

1. Cleaver of Truth Newsletter for  
the Month of December 2010  
RT 1 Box 210  
Fort Gay, WV 25514  
Ph. (304) 648-301  
cleaveroftruthministry.org

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Dear Family and Friends,

I can't believe how fast the days and months are flying by! Rodney just had his 79<sup>th</sup> Birthday last month. He has recovered from his illness and is building up his weight gradually. We thank God for his healing mercies! We have changed our diet for the better and Rodney says he has never enjoyed food like he does now!

Our subject this month: DECEPTION

He Took My Whoopin'

Your parents and grandparents may remember when children went to a one-room schoolhouse where the same teacher taught every grade.

Most of the kids didn't care for school and gave the teachers a hard time. In one such school, the children bragged about how many teachers they had run out of their school.

A new teacher was coming so the boys met at the school early to make their plans. "We'll drive this one out in just half a day!" Big Jim declared. The other boys agreed. When the teacher arrived, he was a short thin man dressed in black. Jim said, "I'm a head taller than him and no doubt stronger too! This'll be a cinch!"

The teacher called the children to order and all sat quiet for a moment, wondering if he could possibly last an hour in their

school. "Hello, Class," he began. "I'm Mr. McConnell. I am your new teacher." A titter rippled over the room. Mr. McConnell continued, seeming not to notice. "In order for us to have a good school year, we must have rules for our classroom."

"We don't like no rules," one of the boys blurted out. "I understand," the teacher replied, "I don't like rules either but we must have rules to know what is expected of us. I'm not going to set any rules but I want you children to tell me what rules *you* think would be important to have."

A long pause followed. No one had expected this! Finally someone shouted out, "There shouldn't be no stealin'." "All right," Mr. McConnell agreed. "Let's write it on the board. Any others?"

"There shouldn't be no lyin' neither," another boy said. "And the boys shouldn't dunk the girls' pigtails in their ink wells," one girl said.

After several more rules were given, Mr. McConnell said, "All right, that's enough rules to start with. If we find that more are needed, we can add them later. However, it is better to have a few good rules, than to have so many we can't keep them all." Everyone agreed.

"Now we need one more thing before we begin class work. We must have a punishment for *disobeying* the rules. A rule without a consequence is worthless. What do you think should be the punishment for disobeying one of your rules?" Big Jim answered, pointing to a large piece of wood hanging on the wall, "Ten hard licks with that paddle."

"That is a stiff punishment," the teacher

exclaimed, "but I am agreed to it if you are." The class agreed. "All right, that will be the punishment for girls or boys who disobey the rules and let's hope that no one breaks these rules and suffer such a fate. Now, let us begin our lessons."

The next two weeks went well. The students were respectful to their new teacher. Anyone tempted to get out of line needed only to look at the paddle on the wall.

But one day at lunch time, Mr. McConnell grimly announced, "I am sorry to report to you that there has been a theft in this classroom." The students gasped and the girls clutched their mouths. "Big Jim is missing a sandwich from his lunch and it looks like someone here took it. Whoever this is, please admit it now and step forward for your punishment." No one moved or spoke.

"It will be easier for everyone if the guilty person will just admit it now," Mr. McConnell continued. Another long silence followed. Then sobs began from the seat in the front corner. "It was me," Billy sobbed. "I stole your sandwich, Big Jim. I-I ain't had a good meal for a week and-and I-I couldn't help myself."

The teacher said, "I'm sorry Billy. I do understand, but the punishment still must be given, so come forward to get your whooping." As Billy rose, and walked forward, Big Jim jumped up. "Mr. McConnell, "I don't care nothin' about that sandwich. He can keep it. I forgive him!"

"That's very kind of you Jim, but we set up rules when we began, and Billy broke one of those rules. In spite of your

forgiveness the punishment must still be given." A silence filled the room as Billy leaned over for his ten whacks. But just as the teacher raised the paddle to begin, Big Jim yelled out, "Wait! I-I'll take his whacks for him. Billy's just a little kid. I can take it a lot better than he can."

Mr. McConnell said, "This is unusual. The rule is that ten hard whacks must be given for an offense, but it doesn't say *who* is to receive the whacks. Therefore, it is possible for an innocent person to pay the punishment for the guilty if you agree, Billy." Big Jim walked forward and Billy nodded.

Few could watch as the blows came down. When the tenth one echoed through the school room, Billy ran to Big Jim and hugged him. "Oh, thank you. I love you for what you done for me," he sobbed! By now almost everyone else was crying too.

"Class," the teacher said as he wiped his face with his handkerchief, "this is indeed an act of love we've seen today, but let me tell you of an *even greater act of love*." Then Mr. McConnell told his attentive class of the love of God toward us. He said that we could not pay the penalty for our own sins for it was too great. Instead, Jesus came to the earth from heaven to make that payment for us on the cross and all who accept Him as Saviour are given eternal life.

We are told most of the students in that classroom accepted God's free gift of life in Jesus. *Have you?*

For God so loved the world that He gave His only begotten Son that whosoever believeth in Him shall not perish but have everlasting life. John 3:16

## HEALTH NUGGET

### CHEESE

In 1910 Americans ate five pounds of cheese per person per year. In 2001 the amount of cheese consumed per person was thirty pounds. Now, in the year 2010, that amount is probably even more. Shredded atop their pizzas, sliced in their sandwiches, or nibbled off frilly toothpicks, there is no denying that America has become a cheesy nation.

