover to protect in 1862, when Union soldiers occupied Nashville, Driver took out his flag and flew it over the Capitol as a symbol that "Old Glory stood firm.

We still honor “Old Glory” today by celebrating Flag Day each year. The first Flag Day celebration occurred in Wisconsin in 1885, when a schoolteacher had his students observe June 14 as Flag Birthday or Flag Day. This idea inspired others around the nation to continue the practice and as the celebrations grew, the idea received national recognition. In 1916, President Woodrow Wilson issued a Presidential Proclamation calling for the national celebration of Flag Day, thus establishing it as a national event.



David Barton also writes about the birthday of our nation:

“America is celebrating her 236 birthday! Our unprecedented freedom was the result of specific ideas, many of which were drawn directly from the Bible. In fact at the 150th anniversary celebration of the Declaration of Independence President Calvin Coolidge affirmed, “no one can examine this record and escape the conclusion that the great outline of its principles the Declaration was the result of the religious teaching of the previous period. They are found in the sermons, the texts, and the writings of the early colonial clergy who were earnestly undertaking to instruct their congregations in the great mystery of how to live....placing every man on a plane where he acknowledged no superiors, where no one possessed any right to rule over him, he must inevitably choose his own rulers through a system of self government.”

On the 200th anniversary, Pres. Gerald Ford also affirmed its Biblical roots. “Our bicentennial is the Happy Birthday of all fifty states, a commonwealth, and self governing territories. It is not just a celebration for the original thirteen colonies, the early English settlers carried the Bible and Blackstone’s Commentary and American families in prairie schooners like these took with them on the overland trails the principles of equality and the God given rights of the Declaration of Independence.”



(If you have never read the Declaration of Independence, may I suggest you do so? As well as the Constitution. You can teach others about it if you haven’t experienced it yourself.) (I have both if you wish to borrow them or use the following links!)

Declaration of Independence:

http://www.archives.gov/exhibits/charters/declaration_transcript.html

The Constitution of the United States of America:

<http://www.archives.gov/exhibits/charters/constitution.html/>

We have a very important election coming this fall and reading these documents just might give you some insight as to the importance of voting.

Lila's Thoughts Shared . . .

For my ending thoughts this month, I will leave you with a question. My cousin, who is in Africa assisting some missionaries at present, sent this to me some time ago. I thought it something each of us must consider and answer for ourselves...it certainly is the most important question we will ever answer. I quote what he wrote:

“All of History in one question.”

When you study the history of mankind, there is a lot of stuff to learn, the development of different cultures and languages, different philosophies and religions, different political and economic systems, music and art, wars and famines, science, inventions and explorations, the creative human mind, love and hate, our relationships with each other in this world. Some folks don't enjoy reading or studying history...to me it is the most fascinating subject of all.

But after all is said and done, after considering the complexity and growth of our societies here on this planet and our interaction with each other, all of history can be summed up in one question.

Twenty centuries or so ago, a Roman governor stood before a crowd in Jerusalem and asked the one question on which all of history turns.

“What then shall I do with Jesus, who is called the Christ?”

It was *the* pivotal point in history. The fate of all mankind hung in the balance. The crowd answered. Pilot responded. Jesus submitted and mankind was given freedom from bondage, not the bondage of a political system, as celebrated in the Passover, but bondage from death itself.

The question still hangs in the air today, demanding an answer.

“What then shall I do with Jesus, who is called the Christ?”

For while it is indeed the fulcrum question of all history, it is a question that can only be answered by me and you.

May God be with you and may you give Him the answer He is seeking when He asks what will you do with Jesus? It's up to you (and me)...and He is waiting for our answer.

Blessings...Lila