

Kasilof Community Church

Issue 6,
March 2002

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KCC Newsletter Spring 2002

Happy Easter to you all! What a blessed time of year for Christians. In the last issue of this publication, I spoke about a survey that revealed the fact that Americans chose Thanksgiving as their favorite holiday of the year. That was a good thing to hear, especially when the reason why was explained.

The people polled said it was the opportunity to get together with their families that made Thanksgiving so special. There can be little argument with that reasoning. Our families should be one of the most important parts of our life. Sadly, it's not true for everyone, but thankfully, families are cherished by so many.

Playing on this theme of family importance, the local and national media has brought to all of us some rather poignant stories about family members who have been reunited after long periods of separation. The camera is set on the faces of

those who are reuniting and tears and laughter are free-flowing. Like many of you, I have been captivated by these reunions; I often find myself thinking about how I would react if I found out tomorrow that I had a brother or sister I had never met. What would it feel like to see them for the first time? Would they look like me? (heaven forbid). Would they act like me? (let's not go there). It's both enticing and frightening to think about. But, you know what, because of Easter it is going to happen to every one of us some day. Because Jesus died, but more importantly because He rose to new life, every person who puts their faith in this blessed event immediately joins a heavenly family, an eternal family. Think about it, you and I will one day meet face to face a heavenly family of brothers and sisters we never knew. What a day that will be. Happy Easter!

I Was Wood

Of splendid stones men have dreamed,
diamonds and emeralds are ever esteemed.
Men love brick and stone or the finest gem,
but honor isn't always reserved for them.

I was wood. Though my days are gone,
I was cut from a forest in Lebanon.
Crudely hewn of roughest grade,
edged with an axe's iron blade.

Though I was only an average post,
no timber holds a higher boast.
For I held the nails like a vice,
that held Heaven's sacrifice.

I was wood. I saw leaders sneer,
brazen fools, I heard them jeer.
There were criminals on either side,
who argued even as they died.

I smelled the sweat and saw it run,
as He agonized in the climbing sun.
And I watched for hours as He bled,
staring right into the back of His head.

I was wood. My eyes were knot,
and I saw the kind of men He bought.
Spineless commoners. Devoid of valor.
And the Lord drained a ghastly pallor.

I saw the sky take a darker look,
then I felt the earth as it shook.
I saw his mother, countenance smeared,
and looked on as the soldier speared.

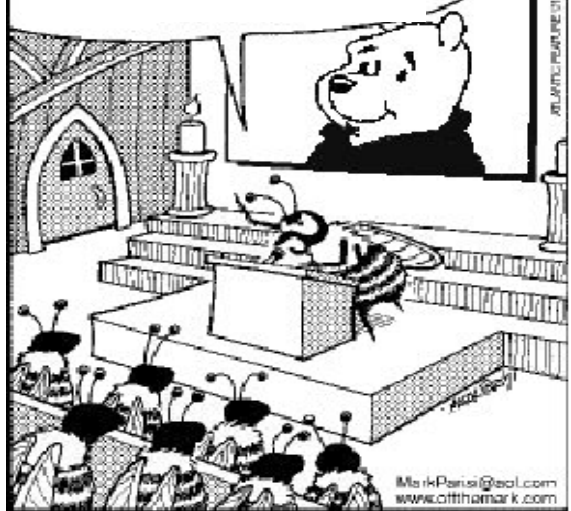
I was wood. Soaked to the grain,
with clotting blood that left a stain.
And all through that awful plight,
I held Him. I held Him tight.

Joseph came and pulled the nails,
he lifted Jesus from my splintered rails.
Nicodemus helped, I watched them pry,
then I lay on my back and searched the sky.

I was wood. An average beam, even
flawed, in service to a redeeming God.
I saw the weeping, broken-hearted misery,
and I was there. On Calvary.

by Brent Johnson

Today's Sermon Is Entitled,
"RECOGNIZING THE
FACE OF EVIL."



A missionary discovered a tribe of Indians in the Amazon who had never recorded a baptism, confirmation or marriage. The bishop soon rectified the situation by baptizing and confirming everyone. He also married every couple that walked by and desired such.

Later, the tribal chief told the missionary the tribe had never had so much fun. The missionary asked the chief which part they enjoyed the most.

"The marriage service," the chief said, smiling. "We all got new wives!"

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An elderly gent was invited to his old friend's home for dinner one evening. He was impressed by the way his buddy preceded every request to his wife with endearing terms -- "Honey," "My Love," "Darling," "Sweetheart," "Pumpkin," etc. The couple had been married almost 70 years and, clearly, they were still very much in love. While the wife was in the kitchen, the man leaned over and said to his host, "I think it's wonderful that, after all these years, you still call your wife those loving pet names." The old man hung his head. "I have to tell you the truth," he said. "I forgot her name about 10 years ago."

SELDOVIA TIDE TABLES - MAY 2002

Day	Date	High Tide				Low Tide			
		Time	Feet	Time	Feet	Time	Feet	Time	Feet
Wed	1-May	5:46a	18.6	7:01p	16.0	*	*	12:23p	-1.6
Thu	2-May	6:31a	16.6	8:03p	14.5	12:36a	4.5	1:15p	0.4
Fri	3-May	7:25a	14.7	9:17p	13.5	1:34a	6.0	2:17p	2.1
Sat	4-May	8:36a	13.1	10:39p	13.4	2:50a	6.9	3:36p	3.3
Sun	5-May	10:05a	12.4	11:46p	13.9	4:24a	6.8	4:57p	3.6
Mon	6-May	11:30a	12.7	*	*	5:43a	5.8	5:58p	3.4
Tue	7-May	12:32a	14.8	12:33p	13.7	6:35a	4.3	6:42p	3.0
Wed	8-May	1:06a	15.8	1:19p	14.8	7:15a	2.8	7:18p	2.7
Thu	9-May	1:35a	16.8	1:58p	15.8	7:49a	1.3	7:50p	2.4
Fri	10-May	2:02a	17.7	2:35p	16.7	8:21a	0.0	8:23p	2.2
Sat	11-May	2:30a	18.5	3:11p	17.3	8:52a	-1.1	8:55p	2.2
Sun	12-May	2:59a	19.0	3:47p	17.6	9:25a	-1.9	9:29p	2.4
Mon	13-May	3:29a	19.2	4:24p	17.5	9:58a	-2.3	10:03p	2.8
Tue	14-May	4:01a	19.0	5:03p	17.1	10:33a	-2.3	10:40p	3.4
Wed	15-May	4:35a	18.6	5:45p	16.3	11:11a	-2.0	11:19p	4.1
Thu	16-May	5:12a	17.8	6:32p	15.4	11:52a	-1.3	*	*
Fri	17-May	5:56a	16.8	7:26p	14.7	12:04a	4.9	12:41p	-0.5
Sat	18-May	6:50a	15.7	8:29p	14.3	12:58a	5.6	1:38p	0.4
Sun	19-May	8:00a	14.6	9:37p	14.5	2:06a	5.9	2:45p	1.1
Mon	20-May	9:24a	14.1	10:42p	15.4	3:28a	5.5	3:58p	1.4
Tue	21-May	10:48a	14.4	11:38p	16.7	4:48a	4.0	5:06p	1.2
Wed	22-May	*	*	12:03p	15.5	5:54a	1.8	6:05p	0.9
Thu	23-May	12:28a	18.2	1:05p	16.7	6:50a	-0.5	6:58p	0.6
Fri	24-May	1:13a	19.6	2:00p	17.9	7:39a	-2.6	7:46p	0.4
Sat	25-May	1:56a	20.6	2:50p	18.7	8:25a	-4.1	8:32p	0.5
Sun	26-May	2:37a	21.2	3:37p	19.0	9:09a	-4.9	9:16p	0.8
Mon	27-May	3:19a	21.1	4:23p	18.8	9:52a	-5.0	10:01p	1.4
Tue	28-May	4:00a	20.5	5:09p	18.2	10:35a	-4.4	10:45p	2.3
Wed	29-May	4:42a	19.4	5:56p	17.2	11:18a	-3.2	11:31p	3.4
Thu	30-May	5:25a	18.0	6:44p	16.1	*	*	12:03p	-1.7
Fri	31-May	6:11a	16.3	7:37p	15.1	12:19a	4.5	12:49p	0.0

