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THE DEAF MESSENGER



“He is the image of the invisible God and the firstborn of every creature. For by Him all things were created that are in heaven and that are in earth, visible and invisible, whether they are thrones, or dominions, or principalities, or powers. All things were created by Him and for Him. He is before all things, and in Him all things hold together” (Colossians 1:15-17, MEV)

The Identifying Marks of the Beast	1
A Big and Wonderful God	5
Jesus Christ—Our Maker and Savior	7
Sharing Your Faith	10
New Year Pantry Change	15
Vegetarian Recipes	16

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Three Angels Deaf Ministries

P.O. Box 1946
Greenbelt MD 20768-1946
VP/Voice: 301-850-0542
Fax: 866-986-2122
Email: 3adm@3adm.org

Editor:

David M. Trexler

Consulting Editor:

George Belser
Francisca Trexler

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The purpose of this magazine is to inform the deaf reader about such topics as practical Christian living; basic Bible truths; and what the past, present, and future historical events mean to each of us. This magazine attempts to cover spiritual, mental, and physical aspects in its articles and columns.

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The Identifying Marks of the Beast in the Book of Revelation

By Paul Kelly



GOODSALT

In the previous article (Autumn 2020), we learned about the identifying marks of the little horn in the book of Daniel. In Daniel 7, God showed ten identifying marks that helped us to find out who that little horn was as described in Daniel 7:8. Daniel 7 and other history books show that the beast with ten horns and its little horn are clearly the Pagan/ Papal Rome located in Rome, Italy. About 625 years after the book of Daniel was written, God spoke about the beast again in the book of Revelation written by John

after 95 A.D. God wanted him to warn us what the beast would do to us in the last day before Jesus Christ comes again. You will find a lot of similarities between the beast with a little horn in the book of Daniel and the beast in the book of Revelation. I encourage you to read the last article again to help us remember what we have learned before we go over to the book of Revelation.

Let's look at the similarities between the beast with a little horn in Daniel 7 and the beast in Revelation 13.

Daniel chapter 7**Revelation chapter 13**

“Came up from the sea” (v. 3)

“Rising up out of the sea” (v.1)

Babylon “Like a lion” (v. 4)

"Mouth of a lion" (v. 2)

Medo-Persia “Like a bear” (v. 5)

"Feet of a bear" (v. 2)

Greece “Like a leopard” (v. 6)

"Like a leopard" (v. 2)

Rome “Had ten horns” (v. 7)

"Having ... ten horns" (vs. 1)

Notice that the beasts came out of the “sea.” This means that they came from where many people, nations, languages were so it had to be in the old world (Europe). Revelation 17:15 shows that the “seas” is the symbol of “peoples, multitudes, nations, and tongues (languages).”

The four beasts in Daniel 7 did not worship our God of heaven and earth. They all followed pagan (non-Christian/antichrist) beliefs and practices. It is the same with the beast in Revelation 13:2 that had many body parts of lion, bear, leopard and ten horns of the four beasts in Daniel 7. The beast of Revelation took in pagan beliefs and practices from ancient Babylon, Persia, Greece and Rome.

Let us compare similarities between the beast in Revelation 13 and the beast with a little horn in Daniel 7. The beast in Revelation 13:1 had ten horns which were similar to the beast in Daniel 7:7, 20,

24 that also had ten horns. Again, that beast in Revelation 13:5, 6 spoke against God. The little horn in Daniel 7:8, 20, 25 did the same thing to God. The beast in Revelation 13:7 also attacked God’s people. The little horn in Daniel 7:21, 25 did in the same way. The beast in Revelation 13:4, 5 was given an authority by the dragon (Satan—Revelation 12:9) to rule for 42 months (42 months x 30 days per month = 1260 days). We understand that in prophetic messages each day means one year. So, 1,260 days is 1,260 years. The little horn in Daniel 7:25 also ruled that same length of time. These comparisons show that the beast of Revelation and the beast with the little horn of Daniel are of the same beast.

In Revelation 12:1, it speaks of a pure woman which is the symbol of God’s true church (Isaiah 54:5-6, Isaiah 51:16) that was attacked by Satan. In

Revelation 12:4 Satan tried but failed to prevent our salvation through “the blood of the Lamb” by which Jesus died on the cross for our sins. Jesus was risen from the dead and was caught up to heaven afterwards (Revelation 12:5,10,11).