In general, cheese is made by coagulating the casein, or protein of milk, skimmed milk or milk enriched with cream. The milk extract is subjected to putrefactive bacteria which rots it. The carbohydrates are removed from the pasteurized milk. The remains are mostly protein even though about 50 percent of the calories are fats that are not removed. The coagulation is accomplished by means of rennet or some other suitable enzyme, souring or a combination of the two.

Animal rennet is the most frequently used in commercial cheeses. Rennet comes from the digestive system of the hog, and other young mammals. Sometimes it is obtained from the stomach of newborn animals.

Although a few companies produce rennetless cheese, which is made with vegetable coagulants, not all varieties of cheese can be produced with the vegetable coagulants. Swiss cheese cannot produce the large holes unless the animal rennet is used.

The curd, or solid coagulated mass that results, is then processed by heat, pressure, molds or other special treatment, depending on what kind and flavor of cheese is desired.

Hard cheese (cheddar) is made by souring milk and adding rennet. This is separated from the liquid (whey). Calcium chloride may be added; salt is added and the cheese may be coated with paraffin or vegetable oil. Since 1959 the FDA allows bleaches to be used. Some natural hard cheeses are bleached with benzoyl peroxide, or benzoyl

peroxide mixed with potassium alum, calcium sulfate, and magnesium carbonate.

Mold-inhibiting ingredients of sorbic acid, or its salts (Potassium or sodium sorbate) or any combination of two or more of these are widely used. Synthetic Vitamin A may be added to certain cheeses since the Vitamin A is destroyed by the bleaching.

Cheese contains no fiber, few vitamins or minerals, is extremely high in fats and toxic chemicals that are produced by the manufacturing processes. Hard cheese causes the most damage; the worst being Parmesan and Romano because they are dried and powdered. The drying process exposes cholesterol and other fats to oxygen, which then produces oxidized breakdown products that are highly toxic to artery walls.

Eighty percent of milk and cheese protein consists of casein, a tenacious glue. Casein glue is used to hold labels to bottles and holds together wood furniture.

Ice cream, milk and cheese contain powerful hormones. One pound of cheese can contain ten times the amount of hormones as one pound of milk.

Green cheeses are processed with molds – cream cheese is processed with enzymes – cottage cheese and other soft cheeses are processed with bacteria. Regardless of what process is used, each is a process of fermentation and decay.

Cheese can often carry skippers and mites even though cheese industry uses a chemical insecticide on processed cheese to prevent cheese mites. This insecticide is made of pyrethrins and piperonyl butoxide. How much of the insecticide seeps through the paraffin covering into the cheese? Is it harmful? The skippers or mites are the larvae or maggots of a species of fly which deposits their eggs in it. One should give it serious thought before eating this bacteria-laden, rotting mass.

Cheese is nothing but rotting milk, infested generally with scavenger organisms, with a high fat content that deposits more cholesterol into our blood stream. Between 65 and 75 percent of its calories come from fat –

Some disadvantages of cheese eating: It is a product of putrefaction, has a high bacteria count, difficult to digest, contributes to constipation, it is a frequently high source of allergies, and one cause of migraine headaches.

Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you? If any man defile the temple of God, him shall God destroy; for the temple of God is holy, which temple ye are. 1 Cor 3:16-17

Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God. 1 Cor. 10:31

It is possible to cook without cheese. There are many easy recipes for making your own without the use of dairy products. Some are like a cheese sauce which can be used in casserole dishes such as macaroni and on pizza. There are some that come out firmer. There are also recipes for a dry mock-parmesan cheese which was in our October Newsletter. This is good for sprinkling over spaghetti etc. (Be sure that you use the whole wheat pastas they are much better for you) Here are some cheese recipes for you to try.

#### FROM KATIE'S COOKBOOKS

##### Cheddar Cheese

1 cup cashews  
2 Tbsp sesame seeds  
¼ cup nutritional yeast flakes  
1 tsp salt  
1 Tbs onion powder  
4 oz jar pimentos

1 tsp garlic powder  
1/8 tsp celery seed  
2 Tbsp lemon juice  
¼ cup rolled oats (optional)  
1 cup water

Blend all ingredients in blender until smooth. For thicker cheese, add ¼ cup rolled oats to blender. Place in a pot, cook on medium temperature. Stir continuously for cheese has a tendency to stick. Cool and refrigerate. (For a sharper cheese add 2 Tbs more of lemon juice. (Times of Refreshing Cook Book/Diane)

##### White Jack Cheese

1 cup cashews  
2 Tbsp sesame seeds  
¼ cup nutritional yeast flakes  
1 tsp salt  
1 tsp onion powder  
1 tsp garlic powder  
¼ tsp dill weed  
¼ cup lemon juice  
¼ cup rolled oats (opt)  
1 cup boiling water

Blend all ingredients until smooth. For thicker cheese, add ¼ cup of rolled oats to blender. Place in a pot, cook on med temperature. Stir continuously (has a tendency to stick. Cool in frige. For a less tart taste decrease lemon juice to 2 Tbsp. (Times of Refreshing cookbook/Diane)

**Eat Healthy!**

Remember God loves you and so do we!

Katie and Rodney  
cleaveroftruthministry.org

Our new website: Check it out!