SELDOVIA TIDE TABLES - JUNE 2002

Day	Date	High Tide				Low Tide			
		Time	Feet	Time	Feet	Time	Feet	Time	Feet
Sat	1-Jun	7:02a	14.7	8:33p	14.3	1:13a	5.5	1:41p	1.5
Sun	2-Jun	8:02a	13.3	9:33p	14	2:17a	6.1	2:38p	2.8
Mon	3-Jun	9:13a	12.4	10:31p	14.1	3:31a	6.1	3:42p	3.8
Tue	4-Jun	10:31a	12.2	11:20p	14.6	4:46a	5.5	4:44p	4.3
Wed	5-Jun	11:42a	12.6	*	*	5:46a	4.3	5:38p	4.4
Thu	6-Jun	12:02a	15.3	12:40p	13.5	6:33a	2.9	6:25p	4.4
Fri	7-Jun	12:39a	16.2	1:28p	14.5	7:13a	1.4	7:07p	4.2
Sat	8-Jun	1:14a	17	2:11p	15.5	7:50a	0.1	7:46p	3.9
Sun	9-Jun	1:49a	17.9	2:51p	16.3	8:25a	-1.1	8:25p	3.7
Mon	10-Jun	2:25a	18.5	3:31p	16.9	9:02a	-2.1	9:04p	3.5
Tue	11-Jun	3:02a	19	4:11p	17.2	9:39a	-2.8	9:44p	3.4
Wed	12-Jun	3:40a	19.1	4:52p	17.2	10:18a	-3.1	10:25p	3.5
Thu	13-Jun	4:21a	19	5:36p	16.9	10:59a	-3.1	11:09p	3.7
Fri	14-Jun	5:04a	18.4	6:22p	16.6	11:42a	-2.6	11:57p	3.9
Sat	15-Jun	5:53a	17.6	7:11p	16.3	*	*	12:30p	-1.9
Sun	16-Jun	6:49a	16.5	8:04p	16.1	12:52a	4.1	1:22p	-0.8
Mon	17-Jun	7:54a	15.3	9:01p	16.2	1:55a	4.1	2:19p	0.3
Tue	18-Jun	9:08a	14.5	9:59p	16.6	3:07a	3.6	3:23p	1.4
Wed	19-Jun	10:28a	14.2	10:56p	17.3	4:21a	2.5	4:28p	2.1
Thu	20-Jun	11:45a	14.7	11:50p	18.1	5:30a	0.9	5:32p	2.5
Fri	21-Jun	*	*	12:53p	15.5	6:30a	-0.8	6:31p	2.7
Sat	22-Jun	12:42a	18.9	1:52p	16.5	7:23a	-2.3	7:25p	2.6
Sun	23-Jun	1:31a	19.6	2:43p	17.3	8:11a	-3.3	8:14p	2.5
Mon	24-Jun	2:17a	19.9	3:30p	17.8	8:56a	-3.9	9:01p	2.4
Tue	25-Jun	3:01a	19.9	4:14p	18	9:39a	-4	9:46p	2.5
Wed	26-Jun	3:44a	19.6	4:56p	17.8	10:21a	-3.6	10:30p	2.8
Thu	27-Jun	4:27a	18.9	5:38p	17.4	11:01a	-2.8	11:14p	3.3
Fri	28-Jun	5:08a	18	6:19p	16.7	11:41a	-1.7	11:58p	3.9
Sat	29-Jun	5:51a	16.8	7:00p	16	*	*	12:21p	-0.4
Sun	30-Jun	6:36a	15.4	7:43p	15.4	12:44a	4.5	1:01p	1.1

SELDOVIA TIDE TABLES - JULY 2002

Day	Date	High Tide				Low Tide			
		Time	Feet	Time	Feet	Time	Feet	Time	Feet
Mon	1-Jul	7:25a	14.1	8:27p	14.9	1:35a	5.1	1:44p	2.5
Tue	2-Jul	8:23a	13	9:13p	14.6	2:32a	5.3	2:32p	3.9
Wed	3-Jul	9:31a	12.2	10:02p	14.6	3:37a	5.2	3:28p	5
Thu	4-Jul	10:46a	12	10:52p	14.9	4:44a	4.6	4:29p	5.8
Fri	5-Jul	11:59a	12.5	11:42p	15.5	5:45a	3.5	5:30p	6.1
Sat	6-Jul	*	*	1:00p	13.5	6:36a	2.2	6:25p	5.9
Sun	7-Jul	12:29a	16.3	1:50p	14.6	7:20a	0.8	7:15p	5.4
Mon	8-Jul	1:15a	17.3	2:35p	15.7	8:02a	-0.7	8:01p	4.7
Tue	9-Jul	1:59a	18.3	3:16p	16.7	8:42a	-2	8:45p	3.9
Wed	10-Jul	2:43a	19.1	3:56p	17.5	9:22a	-3	9:29p	3.2
Thu	11-Jul	3:27a	19.8	4:37p	18.1	10:03a	-3.7	10:12p	2.6
Fri	12-Jul	4:12a	20	5:18p	18.4	10:45a	-3.9	10:58p	2.3
Sat	13-Jul	4:58a	19.7	6:00p	18.4	11:27a	-3.6	11:46p	2.1
Sun	14-Jul	5:47a	18.9	6:44p	18.3	*	*	12:12p	-2.6
Mon	15-Jul	6:41a	17.7	7:31p	18.1	12:37a	2	12:59p	-1.2
Tue	16-Jul	7:41a	16.2	8:21p	17.8	1:35a	2.1	1:51p	0.5
Wed	17-Jul	8:50a	14.9	9:16p	17.5	2:40a	2.1	2:49p	2.2
Thu	18-Jul	10:09a	14	10:16p	17.3	3:52a	1.8	3:55p	3.7
Fri	19-Jul	11:33a	14	11:19p	17.4	5:06a	1	5:05p	4.5
Sat	20-Jul	*	*	12:48p	14.8	6:15a	0	6:13p	4.7
Sun	21-Jul	12:21a	17.8	1:49p	15.8	7:13a	-1.1	7:13p	4.3
Mon	22-Jul	1:17a	18.3	2:39p	16.7	8:03a	-2	8:05p	3.8
Tue	23-Jul	2:07a	18.8	3:22p	17.5	8:48a	-2.5	8:52p	3.2
Wed	24-Jul	2:52a	19.2	4:01p	17.9	9:28a	-2.8	9:34p	2.8
Thu	25-Jul	3:33a	19.3	4:37p	18.1	10:05a	-2.6	10:14p	2.6
Fri	26-Jul	4:13a	19.1	5:11p	18.1	10:40a	-2.1	10:53p	2.6
Sat	27-Jul	4:51a	18.5	5:44p	17.7	11:14a	-1.3	11:31p	2.9
Sun	28-Jul	5:29a	17.6	6:17p	17.3	11:48a	-0.2	*	*
Mon	29-Jul	6:08a	16.5	6:50p	16.7	12:10a	3.3	12:21p	1.2
Tue	30-Jul	6:50a	15.2	7:24p	16	12:51a	3.8	12:56p	2.7
Wed	31-Jul	7:38a	13.9	8:02p	15.4	1:36a	4.4	1:34p	4.3