Satan then attacked God’s people/church that followed the truth. God protected them by having them flee to the wilderness, mountains, caves and to the new world to carry on the truth (Revelation 12:6,13-16). This happened when the Papal Rome rose to power in 538 A.D. and persecuted God’s people for 1,260 years until 1798 (Daniel 7:21, 25; Revelation 12:6,14; 13:5, 7). Remember that Papal Rome had been around for a long time to this day so the 1,260 days (3 ½ years) had to be 1,260 years. The year 1798 was when the Papal Rome lost its power temporarily as Revelation 13:3 showed that one of the beasts’ heads was wounded temporarily. This is when General Berthier of France arrested the pope.

Then the wounded head started to heal which means that the power and authority of the Papal Rome had been building up since then and the world looked up to the beast. Today, many people and nations have been

looking up to the pope of the Roman Church. They are recognizing his spiritual authority as never before.

Revelation 12:17 shows that after the end of 1,260 years in 1798, Satan was so angry with the rest of God’s people who “keep the commandments of God and have the testimony of Jesus Christ.” In Daniel 7:25, the Papal Rome thought to change times and law by attacking God’s law, especially dishonoring God’s holy day—the 7th Day Sabbath which recognized God as our only Creator and Redeemer.

Identifying marks of the beast in Revelation 13

1. Beast with ten horns— Daniel 7:7; Revelation 13:1
2. Spoke great words against God—Daniel 7:8, 20, 25; Revelation 13:5, 6
3. Persecuted God’s people —Daniel 7:21, 25; Revelation 13:7
4. Attacked God’s law— Daniel 7:25; Revelation 12:17
5. Ruled for 1,260 year— Daniel 7:25; Revelation 12:6,14; 13:5

The identifying marks of the beast in Revelation 13 and of the little horn in Daniel 7 both clearly point to the

Papal Rome/Roman Church.

The final identifying mark of the beast is the numeral value of the letters of its name. When you add it up, it will come up as 666 (Revelation 13:17; 15:2). The official name of the pope of Roman church is "Vicarius Filii Dei" in Latin which means "Vicar of the Son of God" in English. At the time John wrote Revelation, the three languages were Latin, Greek and Hebrew. When we add up the numeral value of either of these languages, it will come up as 666. Again, there is no other authoritative power that matches all of the identifying marks of the beast except the Papal Rome/Roman church.

Looking back throughout the history, we saw how Satan attempted to attack God and His people. Cain became angry because God did not accept a sacrifice of his own idea (Genesis 4:3-5). Cain did not follow God's instruction given to Adam and Eve to use a sheep for sacrifice. Also, the Pharisees were angry with Jesus because He refused to follow their man-made commandments and traditions (Matthew 15:3, Mark 7:8). In the same way, the Papal Rome identified by Daniel and Revelation fought against God's people during

the Dark Ages. It will happen again in the last days fighting against God's remnant (remaining) people who follow the Ten Commandments and the faith of Jesus. Satan focuses his attack on the 4th Commandment that points to the Sabbath recognizing God as the Creator of heaven and earth. From the day he and his wicked angels were thrown out of heaven, Satan continues down to this day and to the end of the world and attempts to remove God from His throne as he wants to exalt himself above God (Isaiah 14:12-14).

As we are getting nearer to Jesus' Second Coming, let us remain faithful to Jesus Christ and His Ten Commandments. Do not be afraid of those who will try to attack us as God will greatly reward us in heaven (Matthew 5:11,12). One day, we will say "Behold, this is our God; we have waited for Him, and He will save us. This is the LORD; we have waited for Him; we will be glad and rejoice in His salvation" (Isaiah 25:9). Our long wait, too, will be over.

Paul Kelly is a Deaf teacher at the School for the Deaf and a lay-pastor for the Deaf. He lives in Rochester, NY.

A Big and Wonderful God!

By John Blake



Everyone in the world needs to answer some important questions—if they can.

- (1) Where did I come from?
- (2) Why am I here?
- (3) What will happen to me after I die?

It is very important to answer these questions! The answers help give us purpose and long-term goals to work for in life. But to answer those questions, there are two even deeper questions. Were we as humans created by a supernatural power—God? Or did everything just happen by chance? If we were all created, then what is God like?

Then there is a final question: Why does anything exist—God, our world, the whole Universe? There are many questions we can

answer, but others that we cannot answer—now. I believe that one day in Heaven, God will answer our questions until we are satisfied!

