

Cleaver of Truth Newsletter for the  
Month of September, 2010  
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Dear Friends and Family,

Again we find ourselves in September. The children are back in school and Fall is in the air!

Our subject this month is: " Rightly Dividing the Word of Truth"

### An Encouraging Word

In the few years I was a teacher I learned a lot of things. Perhaps the most important one of all was the glorious, life changing power of an encouraging word. I discovered it early while I was still in college completing my student teaching hours in a local middle school.

I had read the work Leo Buscaglia had done with his University of Southern California students. In one exercise Leo and his students had made two lists of words, one positive and one negative. Then they had thrown the negative words in the trash and tried to use only the positive words for one month. They were amazed at how much better their lives became just by using words full of kindness and encouragement.

I decided to try this as well by finding something good to write on each paper my students

handed in. It was a lot easier than I thought it would be. No matter how many errors a student's paper contained there was always a funny sentence, beautiful thought that I could comment on. I remember glancing over my desk and seeing some of the students rereading those encouraging words again and again. It was a joy seeing their eyes shine a little brighter, their backs sit up a little straighter, and their learning climb a lot higher.

I recently saw one of my former students from that class and we talked for a while. He was married, doing well in his job, and had two children of his own now. As I was saying goodbye he said, "You know I still have a few of those old papers from your class. I still look at them from time to time. I just hope my kids have as good a teacher as you." I walked off amazed at the effect those few positive words had on his life. I thanked God too for always giving me the words I needed as a teacher and as a writer. May your own life be forever full of encouraging words in your ears, from your lips, and in your heart.

~ Joseph J. Mazzella

.....for out of the abundance of the heart the mouth speaketh. .... But I say unto you, That every idle word that men shall speak, they shall give account thereof in the day of judgment. For by thy words thou shalt be justified, and by thy words thou shalt be condemned. Matt. 12:34,36,37

Majestic sweetness sits enthroned  
Upon the Saviour's brow  
His head with radiant light is  
crowned,  
His lips with grace o' rflow.

No mortal can with Him compare,  
Among the sons of men;  
Fairer is He than all the fair  
That fill the heavenly train.

To Him I owe my life and breath,  
And all the joys I have;  
He makes me triumph over death,  
He saves me from the grave

Since from His bounty I receive  
Such proofs of love divine,  
Had I a thousand hearts to give,  
Lord, they should all be Thine.

Samuel Stennett

#### FROM KATIE'S COOKBOOKS

##### ROAST VEGETABLES

2 large potatoes cut in ½" cubes  
1 carrot cut in ½" cubes  
1 stalk celery cut ½" cubes  
2 Tbsp olive oil  
1 tsp sea salt  
½ tsp onion powder  
½ tsp garlic powder  
1 Tbsp parsley flakes  
1 Tbsp nutritional yeast flakes

Combine all ingredients in bowl. Toss well. Spread veggies in single layer on oiled baking sheet. Bake 400 degrees 15 minutes. Stir once. Bake 7 more minutes

##### THREE BEAN SALAD

1 -16oz can cut green beans  
1 -16 oz. can cut yellow wax beans  
1 -16 oz. can red kidney beans  
1 can garbanzo beans  
¼ cup chopped green pepper  
1 medium onion sliced very thin  
½ cup lemon juice  
1/3 cup cooking oil (I use Smart Balance oil)  
½ cup turbanado sugar (unrefined)  
1 tsp salt

Drain beans, rinse well, put in bowl. Add green pepper and sliced onion to beans. Mix other ingredients and add to bean mixture Mix well and let sit in refrigerator overnight. This salad is very easy to make.

##### REFRIGERATOR DILL PICKLES

In a large mouthed 1 qt jar combine:

2 or 3 sprigs fresh dill (or 1 tsp dill weed)  
½ med onion sliced  
1 clove garlic  
½ cup lemon juice  
1 ½ cups water  
4 tsp salt (I use pickling salt)

Fill jar with sliced cucumbers pressed down. Top with remaining ½ onion sliced thin. Cover with lid and refrigerate. Ready to eat after 24 hours.

See you next month.

Remember God loves you and so do we!

Katie and Rodney Armstrong

## HEALTH NUGGET

### Garlic

Garlic is good for you any way you take it!

Pink variety or Spanish garlic has a more delicate flavor – or cut away the germ section, which is rich in alliotic Acid. (The element responsible for “garlic breath”. A pinch of fresh parsley chewed after eating will absorb odor.

Garlic properties provide qualities for: Laxative, diuretic, antiseptic, antibacterial agent, powerful antibiotic, pulmonary antiseptic.

As a supplement in the form of garlic pearls it will dissolve in lower digestive tract rather than stomach and help eliminate odor.

Garlic contains Potassium, Phosphorus, a significant amount of B and C vitamins, as well as Calcium and Protein.