SELDOVIA TIDE TABLES - AUGUST 2002

Day	Date	High Tide				Low Tide			
		Time	Feet	Time	Feet	Time	Feet	Time	Feet
Thu	1-Aug	8:37a	12.7	8:47p	14.9	2:29a	4.8	2:21p	5.8
Fri	2-Aug	9:52a	12	9:43p	14.7	3:34a	4.9	3:22p	7
Sat	3-Aug	11:19a	12.1	10:47p	14.9	4:49a	4.4	4:38p	7.5
Sun	4-Aug	12:36p	13	11:52p	15.6	5:58a	3.2	5:52p	7.3
Mon	5-Aug	*	*	1:32p	14.3	6:54a	1.6	6:52p	6.3
Tue	6-Aug	12:50a	16.9	2:17p	15.8	7:41a	-0.1	7:43p	5
Wed	7-Aug	1:42a	18.3	2:56p	17.3	8:23a	-1.8	8:29p	3.6
Thu	8-Aug	2:30a	19.7	3:35p	18.6	9:04a	-3.1	9:13p	2.2
Fri	9-Aug	3:16a	20.8	4:12p	19.6	9:44a	-4	9:57p	1
Sat	10-Aug	4:01a	21.3	4:51p	20.3	10:25a	-4.2	10:41p	0.1
Sun	11-Aug	4:48a	21.1	5:30p	20.5	11:06a	-3.7	11:28p	-0.3
Mon	12-Aug	5:36a	20.2	6:11p	20.3	11:48a	-2.4	*	*
Tue	13-Aug	6:27a	18.8	6:54p	19.7	12:16a	-0.2	12:33p	-0.6
Wed	14-Aug	7:24a	17	7:41p	18.7	1:10a	0.4	1:21p	1.6
Thu	15-Aug	8:31a	15.2	8:36p	17.6	2:10a	1.1	2:18p	3.7
Fri	16-Aug	9:53a	14	9:42p	16.7	3:22a	1.8	3:27p	5.5
Sat	17-Aug	11:27a	13.8	10:58p	16.3	4:46a	1.8	4:49p	6.3
Sun	18-Aug	*	*	12:48p	14.7	6:05a	1.3	6:08p	6.1
Mon	19-Aug	12:13a	16.6	1:46p	15.8	7:07a	0.3	7:11p	5.2
Tue	20-Aug	1:14a	17.3	2:30p	16.9	7:56a	-0.5	8:00p	4.1
Wed	21-Aug	2:03a	18.1	3:07p	17.8	8:36a	-1.2	8:42p	3.1
Thu	22-Aug	2:44a	18.9	3:38p	18.4	9:11a	-1.5	9:19p	2.3
Fri	23-Aug	3:21a	19.3	4:08p	18.8	9:43a	-1.5	9:54p	1.8
Sat	24-Aug	3:56a	19.4	4:36p	19	10:13a	-1.2	10:28p	1.5
Sun	25-Aug	4:30a	19.2	5:03p	18.9	10:43a	-0.5	11:01p	1.6
Mon	26-Aug	5:05a	18.5	5:31p	18.5	11:12a	0.5	11:35p	1.9
Tue	27-Aug	5:40a	17.5	5:58p	17.9	11:43a	1.8	*	*
Wed	28-Aug	6:18a	16.2	6:27p	17.1	12:09a	2.5	12:14p	3.4
Thu	29-Aug	7:01a	14.7	7:00p	16.2	12:47a	3.3	12:47p	5
Fri	30-Aug	7:54a	13.3	7:40p	15.2	1:31a	4.1	1:28p	6.6
Sat	31-Aug	9:08a	12.2	8:39p	14.5	2:30a	4.7	2:28p	7.9

Of Moose and Men

For many men, as is undoubtedly the case for a fair number of women, there seems to be a primordial instinct to hunt, and in this case, I'm not talking about harvesting a sale item at Nordstroms. From the day I first cocked the lever on my Daisy BB gun, I have been overwhelmed by an insatiable urge to hunt. During those times when shooting honeybees off of dandelions became too boring (or too dangerous - see a previous Newsletter), I would challenge my younger sister to run across the lawn while I practiced my skills at a moving target. To fuel this passion even further, I grew up in a part of the country where real men carried their guns on a rack in their pickup, with their best friend in the front seat and their wife sitting on the fender-well in the bed of the truck. It should really come as no surprise then that upon settling in a state where wildlife abounds, I felt like I had moved from the land of milk and honey right on into heaven.

For the first year in Alaska, there was no big-game hunting in my life due to residency requirements, which made for a long fall. In some strange sense, I just didn't feel like a real man, but I knew time would change all of that. Finally, the day came where I could walk up to the sporting goods store, proudly claim residency, and purchase a little yellow piece of paper that rightfully established this transplant as an **Alaskan man**. I soon began inquiring about where people did their hunting – I mean come on there were all kinds of moose right in my back yard, how hard was this going to be anyway (I had already harvested 5 king salmon from the Kasilof River, as had my wife, so I was ready for some different action). I soon learned that many so called hunters in this state jumped in a plane and paid the pilot a sum of money equivalent to a about a year's salary where I had come from. This was my first sense of Alaskan culture shock. I guess I would just have to show them how an Idaho spud did things.



At the end of my first year of hunting I quit counting how many cow moose I had encountered when the number reached 100, but there was not one bull in the whole bunch. Down in spud country it was quite common for brothers to fill their sister's deer tags, so I concluded that there must be a lot of families with sisters in this part of the state because I couldn't believe I didn't see a male moose all year. However, just being out hunt-

ing again had increased my testosterone to a high enough level that I could withstand this one season without a rack on the hood of my pickup truck. The really hard part came when year two and three produced the same results. It was a low point in my life. I began avoiding people who were talking about their successful hunting trips. I couldn't even accompany my wife to the meat counter at Safeways, in fact, it got so bad that I seriously thought about taking up figure skating.

Not being the brightest bulb on the tree, it finally dawned on me that perhaps a change in plans was in order. So, the next year I decided to take a canoe trip down the Swanson River. I had heard of many people's successful hunts in this watershed and the way I figured it, I could at least blame a meatless hunt on the fact that my kill was taken away by attacking brown bears. September 1 finally arrived, and after loading the canoe, my partner, Steve, and I stepped back and wondered if the load would make it under a couple of the bridges on the trip. You sure can get a lot in a canoe. It was a very interesting trip downriver. We must have hit every rock and other obstacle in our path, which led me to keep asking about my partner's eyesight (which by the way is a common malady of all my canoe-mates - Steve, Jim, Rene, Joel, and finally Arnie). I finally had to quit being so inquisitive when he told me something about a paddle and a place where the sun didn't shine. So, when we finally chose a site to call camp, it was none too soon. We quickly set out on unloading the canoe and hauling the tonnage to the camp site. That's when it dawned on us. "Hey Steve, I thought you were bringing the tent." "No way," he replied, "you said you were bringing one." I guess it didn't really matter though, because we had 50 x 1/2 gallon milk cartons full of Lea's famous stew. If it started raining too hard, we'd just cover ourselves with empty milk cartons.



After a few days of hunting in the new area, with the cow count once again approaching triple digits, my patience had reached critical mass. How was I going to make up a story to cover this fiasco. How could I call back home to spud-land and tell my brother and mother that I was trying out for Olympic ice-dancing. I was contemplating all of these

mind-numbing thoughts as I ended another day of hunting when I stumbled across a pile of bones. It seems that I had come upon the remains of an old moose who probably died of starvation the previous winter. I was sorting through the mess of squirrel-strewn bone, when I uncovered a scapula, which is part of the shoulder. I had listened to a tape earlier that year, one put out by the Alaska Bowhunting Association, and they had referred to the scapula as an effective moose calling tool. The tape was also full of sounds similar to the ones I made during a long trip to the bathroom. Right there it hit me. I was desperate enough to try anything. So, I took the scapula, walked over to some alders, and scraped and banged and scraped and banged and then let out of those sounds that you usually have to follow with, "excuse me." It was nearly dark and I was glad because I sure felt foolish. I didn't have very much time to ponder how low I had stooped to bag a moose when not more than 100 feet away there came a noise that suddenly had my heart pounding. Something was grunting and snorting, and from the way the brush and trees were moving in that area, this thing must have been huge. Up came my scope and I mean to tell you, I could see these great big things that resembled antlers and they were definitely having battle with the local shrubbery. Then this beast turned and trotted off over a hill down into some more thick brush. I quickly made my way to the crest of the hill and observed what turned out to be a large bull moose that had just walked into a little clearing about a 100 yards away. Then, on cue, he then turn broadside and looked right back at me. A new rule about antler size was only a couple of years old and I was not prepared to judge whether or not this was a legal bull. It had now become dark enough that through my scope I could not detect how many brow tines this bull had, but now that I am an expert (what a joke) I can tell you I was looking at a rack that was well over 60 inches and probably pretty close to 65 inches in breadth. But, darkness won this battle as I just stood there for about five minutes, staring, slobbering, shaking, pretty much in awe of what had just occurred. How many other bull moose had I walked by in the past three or four years? Amazing. When I finally made it back to camp, Steve had a bonfire going trying to heat up 5 or 6 gallons of stew. "What's that hanging from your belt," he asked me. "This," I said, "is going to help save us from the men's synchronized swim team." I grabbed my bowl (a five gallon bucket) full of stew and related to Steve all that had happened. I think he had become too jaded to believe me, so after finishing our stew we retired to our sleeping bags where I commenced practicing my moose calling.