If we want answers, God asks us to believe: “Without faith it isn’t possible to please God. Those

who come to God must believe that he exists. And they must believe that he rewards those who look to him” (Hebrews 11:6, NIV).

Here in this world, I don’t think we can have a clear full answer on why anything exists, except that God made it all—for His glory and to show His love.

Many thinking people, especially scientists, have come to believe that everything happened by chance. But it takes a lot of faith to accept this view, because there are so many unanswered questions. Many people feel that different arguments to defend the evolutionary views just don’t make sense!

Based on evidence we can see, I have chosen to believe that a loving, caring God made us all and the whole universe. Are all my

questions answered, not yet! But, from my studies I do have evidence on which to base my faith. There is a famous Bible verse where God talks about Himself:

“As he passed in front of Moses, he called out. He said, “I am the Lord, the Lord. I am a God who is tender and kind. I am gracious. I am slow to get angry. I am faithful and full of love. I continue to show my love to thousands of people. I forgive those who do evil. I forgive those who refuse to obey. And I forgive those who sin. But I do not let guilty people go without punishing them. ...” (Exodus 34:6, 7, NirV).

For me, I have found that the Bible answers the three basic questions we started with.

- Where did I come from? God made the whole Universe, our world and Adam and Eve, just as the Bible describes in Genesis.
- Why am I here? I believe God has a plan for each life—mine included. For me, God wants me to be a blessing in helping Deaf (like my deaf daughter) around the world come to know, trust and love Him!
- What will happen to me? If I continue to live for Jesus and if I allow Him to control my life, He will take me to

Heaven at His Second Coming. I can then spend eternity with saved people of all ages—free of sin and full of joy and happiness. No more sickness, depression, death, war and sinful acts! All will be joy and fulfilment in God’s wonderful plans for us!

When we work to answer life’s greatest questions, the Bible is so important. True, not all questions are answered yet. But I believe that God will be answering the most important questions during the judgment in Revelation chapter 20. I believe in a loving, kind and forgiving God. God wants me to be with Him forever. I personally desire to be with God for eternity—safe and secure in His love!

What about you? Do you want to be with God forever? If so, we each need to prepare for Heaven? God can only take those to Heaven who have become safe to save! God cannot take a chance in taking anyone to Heaven who is not ready. They could poison heaven with selfishness and sin could continue on and on. God wants to have a complete end of sin, so it means giving our lives to Him to make us like Him!

John Blake is a retired pastor who lives in Clive, Alberta, Canada.

Jesus Christ—Our Maker and Savior

By Arthur W. Griffith

When the darkness of the Dark Ages [the persecutions of God's people in Europe] began to end through the coming of the Reformation (Martin Luther, John Calvin, and other famous reformers who opened the Bible to the world) and the development of the printing machines, Satan's plan to control the whole world began to fail. He realized that if he wanted to make his plans to be successful, he must change his plans.

Satan had been using government-controlled religion to keep the people in darkness. Now he could not continue to do this, so he decided to bring the falsehood of the false teachings of his religious people to the minds of people of science. This would lead them to doubt and reject the government church and God and the Bible also. These men would teach their ideas in colleges that would train future teachers. It was a successful plan by the master deceiver (Satan).

At the same time the Judgment-Hour message was given: "Then I saw another angel flying in the midst of heaven, having the everlasting gospel to preach to those who dwell on the earth—to every nation, tribe, tongue, and people—saying with a loud voice, "Fear God and give glory to Him, for the hour of His judgment has come; and

worship Him who made heaven and earth, the sea and springs of water" (Revelation 14:6, 7, NKJV).

In 1859 Charles Darwin wrote a book on the theory of evolution, "Origin of Species," that greatly influenced the thinking of many scientists and weakened the faith of many people in the creatorship of God. Many people lost their faith in God and their respect for His law.

So many nations followed the idea—"The survival of the fittest." That is based on Darwin's teachings. This change of moral principles largely caused the two world wars, and hundreds of little wars. These wars have broken up our planet since the beginning of the 20th century, and millions of people were killed. Not only this, but there was an increase in crime and lawlessness in the world as a result.

But is this idea which Darwin and other men have taught, rejecting the Bible teachings truly based on science? How does it fit with modern laboratory findings? Has it stood the test of more than 100 years of study? The honest answer must be NO! Notice these points:

1. It has failed to find in the fossils the missing connections between the major kinds of living things.

2. It conflicts with the latest

findings of the science of heredity.