It is considered a valuable medicine in Europe but virtually ignored in America. During the Dark Ages in Europe when plagues were rampant it is said that those who ate garlic daily were not infected.

Garlic's medicinal value is largely in its being a highly volatile essential oil. Anciently it was used in both healing and nutrition as it was known to possess a great

source for physical strength and energy. It is a:

\*Valuable nerve tonic, lowering hypertension

\*Equalizer of blood circulation

\*Expectorant for respiratory infections

\*Influences bronchial secretion

\*Stimulant for gastric juices

\*Active properties for gaseous condition

in the stomach.

\*Effective in arresting intestinal putrefaction

\*Stimulates healthful growth of “friendly bacteria”

\*Deadly to round and pin worms

\*Powerful agent against tumor formation.

### PREPARATIONS:

Garlic oil with Olive oil

Garlic juice

Garlic cloves

### USES:

Nose – clogged or running – garlic cloves,

or oil drops and take internally.

Cough – (Nervous or hoarse) –

Juice mixed with honey.

**Colitis (Ulcerated stomach) – Garlic oil –**

1 ½ teaspoons 3 to 4 times daily.

**Worms – Give 10 to 30 drops, or 1/8<sup>th</sup> oz. of**

**Garlic syrup**

**Colds – At onset, place clove in each side**

**Of mouth, cold will disappear within a**

**Few hours or day.**

**Upper Respiratory - (Bronchitis, asthma,**

**Pneumonia) – Garlic cloves in mouth,**

**Renewing after cloves have absorbed**

**The poisons. One teaspoon syrup (Juice**

**And honey) every 15 minutes for spasm.**

**One teaspoon every 2 -3 hours then one**

**Teaspoon every 3 – 4 hours until well.**

**Juice and oil rub, chest – throat – and**

**Between shoulder blades.**

**Ear-ache – (inflammation of the middle**

**ear) – small clove in gauze – in ear or**

**4 – 5 drops (garlic oil/olive oil) cover**

**with flannel, keep warm.**

**Sore Throat – Garlic oil and olive oil – use**

**with dropper to spread on back of**

**throat .**

**Onion has many qualities in common with garlic, but milder. Unlike many vegetables, COOKED onions are rich in vitamins. But they should not be fried. Add to stews, or bake.**

**ENERGY – Onions are considered an energy food.**

**SKIN – Excellent For complexions—There is great satisfaction in watching one's skin improve, eruptions disappear, and in knowing that the intestinal lining is undergoing a similar process. In addition, onion destroys intestinal parasites and corrects various forms of constipation.**

**DIURETIC – A good diuretic which acts against retention of fluids and cleanses the system of urea and sodium.**

**Externally, onion promotes elimination—rub the loins with half an onion to increase urination by 25%. Such onion massage is also helpful in cases of sciatica.**

**Raw onion eaten, promotes transpiration and cleanses the pores as effectively as a good sauna bath. Especially recommended for rheumatic patients.**

**FLU AND**

**HIGH FEVERS – Foot Poultice – Several large onions, chopped fine, spread on a thin linen cloth and wrap around the feet of the patient. Remain overnight, or**

**ONION**

eight hours (protect the bed). This produces a good deal of moisture and is highly diuretic. Within three days the illness should pass.

Onion is an excellent Antibiotic – Anticoagulant and has Anti-diabetic properties, inasmuch as it lowers the sugar content in the blood.

Onions may be considered among the foremost of the health-giving vegetables! (parsley or mint may be nibbled to sweeten breath)

#### **CELERY**

**DIETING** –A few stalks before meals, appeases the appetite, maintains regularity –(cellulose in raw celery is excellent fiber).

**DIABETES –GOUT- RHEUMATISM-** Excellent because of its Depurative (increasing elimination) qualities. (Recommend celery juice plain or mixed with carrot or tomato juice.) In Japan rheumatism cured completely with celery in variety of forms for one month – no other foods.

**CALCIUM DEPOSITS** – Dissolves with celery juice taken on a regular basis.

**NERVES** – Celery is an excellent tonic for nerves, has very calming effect.

#### **CUCUMBER**

**DIURETIC** – The first and foremost use of cumpers is as a diuretic.

As such it helps cleanse the body of its toxins and can do great things for the figure.

**DIETING** – It is an excellent practice to eat a good dish of cucumbers every evening. Slice them but don't peel them, season with garlic, parsley, olive oil and lemon juice and watch yourself grow slimmer.

Women troubled by cellulite will find their spongy tissues firm up wonderfully – for cucumber dissolves uric acid and superfluous fat.

**FACIAL** – When preparing a cucumber salad, press a little of the juice and apply to your face with a wad of cotton. – Skin will look dewy and fresh – especially good in hot weather.

**BURNS – SUNBURN** – You will find cucumber juice or slices a soothing treatment for burns and sunburn.