When morning came, we decided to hunt opposite sides of the river (I think Steve was too ashamed to be near me), and I wasn't ready yet to try my newfound skill in front of another human. This turned out to be one of those mornings that hunters love. It was clear and cold, and there was absolutely no wind. Moreover, there was a low level fog hugging the ground. I hiked to an area that had appeared to have been a swamp at one time, but was now littered with little patches of alder and birch. Before I could even work up enough courage to start moaning or to scrape the brush, I could hear multiple moose grunting and bawling and scraping. Man, this was way cool. I scraped some nearby brush with my scapula and tried to imitate the sounds I was hearing. It must have worked because a few minutes later a large moose walked right out into a small clearing, stood there in the fog looking at me emitting this grunting noise. He would lower his nose to the ground, root up some moss, and then raise his head and look at me and let out another grunt. I counted five brow tines on one side, but had to wait what seemed like a couple of years for him to finally move so I could make my shot. Even though I had grown up as a juvenile delinquent with my BB gun, reducing the local bird and frog populations, I never had grown fond of or accustomed to the actual killing aspect of hunting big game. I realize it is a necessary part of the experience, but for me it is not the part I enjoy. Therefore, I have a little ritual, as do many hunters, where upon walking up to the kill site, I always kneel on the ground, and pray a prayer of thanks to God for His provision. I hunt for the meat and believe the Bible lays out a very clear statement that these animals were created for us to wisely use. After my prayer, I stood up and said out loud, "what have I done." I knew my partner and I were in for a workout. I cut the jugular and quickly headed back for camp, as Steve and I had a pact that stated we would meet there whenever either one of us made a shot. After striding into

camp, I informed Steve he was going to need every bit of last night's stew.

A few hours later we had 7 game-bags filled with meat and a 52" rack, all flagged with orange ribbon, ready for the trip back to camp. We both grabbed a hind quarter (still attached to the bone) and tied them down to our packs. I laid down on my pack, got my arms under both the shoulder straps, rolled over, then slowly stood up. It was not a pretty sight. My feet were sinking into the tundra. I told Steve it must have been the stew. About that time, he had got his load off the ground and was in a crouch-



ing position, kind of like a weight lifter ready to do battle with the barbell. Slowly he stood up and in slow motion, just like a tree that has been cut with a saw, back down to the ground he went, backwards, feet sticking straight up in the air. I couldn't take it. I had to turn my head because the tears were running down my cheek. This moose wasn't going to give up without a battle. He tried one more time, but only got to his knees this time before tumbling over onto his side. He grumbled something about being too old for this stuff as he untied the bag of meat and put on one of the front quarters. By the end of the day we had the meat back to the river in a nice cool spot. The 5 gallons of stew for supper found us ready for bed.

The next morning we took the canoe across the river to where the meat was located. We pulled the vessel up onto the bank and began carefully loading the bags of meat. When it was all perfectly situated we slowly slid the aluminum craft back into the water. There was only one problem. The angle of the bank was steep enough that when the canoe started to slide we couldn't stop it and the next thing you know our canoe, moose meet, and flagged antlers were staring up at us from about six feet deep. Steve and I turned toward each and said in unison, "not me." Due to my youth and stupidity, I was the one who ended up in the river wearing only my long-johns for comfort. I'd hold my breath and make the dive down to the canoe and then kind of crawl up the bank shoving a wet load of meat ahead of me. It wasn't the happiest time of my life, but as I look back on it now, it's hard to keep a grin off my face. Conducting a river salvage operation for moose meat isn't what I had envisioned when I moved to Alaska.

Once back on our side of the river, the meat had to be hung and air-dried. We sat around the camp fire with our buckets of stew - they sure tasted better than the previous evening - reminiscing about the day's events. We both decided that on the next trip we would bring scuba gear and a bigger canoe. When we retired to our bags for the night, while looking up at the stars, I heard Steve roll over and say, "listen to this call." It felt good to be a real man again.

For those interested in moose calling, visit this website: <http://www.sherryfelix.com/MOOSE.htm>



Other Uses for Bounce Fabric Softener Sheets!

1. It will chase ants away when you lay a sheet near them.
2. It takes the odor out of books and photo albums that don't get opened too often.
3. Repels mosquitoes. Tie a sheet of Bounce through a belt loop when outdoors during mosquito season.
4. Eliminates static electricity from your television screen. Since Bounce is designed to help eliminate static cling, wipe your television screen with a used sheet of Bounce to keep dust from resettling.
5. Dissolve soap scum from shower doors. Clean with a sheet of Bounce.
6. Freshen the air in your home. Place an individual sheet of Bounce in a drawer or hang in the closet.
7. Prevent thread from tangling. Run a threaded needle through sheet of Bounce before beginning to sew.
8. Prevent musty suitcases. Place an individual sheet of Bounce inside empty luggage before storing.
9. Freshen the air in your car. Place a sheet of Bounce under the front seat.
10. Clean baked-on foods from a cooking pan. Put a sheet in a pan, fill with water, let sit overnight, and sponge clean. The anti-static agent apparently weakens the bond between the food.
11. Eliminate odors in wastebaskets. Place a sheet of Bounce at the bottom of the wastebasket.
12. Collect cat hair. Rubbing the area with a sheet of Bounce will magnetically attract all the loose hairs.
13. Eliminate static electricity from Venetian blinds. Wipe the blinds with a sheet of Bounce to prevent dust from resettling.
14. Wipe up sawdust from drilling or sand papering. A used sheet of Bounce will collect sawdust like a tack cloth..
15. Eliminate odors in dirty laundry. Place an individual sheet of Bounce at the bottom of a laundry bag or hamper.
16. Deodorize shoes or sneakers. Place a sheet of Bounce in your shoes or sneakers overnight.
17. Golfers put a Bounce sheet in their back pocket to keep the bees away.

THE MOST POTENT HEALTH DRINK EVER

Recent studies in leading medical journals declare tea a potential heart tonic, cancer blocker, fat buster, immune stimulant, arthritis soother, virus fighter and cholesterol



detractor. Not bad for a lowly shrub soaked in a little hot water.

“Tea is beating all scientific expectations as the most potent health beverage ever,” says

researcher John Weisburger at the American Health Foundation. “The many ways tea can promote health is truly astonishing.”

Bottom line: Each day you should drink three to six 8-ounce cups of tea. It can be black or green, hot or iced, decaf or not; see the box at right for details.

Here’s how tea helps your health:

Save arteries. Drinking black tea helps prevent deadly clogging of arteries and reverses poor arterial functioning that can trigger heart attacks and strokes, two major new studies have found. IN a large 10-year study in the Netherlands, men who consumed the amount of antioxidants called

“catechins” found in three cups of black tea were 50% less likely to die of ischemic heart disease, caused by narrowed clogged arteries, that were men who consumed only the catechins in half a cup of tea.

In another recent test, Joseph Vita, M.D., of the Boston University School of Medicine, had heart patients drink either plain water or four cups of black tea daily. In a month, impaired blood vessel functioning (a risk factor for heart attack and strokes) improved about 50% in the tea drinkers.

Inhibits cancer growth. Tea has long been tied to a lower risk of stomach, colon and

breast cancer, although the connection is not proven. Now lab studies find that tea chemicals actually may stop cancer growth. Rutgers University researchers showed that a compound in black tea called TF-2 caused colorectal cancer cells to “commit suicide”; normal cells were unaffected. “The effect is quite dramatic,” said Rutgers professor Kuang Yu Chen, who speculates that the chemical might one day be made into an anti-cancer drug.

Tames inflammation. Researchers at Case Western Reserve University gave arthritis-prone mice either green tea or water. The human equivalent of four cups of green tea daily halved the mice’s risk of

For the best benefit ...

- Drink both black and green tea, the regular kind sold in bags or leaves in grocery stores. Their antioxidants are equal. But green tea boasts special-acting EGCG.
- Bottled tea and instant tea have few antioxidants, research shows.
- Herbal teas do not have the same health properties as real tea (*Camellia sinensis*).
- Tea with caffeine has slightly more antioxidant activity.
- Steep tea leaves or bags in hot water 3 to 5 minutes to thoroughly release antioxidants.
- Adding milk to tea does not block absorption of antioxidants, new Dutch research finds.
- Don't give much tea to kids. Tea "chelates" iron, removing it from the body. That may help combat chronic disease but can cause anemia in young people

developing arthritis. Also intriguing: TF-2, the newly discovered anti-cancer compound in black tea, suppresses the Cox-2 gene that triggers inflammation, says research at Rutgers. That's the same way the drugs Vioxx and Celebrex work.

Also, in a UCLA study of 600 Chinese men and women, drinking green tea halved the risk of chronic stomach inflammation, which can lead to cancer.

Wipes out viruses. Previous tests prove tea can neutralize germs, including some that cause diarrhea, pneumonia, cystitis and skin infections. New research by Milton Schiffenbauer of Pace University finds that black and green tea deactivates viruses, in-

cluding herpes. When you drink tea, he says, chances are good you will wipe out viruses in your mouth. Flu viruses, too? Possibly. A recent Japanese study showed that gargling with black tea boosted immunity to influenza. Recent research at Harvard indicated that tea chemicals stimulated gamma-delta T-cells that bolster immunity against bacteria and viruses.