3. It contradicts the laws of the science of Thermodynamics.

4. It suggests a mathematical impossibility—living things showing up by chance.

5. It offers no ways of redesign to meet engineering problems.

6. It suggests the natural development of new features with an impossibly long time period before they could be useful.

Why then is this theory (idea) still taught as fact in our public schools and colleges, and the other teachings of special creation forbidden by law! The real reasons are:

1. It would be too embarrassing to change now with all those books and college degrees.

2. Accepting special creation would help the world to know God and His law.

3. That laws find fault with man's selfish plans and his wars.

But imagine if the nation humbled itself and accepted God's creatorship, and His law, including "You shall not murder," and refused to spend billions of money preparing for war, but spent the money for helping people, teaching them right living and obedience to God. Would that country be destroyed by the enemies? No!

If we can believe that God could speak a word and make living things appear from nothing, we can see how very

easy it would be for Him to make every bullet, shell, or bomb of our enemies become useless when He speaks. Even simpler, he could explode their weapons at home, destroying them with their own weapons. In the history of ancient Israel, there were many times when in response to the prayer of faith, God worked in just that way and saved Israelites from great and powerful armies.

But that is not what is going to happen. "In God We Trust" is not true of our nation today. God is no longer in charge of our nation, or any other nation on earth now, because no nation has invited Him to lead them and willingly accepted the principles of His kingdom. Instead, God is calling each of us individually to accept Him as our Maker and to give our lives to His guidance and watch-care. The Judgment Hour message of Revelation 14:6 7 is a personal message for you and me.

What proofs does God offer to show us that He is truly Creator (Maker) of the universe? The apostle Paul answers our question in these words: "For what may be known about God is clear to them since God has shown it to them. The invisible things about Him—His eternal power and deity [Godhood]—have been clearly seen since the creation of the world and are understood by the things that are made, so that they are without excuse" (Romans 1:19, 20, MEV).

Take a good look at a feather. Notice how it is finely

designed, how cleverly planned to be light, strong, air-tight, easily cleaned, and for many birds, waterproof. Remember that the wing feathers do not just flap. They can be rotated like helicopter blades to change the airflow, or spread in a slotting pattern to take advantage of aerodynamic principles of the slotted wing for slow landing characteristics. The tree birds have a self-locking mechanism in their claws so they can lock on a branch, and go to sleep without fear of falling off the branch. They have hollow bones for lightness and strength, and other features to save weight. A bird called a Golden Plover can fly non-stop from Labrador (Canada) to South America. It loses only 2 ounces of body weight. If a small airplane were that good, it would go 160 miles on one gallon of gas!

Watch the hummingbirds do. How quick their movements are in any direction they chose! It requires a willingness to believe without proof that an intelligent mind (God) planned the birds or the hundreds of thousands of other wonderful creatures. Also, God made man with his amazing mind. How sad it is for a person to worship the creature instead of the Creator.

But who is the Creator? The Bible does have the answer. Let us read: “. . . God, who created all things through Jesus Christ,” (Ephesians 3:9, MEV). “No one can see God, but Jesus Christ is exactly like him. He ranks higher than everything that has

been made. Through his power all things were made—things in heaven and on earth, things seen and unseen, all powers, authorities, lords, and rulers. All things were made through Christ and for Christ. He was there before anything was made, and all things continue because of him” (Colossians 1:15, 16).

There are many more verses we could quote. Think of it! Jesus Christ who came and lived on our planet and died that we might live, is the co-Creator (co-Maker) with His Father! He invites you to join the heavenly family and become a son or daughter of God. Imagine that! He wants us to be part of the Royal Family that rules the universe! Jesus saved us from eternal death, and gives us eternal life, without any of the disabilities, pains, illnesses and problems of our present life. We would be free to visit the galaxies of the universe and talk with people of other worlds, who never sinned, and strengthen their love and loyalty to God by telling them the story of your salvation. You will have powers, and friends who will never betray you. All mysteries of the universe will be open to your study. Truly, “No one has ever seen this, and no one has ever heard about it. No one has ever imagined what God has prepared for those who love him” (1 Corinthians 2:9, NKJV).

Late Arthur W. Griffith was a pastor for the Deaf.

