

Cleaver of Truth Newsletter for the Month of March 2010

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Dear Family, Friends, and Acquaintances,

How quickly time flies! Every March I feel like Spring is almost here, but I am disappointed when the cold weather just won't quit! I believe this is a test of my patience. However, I'm glad we can look forward to Spring each year when it will gradually get nice and warm.

I do hope this letter finds you all well and in good spirits!

Our topic this month is: "Jesus the Lamb of God."

The Gingham Dress

A lady in a faded gingham dress and her husband, dressed in a homespun threadbare suit, stepped off the train in Boston, and walked timidly without an appointment into the Harvard University President's outer office. The secretary could tell in a moment that these backwoods, country hicks had no business at Harvard, and probably don't even deserve to be in Cambridge.

"We'd like to see the president," the man said softly. "He'll be busy all day." The secretary snapped. "We will wait," the lady replied. For hours the secretary ignored them, hoping that the couple would finally become discouraged and go away. They didn't, and the secretary grew frustrated. She finally decided to disturb the president, even though it was a chore she always dreaded. "Maybe if you see them for a few minutes they'll leave," she said to him.

He sighed in exasperation and nodded. Someone of his importance seriously didn't have time to spend with them, and he detested gingham dresses and homespun suits cluttering his outer office. The president, stern faced and with dignity, strutted toward the couple.

The lady told him, "We had a son who attended Harvard for one year. He loved Harvard. He was happy here. But he was accidentally killed. My husband and I would like to erect a memorial to him, somewhere on campus."

The president wasn't touched. He was shocked. "Madam," he said gruffly, "we can't put up a statue for every person who attended Harvard and died. If we did, this place would look like a cemetery." "Oh no," the lady explained quickly, "we don't want to erect a statue, we thought we would like to give a building to Harvard."

The president rolled his eyes. He glanced at the gingham dress and the homespun suit, then exclaimed, "A building! Do you have any earthly idea how much a building costs? We have over seven and a half million dollars in the physical buildings here at Harvard."

For a moment, the lady was silent. The president was pleased. Maybe he could get rid of them now.

The lady turned to her husband and said quietly, "Is that all it costs to start a university? Why don't we just start our own?" Her husband nodded. The president's face wilted in confusion and bewilderment.

Mr. and Mrs. Leland Stanford got up and walked away, traveling to Palo Alto, California, where they established a university that bears their name, Stanford University, a memorial to a son who Harvard no longer cared about.

You can easily judge the characters of others by how they treat those who think they can do nothing for them.

(A true story by Malcolm Forbes)

HEALTH NUGGET

This is the time of year when a lot of people are complaining about sniffles, sneezes, coughs, scratchy throats, etc. associated with the common cold. I would like to share with you a remedy that really works for Rodney and I. At the first sign of a cold, we start this treatment immediately. If caught early enough this remedy usually works overnight. If the cold is advanced you may have to do the remedy several times for good results.

To one cup of warm water add about ¼ teaspoon of salt. (we always use sea salt for every thing) Now at the bathroom sink you hold one nostril shut while you suck the water up one nostril at a time until it runs out your mouth, don't swallow it though. Not pleasant, but you can do it!

Now you take a small lamp with a 100 watt light bulb in it. Sit where you can aim this on your nose. Sit under the lamp for about 15 minutes letting the heat warm your nose. (There are bacteria that love the temperature of your nose! By getting the heat up you kill these bad guys) Of course you don't want to burn your nose but hold the lamp as close to your nose as you can. After you have done this immediately splash cold water on your face for a few seconds and dry off with a towel.

Before bedtime put your feet in a basin of hot water (about 104 degrees). Drape a dry towel or blanket over your feet and legs while your feet are in the water, being careful not to get the towel wet. Keep this temperature up for about 15-20 minutes by adding more hot water as needed. Then splash cold water on your feet or have another basin of cold water near so you can dip your feet into the cold

water for a few seconds (The cold water will close the pores). Immediately dry your feet with a dry towel and put on a warm pair of socks. It would be good if you could just get in bed and cover up and stay warm. The foot bath is also good for headaches.

Also drink lots of water to flush out the toxins from your system.

FROM KATIES COOK BOOKS

Easy Lentil Soup

Part 1 1 cup dry lentils
 5 cups water
 1 Tbsp salt (or less to taste)
 ¼ tsp thyme
 ¼ tsp oregano
 ¼ cup minced parsley

Part 2 1 cup chopped onions or 3
 Green onions
 1 carrot, grated
 1 Tbsp olive oil
 2 chopped tomatoes or can use
 Canned tomatoes

Cook Part 1 for 15 minutes. Meantime prepare Part 2. Then combine, boiling all ingredients together for 45 minutes or until lentils are tender. This is very easy and doesn't take too long to prepare.

We really like this soup. Fresh vegetable salad and whole wheat bread or crackers go well with it.

Until next month we pray that God will richly bless you and all your family.

REMEMBER God loves you and we do too!

Katie and Rodney Armstrong