Burns calories. Most surprising, green tea's antioxidant EGCG stimulates the body to burn calories, notably fat. In a Swiss study, a daily dose of 270mg EGCG (the amount in 2 to 3 cups of green tea) caused men to burn 4% more energy – about 80 extra calories a day. Green tea did not increase heart rate, and the calorie burning was not due to caffeine.

Plus. Canadian researchers block cavities in mice by replacing their water with tea. Indian eye researchers have retarded cataracts in rats by feeding the animals tea extract. Israeli scientists block Parkinson's-like brain damage in mice by giving them green tea extract or pure EGCG.

Jean Carper, a respected authority on food as medicine, is the author of *Your Miracle Brain*.

For a list of the scientific sources behind this report, visit usaweekend.com

AMAZING SECRETS FOR HEALTH AND WELLNESS

Cure # 1: Water prevents and cures heartburn.

Heartburn is a signal of water shortage in the upper part of the gastrointestinal tract. It is a major thirst signal of the human body. The use of antacids or tablet medications in the treatment of this pain does not correct dehydration, and the body continues to suffer as a result of its water shortage.

Cure # 2: Water prevents and cures arthritis.

Rheumatoid joint pain - arthritis - is a signal of water shortage in the painful joint. It can affect the young as well as the old. The use of pain-killers does not cure the problem, but exposes the person to further damage from pain medications. Intake of water and small amounts of salt will cure this problem.

Cure # 3: Water prevents and cures back pain.

Low back pain and ankylosing arthritis of the spine are signs of water shortage in the spinal column and discs - the water cushions that support the weight of the body. These conditions should be treated with increased water intake - not a commercial treatment, but a very effective one.

Cure # 4: Water prevents and cures angina.

Heart pain - angina - is a sign of water shortage in the heart/lung axis. It should be treated with increased water intake until the patient is free of pain and independent of medications. Medical supervision is prudent. However, increased water intake is angina's cure.

Cure # 5: Water prevents and cures migraines.

Migraine headache is a sign of water need by the brain and the eyes. It will totally clear up if dehydration is prevented from establishing in the body. The type of dehydration that causes migraine might eventually cause inflammation of the back of the eye and possibly loss of eye sight.

Cure #6: Water prevents and cures colitis.

Colitis pain is a signal of water shortage in the large gut. It is associated with constipation because the large intestine constricts to squeeze the last drop of water from the excrements - thus the lack of water lubrication.

Tragedy: Not recognizing colitis pain as a sign of dehydration will cause persistent constipation. Later in life, it will cause fecal impacting: it can cause diverticulitis, hemorrhoids and polyps, and appreciably increases the possibility of developing cancer of the colon and rectum.

Cure # 7: Water and salt prevent and cure asthma.

Asthma, which also affects 14 million children and kills several thousand of them every year, is a complication of dehydration in the body. It is caused by the drought management programs of the body. In asthma free passage of air is obstructed so that water does not leave the body in the form of vapor - the winter steam. Increased water intake will prevent asthma attacks. Asthmatics need also to take more salt to break the mucus plugs in the lungs that obstruct the free flow of air in and out of the air sacs.

Cure # 8: Water prevents and cures high blood pressure.

Hypertension is a state of adaptation of the body to a generalized drought, when there is not enough water to fill all the blood vessels that diffuse water into vital cells. As part of the mechanism of reverse osmosis, when water from the blood serum is filtered and injected into important cells through minute holes in their membranes, extra pressure is needed for the "injection process." Just as we inject I.V. "water" in hospitals, so the body injects water into tens of trillions of cells all at the same time. Water and some salt intake will bring blood pressure back to normal!

Cure # 9: Water prevents and cures early adult-onset diabetes.

Adult-onset diabetes is another adaptive state to severe dehydration of the human body. To have adequate water in circulation and for the brain's priority water needs, the release of insulin is inhibited to prevent insulin from pushing water into all body cells. In diabetes, only some cells get survival rations of water. Water and some salt will reverse adult-onset diabetes in its early stages.

Cure # 10: Water lowers blood cholesterol.

High cholesterol levels are an indicator of early drought management by the body. Cholesterol is a clay-like material that is poured in the gaps of some cell membranes to safeguard them against losing their vital water content to the osmotically more powerful blood circulating in their vicinity. Cholesterol, apart from being used to manufacture nerve cell membranes and hormones, is also used as a "shield" against water taxation of other vital cells that would normally exchange water through their cell membranes.

Cure # 11: Water cures depression, loss of libido, chronic fatigue syndrome, lupus, multiple sclerosis, muscular dystrophy.

These conditions are caused by prolonged chronic dehydration. They will clear up once the body becomes well and regularly hydrated. In these conditions, exercising one's muscles should be part of the treatment program.

From the Book, "Your Body's Many Cries for Water" by Dr. F. Batmanghelidj

Whole Food Nutrition 101

A brief synopsis of refined food, its history and effects on human beings, as well as ideas and suggestions for improving eating habits. Quick--swallow that last bite of cookie before you read any further! ☺

White flour began its history as mankind entered into the industrial age...however, its existence has wreaked havoc upon civilization as we know it. A diet full of refined grain, food that is no longer in a natural state, is proven to cause degeneration and disease. We are simply inundated with refined foods at every turn, many of us never even questioning the food value of most supermarket staples. Research, however, would suggest that we open our eyes and consider the devastation the typical American diet may bring, not only upon ourselves, but upon our loved ones as well.



"In the beginning, grain was ground between stones. Man's own energy was expended to change grain to meal. Porridge, cakes, or bread were made from the meal. The instant the whole grain is ground into meal, its natural energy or its life force--whether one calls this nutrients, vitamins, or enzymes--is reduced. Once the grain is pulverized, it will not sprout, it cannot reproduce itself. Mills driven by human energy were replaced by water mills. Then the Crusaders introduced the windmills from Arab lands. Eventually, stones were replaced by steel rollers; water became steam, and then electricity.

"Power increased and meals became more and more refined...more and more life force was removed from the grains by milling, crushing, and sifting initially through woolen cloths, which were replaced by those of linen, and finally, seines of silk... The grain is a fruit with the seed or germ in it. More and more of this were removed, starting with the germ and the seed. If the grains of wheat that fell between rollers were planted in the earth, one grain would sprout many many grains. The end product of the processing of grain, however...was a dead "germ/seed." It would rot if put into the soil. The vital energy had been extracted, lost, killed, spent.

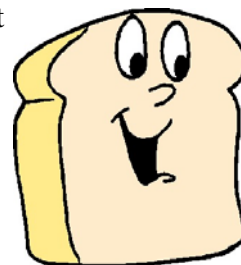
"Thus, all man's energy was harnessed to crushing the natural energy of grain. Bleaching, gassing, and all the other refinements were perfected one by one...

"The germ and bran of the wheat caught in the bolting cloth was called offal--a word which means waste or byproduct of a process (when in actuality, these are the parts highest in nutrients!)."

Taken from "Sugar Blues" by William Duffy

White flour, white rice, and white sugar are all incomplete foods. Some nutritionists prefer to call them "dead foods," as they have been stripped of all life-giving properties (devoid of enzymes, etc). The repercussions that occur from a steady diet of dead foods are enormous. The consequences run the full gamut of typical American health problems, from prenatal to geriatrics, including easily visible to generally unseen.

Studies say that the typical American adult liver is swollen to at least double its size, due to having to store pounds of undesirable material. This undesirable material is composed of the high amount of toxins in our typical American diet--the chemicals and additives, the refined "dead foods," and the excess consumption of meat and animal products. It has also been reported that the average American colon weighs about 5 pounds or more--due to the overload of excess toxins and other unhealthy residues being forced to take up residence there. In other words, we are slowly poisoning ourselves at each and every meal!



God certainly provided a bountiful table spread of food that is intended to nourish and bless the human body. With the advent of the Industrial Age, we have systematically taken those God-given foods and "made them better." But can fallen humans really improve upon what an All-Knowing God designed for us? Research, past and present, would suggest otherwise.

Over and over again, studies prove that whole foods are best. Yet over and over, Americans choose refined foods and suffer the consequences. Most choose refined "dead" foods simply because they do not know any better, but ignorance does not save us from the detrimental effects of a "dead food diet." Our culture thinks that cancer, diabetes, and heart problems are simply a natural occurrence as one grows older...and yet in "underdeveloped" countries where whole grain foods are the staple, these "normal" diseases are virtually nonexistent! One is hard pressed to find a case of hemorrhoids or tooth decay in a 3rd world country where whole foods are a part of the daily diet (and refined foods are unknown).