Sharing Your Faith

By Francisca Trexler



Many Christians are wondering about how we start giving Bible studies to friends. Some of them are not sure when to start giving the Bible study. It often happens with people who are shy. The fact is that it is not related to shyness. It is how much you love Jesus and are eager to share the Truth with anyone you know. Loving Jesus will lead you to give Bible study when you love Jesus and understand Jesus' wonderful unconditional love for everyone. Let us look at the Bible in Matthew 28:19, 20: "So go and make followers of all people in the

world. Baptize them in the name of the Father and the Son and the Holy Spirit. Teach them to obey everything that I [Jesus] have told you to do. You can be sure that I [Jesus] will be with you always. I will continue with you until the end of time" (ERV). Jesus taught His disciples to share the gospel. His disciples who loved Jesus went out to share the gospel. The Holy Spirit guided them to teach the gospel to the people who wanted to know more about God. Jesus asks us to go out to share the gospel with people whom we know. That

is our job to share the truth about Jesus Christ and His teachings.

Remember, we need to pray God to give us wisdom and understanding before we give the Bible study with a person. Prayer will always help us to remember and explain clearly to the person.

Here are the methods of how to give Bible studies.

How to reach the people to know Jesus?

It is important to make friends from anywhere such as schools, colleges, athletic events, exercise clubs, work, and Deaf clubs. We need to get to know them personally as trusted friends. Making friends takes time. Learn to follow the principle of “FORT” when you talk with your new friends. This is how to warm up the relationship with the person. “F” stands for family. When you talk about family the new friends usually like to share about the family first. Then “O” stands for occupation (job/work). “R” stands for religion. Finally, “T” stands for your testimony. Share with your friends how you find Jesus as your Lord and Savior, and what make you follow Him.

Remember, be careful when you talk about your sinful past. Some foolish Christians told too much

about their “fun” in their sinful lives with new truth-seekers. It is like giving much glory to past events. Don’t give too much negative information about the past as it could turn people off. Read Philippians 3:13: “Brothers and sisters, I know that I still have a long way to go. But there is one thing I do: I forget what is in the past and try as hard as I can to reach the goal before me” (ERV). Just share what led you to study the Bible and how much you appreciate what Jesus did with your life.

What is the proper way to approach?

When the person shows interest in how God led you to Jesus, you can ask if this person is interested in having a Bible study with you. Often it feels awkward to ask, but it would be worth asking. The person will see that you have the passion to share the truth. It is important to have a positive and interesting conversation. Also, our conversations need to be short and specific.

When it is the right time to ask for the Bible study?

To be honest with you no one knows when is the right time to give the Bible study. It is important that we meet friends from time to time. As

you can see them showing interest in Bible study after following the warm-up plan. We should not try to give the Bible study when the person is not showing interest yet. Here is an example: I met a young person at our church as she was a visitor with her parent. That visitor was a member of the same church as I was but she left God for years. I got up to meet her and her family and made her feel comfortable and welcome. We both chatted a bit and learned about her. Then I asked her if she would be interested in having the Bible study with me. She immediately answered, "Yes!" So, it depends on the situation and circumstances. Pray and see what God leads you to know the person. God knows the right time and right place.

How do we offer for the Bible study?

It is very important to know the person's ability to understand the Bible lesson. It is very important that the person shows interest in reading the Bible. We should suggest the person on which Bible versions to use. For most Deaf people it is not easy to read the King James Version Bible (KJV). KJV Bible is good, but other modern versions are good as

well. We should compare other versions for a clearer understanding from the Bible. I highly recommend the New King James Version (NKJV) first, but if it is too difficult for them to understand then I recommend the New Century Version (NCV).

How often should we study together?

It is ideal to have the Bible study once a week. It is more practical to do once a week at the same time (the same day as agreed). It is very important for you to be on time for the appointment.

How long should the Bible study last?

It is the best to have the study for 45 minutes to an hour in order to keep the person interested. If we study the Bible more than one hour or more, it will make the person lose interest in it. We need to keep the famous word—**KISS**. "**Keep it short and sweet.**" Secondly, we need to stay on the same track on the subject of Bible study instead of talking something else then the Bible study will not be helpful. I have a very good memory of the Bible study with a Bible worker, Mrs. Ann Schroeder, when I was a student at Gallaudet

College. Her teachings from the Bible were never off the track, but made the short point. I enjoyed the Bible study with her very much. She had to replace 4 Bibles because of much use and wear. She gave the Bible study to many people while she worked as a Bible worker. I always admired her example of giving Bible studies.