Many have heard of the Hunza's, an isolated Caucasian group in the Himalayans, whose average lifespan is from 100 to 120 years. The century old men and women are still active and productive members of society, not slowly declining in wheelchairs or nursing home beds. It is said that death comes when they just "fall asleep one night and don't wake up the next day."

And what is the main diet of the Hunza's? Freshly ground whole grains (wheat, barley, buckwheat, and small grains); leafy green vegetables, potatoes and other root vegetables, peas and beans, fresh goat milk, soured milk and yogurt (yogurt is very popular), goat cheese, fruit (apricots being the main fruit, along with the oil they harvest from the apricot kernels), and, on rare occasions, wine made from their grapes. They grind their grains daily, so all the vitamins, minerals, and enzymes are present--"chapattis" (like a thick tortilla) being the most often consumed food. The Hunza's have relatively no health problems other than accidental falls and injuries (which heal much more quickly than ours do, due also to the excellent diet).



A diet of whole foods seems to be exactly what our bodies need to function properly. The research performed on the Hunza group is just a drop in the bucket when one begins to look at the overwhelming amount of evidence proving the value and wisdom of a whole food diet. When whole foods are ignored and refined foods are ingested (Standard American Diet--SAD), a myriad of problems result, from seemingly "mental" disorders such as depression and confusion, to major diseases such as diabetes and cancer. Especially when we consider that our bodies are to be "as living sacrifices" to the One who made us, what we eat is important. God wants to use us in a variety of ways, and our poor health and mental outlook (due to diet) is of no service, generally speaking.

Of course, God can (and certainly does) use health problems to His glory and for our edification, but when we purposely toxify our bodies (the temples of His Spirit), it makes little sense to later call on Him for healing or to somehow blame Him for the pain. If we will simply choose to eat the food that God made for us, we will soon be enjoying the benefits and blessings of a vibrant healthy life--and how much more energy we will have to pour into the Kingdom of God! Unfortunately, many of us discover the dangers of refined food AFTER disease has come, but it is never too late to change. Dogs may not learn new tricks, but people certainly can!

For most of us, change comes one step at a time. Below are some changes that we can make so that we, slowly but surely, can move from a destructive diet to a live-giving one. Take it slow and steady and let the results speak for themselves. As you begin to feel better, mentally and physically, you will soon be even more motivated to continue the changes, and improvements will come, one by one.

Use expeller-pressed or cold-pressed oils: All polyunsaturated oils, unless "cold/expeller pressed," have been heated to high temps during processing and are virtual free-radical storehouses. Olive oil is one of the few oils that comes "naturally" expeller pressed. Almost all other oils require you to be an avid label searcher. You will likely only find expeller/cold-pressed oils in the health food section. Most need to be refrigerated and will probably say so on the label (which is why oils are usually heat-processed--they have a longer shelf life and do not require refrigeration).

Abstain from hydrogenated oils (found in margarine, Crisco, and many other processed foods). Hydrogenated oils have been heat-processed and their molecular structure has been distorted in other ways as well, so that they especially stress the immune system. Hydrogenated oils are, sadly, found in most processed foods (check your peanut butter and your breakfast cereals). Margarine has been touted as "healthier" than butter for years, however it is extremely dangerous and should not be ingested. One health guru said that out of all refined food, the one that should be most avoided is margarine!

Use Natural Sweeteners: There are a variety of cookbooks that feature desserts sweetened with fruit juice concentrate, raw honey, brown rice syrup, unrefined cane juice powder (Sucanat), maple syrup, stevia leaf, etc. It will take a little bit of time and research on your part, but you can enjoy a tasty dessert from time to time without using refined sugar to sweeten it. Brown rice syrup and barely malt are over 50% maltose, so do not affect your blood sugar and are less destructive to the body's mineral balance. Sucanat is as sweet as sugar but hasn't been robbed of all its necessary vitamins and minerals (and can be used as a one-for-one sugar replacement in recipes). Our culture is addicted to sweetness, so our tongue is used to an un-natural degree of sweet flavors. The natural whole food diet has sweet flavor in it, just not to the extreme that we are used to and it will take time adjusting to that. For some of us sugar-holics (ME!), you may notice a couple day's worth of "detoxing" when you go off of sugar, but the discomfort will soon give over to greater energy and enhanced mental function (I promise).
☺

Why abstain from processed sugars? Sugar, after it has gone through its extensive modern refining process, is no longer a food. Studies show that your body greets refined sugar as it would any toxic invader, and a great variety of health problems eventually result. Sugar, brown sugar, corn syrup, etc., all rob the body of essential vitamins and nutrients EVERY SINGLE TIME they are ingested (in large or small quantities)! Sugar literally robs your bones of calcium, your brain of its necessary B vitamins, and the list goes on. Sugar severely taxes your liver, your pancreas, and your adrenal glands

each and every time it is ingested. By revising the diets of juvenile delinquents, studies show antisocial behavior declines dramatically! That is because sugar not only effects your physical body, but also your mental outlook and abilities. It *will* take time for your sweet tooth to "go away," but you can slowly retrain your body to enjoy natural foods and beneficial sweeteners.

Warning: Do not avoid refined sugar by choosing to ingest aspartame. There are a great deal of frightening studies about aspartame and its effect on the body, most particularly the brain.

Choose Whole Grains and abstain from refined grains, such as white rice and white flour. There are so many whole grains to choose from, and so many wonderful cook-books that can teach you how to cook with them. Brown rice, unpearled barley, whole wheat, oats, rye, triticale, millet, and the list goes on.

Much has been said already about the health benefits that come from using whole grains and the detrimental effects of grain that has been refined. Mix a little water with white flour and you will have a paste, which, if allowed to dry, will be difficult to scrub off! That is exactly what white flour does in your intestinal tract. It forms a sort of glue-like substance that coats your intestinal wall, making it nearly impossible for vitamins and minerals to absorb, and making it perfectly wonderful (in their opinion) for parasites and other undesirable microscopic guests to hide and feed.

*******When making the switch from refined flour to whole-wheat flour, an intestinal cleanse is always recommended if you've been eating refined foods for a while. Your intestines may be well coated with sludge (gross!), but after an herbal cleansing program, you will be able to assimilate the whole foods and receive the full benefit of the nutrients. Many herbal intestinal cleanse products are available in health food stores and elsewhere.

More Plant Products - Less Animal Products:

Animal products are generally taxing on the human body, most especially when consumed in excess. Most nutritionists recommend that we consume small portions of animal products at a time, contrary to the typical steak-size serving of meat. Small portions can be beneficial--large portions cause a wide range of prob-



lems. An example of this is milk. Touted as the cure for osteoporosis, excess milk consumption will actually cause calcium depletion! The problem is that any over-consumption of animal protein requires calcium. The digestion of meat and milk products results in acids which must be neutralized by calcium and other alkaline materials....so your body, looking for calcium, pulls it right out of your bones. Milk--does it ALWAYS do a body good? Again, the lesson here is that small portions can be beneficial and large portions are likely not.

One of the other concerns about animal products is the heavy use of antibiotics and hormones used by most companies. When possible, choose meat and dairy products that are hormone/antibiotic free.

Beans (which triple their protein content if soaked in water overnight, due to sprouting) are a wonderful source of protein, especially when combined with a whole grain. Nuts and seeds are another easy source of protein, and many nutritionists recommend eating seeds daily. (Examples: Pumpkin seeds are rich in zinc and phosphorus, while sesame seeds are high in easily assimilated calcium). Buy a couple vegetarian cookbooks and enjoy experimenting! For those trained to cook meals centering on meat, a vegetarian cookbook may greatly assist you in discovering savory plant-based meals for your family to enjoy from time to time.



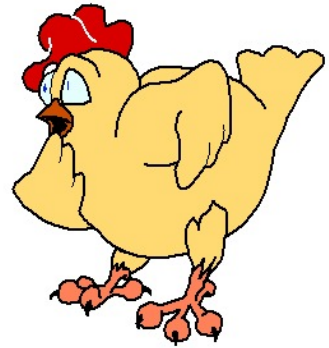
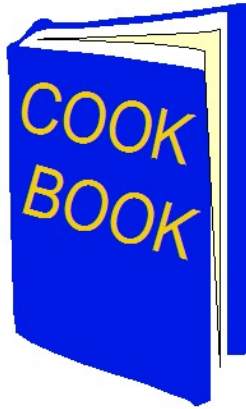
Statistics prove that Americans are eating WAY more animal products than we did 100 years ago...and WAY less plant products. As the plant products decrease and animal products rise, the health problems and degenerative diseases RISE dramatically. (It makes quite an impressive graph).

***Carrs and Safeway sell meat that is free of antibiotics (just ask the butcher to show you where) and Fred Meyers and Carrs provide "Naturally Nested" eggs. Azure Standard Co-op also sells hormone-free meat products.

Taking Steps...

There are so many more steps that can be taken, each one adding more nutrition benefits. The best step to take, really, is to simply educate yourself. Consider it an INVEST-

MENT to buy a book every so often on nutrition. There are so many wonderful books out there to choose from, and you will only serve to gain from reading them. Reading about your body and what best fuels it will help you make wise choices in the grocery store. Having healthy cookbooks on hand will make it possible for you to cook wisely. You simply can't lose by educating yourself--that's why we prefer to think of purchasing such books as an "investment." You are doing just that--investing into your family.



Don't know where to start? You can get ideas off of the Internet, such as on Amazon.com, by browsing through their selection to see what interests you (and then ordering through a local buyer, if possible). You can also visit your local bookstore--they may already have something on the shelves that is perfect for your family. The library is an often over-looked resource, yet they have a wide variety of healthy cookbooks available.

I have often prayed, while looking for our next "book investment" on whatever particular subject, that God would provide "just the right book" for where we are at as a family, the book that He wants us to read and learn from so that our family might be blessed as a result...and it's incredible how often He leads us to the perfect one.

When all is said and done, just how important is good nutrition for the Christian? Nutrition is just a means to an end. The end goal for us is not merely good nutritional habits, but a spirit, soul, and body that is able to better focus on what is REALLY important--the One in Him we live and move and have our being. As we feed our bodies the proper fuel, we will have the energy and the stamina to better serve the Kingdom of God...and that's what it's really all about. ☺

by the affable Molly Aley

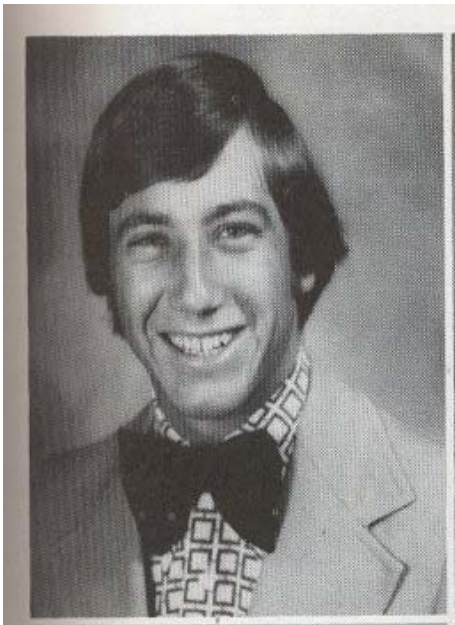
And it Goes, Transpose

The wife and I were driving home from church when discussion turned to Sunday School. Judy had noticed a new lady helping in that essential junior education area, and she inquired her name from our 6 year-old daughter. Ginger had the answer at once. "Sand Rocks!"

Judy and I exchanged puzzled looks. "Sand Rocks", my wife repeated ?

"Yes", said Ginger, "Sand Rocks".

Then as an after thought she added, "No I mean Rocks Sand" (Roxanne, as in Roxanne Mathewson).



A couple of issues ago, the editor of the KCC Newsletter was cajoled into printing a picture of a special couple from our congregation. For those of you who never quite figured that picture out, it was none other than Chuck and Cheryl Morse.

Well, it seems we have another one of those "ghost from Christmas past" photos to share with all of you, however, this one should be a little easier to figure out. The next time you see this chap, let him know how sharp he was looking back in the 70's.

Out of Tradition

I noticed there was a page or two available here for scratching on and thought we could have a little something on doctrine. Easter is everywhere now so what better topic could occupy this spot? A lot of tradition is incorporated into our Easter celebration. We have the period of fasting and penitence called Lent. This is about an 8 week period beginning on Ash Wednesday and culminating with Easter. Where did Lent come from? I don't know but by advertising that ignorance some more knowledgeable reader may tell me. Anyhow it is pre-dominantly Catholic and has been celebrated since the 4th Century and probably before. Lest someone reject Lent because of its Catholic connection we might want to note that Catholics do many things right. For example they have taken a strong public pro-life stance.

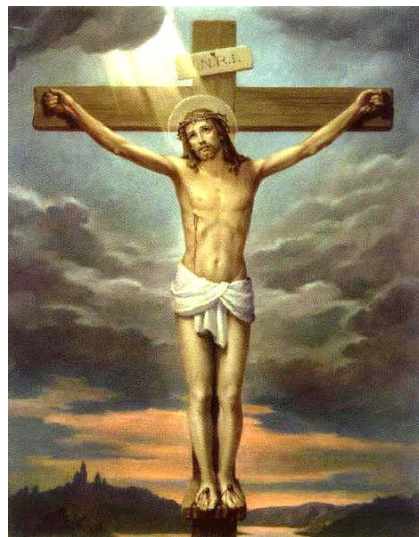
There are variations on how the penitence of Lent is kept and I think it's suppose to be held to 40 days by taking weekends off. In other words believers who are denying themselves something (lets say dessert for example), would be able to break their penitence on weekends. The whole thing may not be rooted in Scripture but then who would want to say skipping dessert is at all contrary to Scripture ? Ash Wednesday is connected to penitence and is a day typified by smearing ashes on the foreheads of believers. This has tones of Old Testament repentance, a thing often accomplished in sackcloth and ashes.

Ash Wednesday is generally a gentle version of this rite for the contrite, in that the ashes are limited to a finger dipped in water and ash and wiped unto the forehead in the shape of a cross. Palm Sunday is the Sunday just prior to Easter and is kept to commemorate the Triumphal Entry. The Triumphal Entry is so called because Jesus rode a donkey into Jerusalem before a cheering crowd which threw palm branches to carpet his path.

Maundy Thursday commemorates Jesus keeping the Last Supper. Maundy comes from a Latin word meaning commandment. This happened to be the first word of an anthem sung by leaders of the Church long ago. That the word is Latin, gives us a clue of how long ago. Jesus and his disciples sang a hymn after the Last Supper, (Mt 26:30), but this was almost certainly not done in Latin (the language of the Romans and biologists).

Good Friday refers to the day Jesus was crucified (taken from Scriptures like Mark 15:42 “It was Preparation Day (that is, the day before the Sabbath).” Theologians know that the Sabbath is Saturday so they figure Jesus was crucified on Friday, (the day before the Sabbath). We might however, turn our attention to Jn 19:31 which reads, “...the next day was to be a special Sabbath.” Then we might ponder, what was special about that Sabbath ?

Everything. It had to do with the ancient Jewish Feast of Passover. We might want to consider that when Jesus died there was no Easter. Only Passover. I Cor 5:7 in fact says, “For Christ, our Passover lamb, has been sacrificed.” Of course ! Jesus was keeping the Passover. Like the people Moses led in Exodus, Israel was again killing a lamb to escape God’s judgment. “Special” Sabbaths happened several times each year as described in Le 23:4-8 and Nu chapter 9. Special Sabbaths occurred on certain days of the month instead of on Saturday, (just like Christmas falls on different days of the week but always on the same day of the month).



Your Son's Blood

Author Unknown - Submitted by Dave Horne

The day is over, you are driving home. You tune in your radio. You hear a little blurb about a little village in India where some villagers have died suddenly, strangely, of a flu that has never been seen before. It's not influenza, but three or four people are dead, and it's kind of interesting, and they're sending some doctors over there to investigate it.

You don't think much about it, but on Sunday, coming home from church, you hear another radio spot. Only they say it's not three villagers, it's 30,000 villagers in the back hills of this particular area of India, and it's on TV that night. CNN runs a little blurb: people are heading there from the disease center in Atlanta because this disease strain has never been seen before.

By Monday morning when you get up, it's the lead story. For it's not just India; it's Pakistan, Afghanistan, Iran, and before you know it, you're hearing this story everywhere and they have coined it in now as "the mystery flu." The President has made some comment that he and everyone are praying and hoping that all will go well over there. But everyone is wondering, how are we going to contain it?

That's when the President of France makes an announcement that shocks Europe. He is closing their borders. No flights from India, Pakistan, or any of the countries where this thing has been seen. And that's why that night you are watching a little bit of CNN before going to bed. Your jaw hits your chest when a weeping woman is translated from a French news program into English: There's a man lying in a hospital in Paris dying of mystery flu. It has come to Europe.

Panic strikes.

As best they can tell, once you get it, you have it for a week before you know it. Then you have four days of unbelievable symptoms. And then you die. Britain closes it's borders, but it's too late. South Hampton, Liverpool, North Hampton, and it's Tuesday morning when the President of the United States makes the following announcement:

"Due to a national security risk, all flights to and from Europe and Asia have been canceled. If your loved ones are overseas, I'm sorry. They cannot come back until we find a cure for this thing."

Within four days our nation has been plunged into an unbelievable fear. People are selling little masks for your face. People are talking about "What if it comes to this country," and preachers on Tuesday are saying, "It's the scourge of God."



It's Wednesday night and you are at the church prayer meeting when somebody runs in from the parking lot and says, "Turn on a radio, turn on a radio." And while the church listens to a little transistor radio with a microphone stuck up to it, the announcement is made: "Two women are lying in a Long Island hospital dying from the mystery flu."

Within hours it seems, this thing just sweeps across the country. People are working around the clock trying to find an antidote. Nothing is working. California, Oregon, Arizona, Florida, Massachusetts. It's as though it's just sweeping in from the borders.

And then, all of a sudden the news come out. The code has been broken. A cure can be found. A vaccine can be made. It's going to take the blood of somebody who hasn't been infected, and so, sure enough, all through the Midwest, through all those channels of emergency broadcasting, everyone is asked to do one simple thing: Go to your downtown hospital and have your blood type taken. That's all we ask of you. When you hear the sirens go off in your neighborhood, please make your way quickly, quietly, and safely to the hospitals.

Sure enough, when you and your family get down there late on that Friday night, there is a long line, and they've got nurses and doctors coming out and pricking fingers and taking blood and putting labels on it. Your wife and your kids are out there, and they take your blood type and they say, "Wait here in the parking lot and if we call your name, you can be dismissed and go home."

You stand around, scared, with your neighbors, wondering what in the world is going on and if this is the end of the world.

Suddenly a young man comes running out of the hospital screaming. He's yelling a name and waving a clipboard. What? He yells it again! And your son tugs on your jacket and says, "Daddy, that's me."

Before you know it, they have grabbed your boy. Wait a minute. Hold on! And they say, "It's okay, his blood is clean. His blood is pure. We want to make sure he doesn't have the disease. We think he has got the right type."

Five tense minutes later, out come the doctors and nurses, crying and hugging one another—some are even laughing. It's the first time you have seen anybody laugh in a week, and an old doctor walks up to you and says "Thank you, sir. Your son's blood type is perfect. It's clean, it is pure, and we can make the vaccine."

As the word begins to spread all across that parking lot full of folks, people are screaming and praying and laughing and crying. But then the gray-haired doctor pulls you and your wife aside

and says, "May we see you for a moment? We didn't realize that the donor would be a minor and we need...we need you to sign a consent form."

You begin to sign and then you see that the number of pints of blood to be taken is empty. "How many pints?" And that is when the old doctor's smile fades and he says,

"We had no idea it would be a little child. We weren't prepared. We need it all!"

"But-but...You don't understand."

"We are talking about the world here. Please sign. We-we need it all!"

"But can't you give him a transfusion?"

"If we had clean blood we would. Can you sign? Would you sign?" In numb silence, you do. Then they say, "Would you like to have a moment with him before we begin?"

Can you walk back? Can you walk back to that room where he sits on a table saying, "Daddy? What's going on?" Can you take his hands and say, "Son, I love you, and I would never let anything happen to you that didn't just have to be. Do you understand that?"

And when that old doctor comes back in and says, "I'm sorry, we've-we've got to get started. People all over the world are dying." Can you leave?

Can you walk out while he is saying, "Dad? Dad? Why-why have you forsaken me?"

And then next week, when they have the ceremony to honor your son, and some folks sleep through it, and some folks don't even come because they go to the lake instead, and some folks come with a pretentious smile and just pretend to care. Would you want to jump up and say, "MY SON DIED FOR YOU! DON'T YOU CARE?"

Is that what GOD wants to say? "MY SON DIED FOR YOU. DON'T YOU KNOW HOW MUCH I CARE?"

"Father, seeing it from your eyes breaks our hearts. Maybe now we can begin to comprehend the great Love you have for us."

KCC's MYSTERY BOOK REVIEW

So you've decided to fast. Well, maybe you've decided you would LIKE to fast. Well, maybe what you really mean is that you think you SHOULD fast. Hmmm, on second thought, maybe we should change that to 'Since it could be viewed that there is an expectation towards fasting in the Bible, Christians should probably consider fasting at some point in their Christian life'.

Whew!! For a moment there it was getting a little too personal!

Have I got the book for you! God's Chosen Fast is a book for those who would like to learn more about fasting but don't know where to begin. Or for those who may have conducted some hands-on 'experiments' but still have questions. Or even for those who have built fasting into their spiritual disciplines but are curious about certain areas.

Arthur Wallis initially set out to find answers to his own questions related to fasting. When several Christian bookstores were not able to suggest a single title to him, he turned to the health food stores who offered books detailing the physical aspects of fasting. Out of his research and experience has come a very readable and interesting book detailing the spiritual, but also answering those questions related to the physical side of fasting.

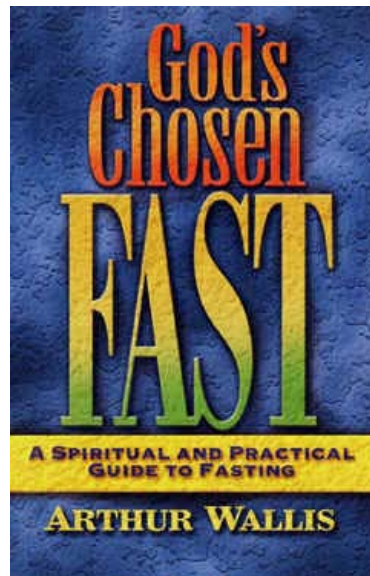
'Though God has given us our bodies and planted within them certain basic instincts, including the bodily appetites, we are required to keep the physical subservient to the spiritual. The body is ever to be our servant, not our master.' And so begins a discussion on the difference between satisfying the normal desires for food and drink and the bondage we so easily fall prey to. Lest you think 'bondage' is too strong a word, he suggests a practical way to determine our level of bondage: when we cannot say no to a second (or third) helping even though we are no longer hungry.

'Fasting . . . is a divine corrective to the pride of the human heart. It is a discipline of the body with a tendency to humble the soul.'

Wallis identifies three primary forms of fasting from Biblical times: the 'normal fast' – abstaining from all food but not from water; the 'absolute fast' – abstaining from food and water; and the 'partial fast' – a restriction of the diet such as what Daniel engaged in.

Wallis also spends a short chapter each identifying several reasons why a Christian might fast: for the glory of the Lord (Is 58); for personal sanctity (Psa 69:10); to be heard on high (Ez 8:23); to change God's mind (Jonah 3:5,10); to free the captives (Is 58:6); to obtain deliverance (Is 49:24-25); for revelation (Daniel 9:2-3, 21-22) and to buffet the body (I Cor 9:27).

As with any topic, there are critics and Wallis tackles his head on. He discusses the error of asceticism, issues of health and fasting and the varying interpretation of specific passages. Also included are his thoughts on those who should not fast. But don't get too excited. Unless you're a diabetic on insulin or pregnant you aren't likely to fall into his exceptions!



Wallis also discusses very clearly what to expect both physically and emotionally and how these are involved in the spiritual battle at hand. 'Discouragement is one of (Satan's) weapons. Guard against it by maintaining a spirit of praise.' Towards the end of the book he offers a 'Diary of a Fast' – a personal friend of the author who consented to have portions of his diary included anonymously to help pull together all that the author has been describing.

The bottom line to the author, as it should be to us, is obedience. 'When you give alms . . . when you pray . . . when you fast . . .' (Mat 6:2, 5, 16). 'When our minds are conditioned by prejudice or paralyzed by traditional views, we may face a truth in Scripture again and again without its ever touching us.'

'If humility is the basic ingredient of true holiness, the soil in which the graces flourish, is it not needful that from time to time we should, like David, humble our souls with fasting? Behind many of our besetting sins and personal failures, behind the many ills that infect our church fellowship and clog the channels of Christian service – the clash of personalities and temperaments, the strife and division – lies that insidious pride of the human heart.'

You may order God's Chosen Fast by Arthur Wallis from your local Christian bookstore or from CLC Publications, Fort Washington, PA 19034.