Afterwards what should we do?

When we are done with the Bible study with the person, we should finish it with the closing prayer and leave the home quickly as possible. This prevents a too friendly chat on common things that the students would forget about what they had studied. We want them to have fresh thoughts on the Bible.

Here are some Bible verses to share with you.

2 Timothy 2:15: “Do the best you can to be the kind of person that God will approve, and give yourself to him. Be a worker who is not ashamed of his work [Bible study]—a worker who uses the true teaching in the right way” (ICB).

God appoints one of us to give the Bible study. The

wonderful Holy Spirit will help you and guide you to understand the truth. There is nothing to be ashamed of working for God and sharing the truth with people around us.

2 Timothy 3:15: “You have known the Holy Scriptures since you were a child. The Scriptures are able to make you wise. And that wisdom leads to salvation through faith in Christ Jesus” (ICB).

It is important for us to read the Bible daily as we learn the rich knowledge of the truth and of our Lord Jesus Christ. The more we read the Bible, the more we will be excited to share the truth with anyone who is hungry to know God.

Psalms 119:97-99: “Oh, how I love your teachings [laws]! I talk about them all the time. Your commands are always with me, and they make me wiser than my enemies. I am wiser than all my teachers, because I study your rules” (ERV).

When you love Jesus more than anything in the world, you would talk about Jesus and His truth from the Bible a lot. You also would love to read the Bible over and over. There is nothing boring about it.

Philippians 4:8: “Finally, brothers, whatever is true,

whatever is honorable, whatever is fair, whatever is pure, whatever is acceptable, whatever is commendable [worthy], if there is anything of excellence and if there is anything praiseworthy—keep thinking about these things” (ISV).

It is important to understand what Philippians 4:8 really mean. We need to talk about Jesus and His salvation. It is all positive and joyful. We all need to show much appreciation to Jesus for He died for us all. How much we appreciate His willingness to die for us! God loves us all so much! Let us praise God for His unconditional love!

Galatians 5:22, 23: “But the fruit that the Spirit produces in a person’s life is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. There is no law against these kinds of things” (ERV).

Apostle Paul taught us

something about our characters. It is important to give good examples to interested people who wanted to know Jesus. Let us be more patient, kind, gentle and faithful when we teach them. The Holy Spirit will guide the person to understand God’s Word. We are sharing the light to the world through Jesus’ beautiful character and the helpfulness of the wonderful Holy Spirit.

Lastly, we impress any person our good taste of clothing. It is important to wear appropriate clothing for the Bible studies.

May God be with you and help others to know Jesus through the Holy Spirit. Remember, when we teach them, it is the Holy Spirit’s work on the people’s hearts, not ours.

Francisca Trexler is the Deaf Assistant Director of Three Angels Deaf Ministries. She lives in Seabrook, MD.



New Year Pantry Change

By Sue Radd

Have you decided to lose weight and get healthy this year?

If you want to lose weight for good, the best place to start is your cupboard (kitchen cabinet). A few permanent changes in what you buy and put in the cupboard can help you lose weight without dieting.

Change your habit

An excellent idea to improve your health is to replace most refined and canned foods with whole foods—both fresh (for the refrigerator) or dried (in your pantry)—and cook more from scratch instead of buying processed foods.

We need to be concerned about snack foods. They are becoming popular in many countries. In the United States, people are now eating and snacking six to nine times per day! Market research by Mintel shows that consumers spend more money on snacks than on fruits and vegetables.

For Easy Cupboard Changes

When it comes to “extra” foods, your cupboard should offer you quick, convenient, tasty, and health choices.

- Chips and other snacks: Commercial processed food brands provide rapidly digested carbohydrates and unhealthy fats. It is far too easy for you to gain weight and keep on eating again and again. Instead of them, store healthy snack foods

such as soy nuts, garbanzos, tree nuts (walnuts, almonds, etc.), trail mixes, and homemade kale chips.

- Sodas: The regular use of sugary drinks will cause weight gain. Replace these with plain mineral or sparkling water. Simply drop in a splash of cranberry, lime, lemon, or other juices to add flavor.

- Cookies: Most commercial-made cookies have saturated fat and salt (they may even contain trans fats. But it is easy to make your own cookies with simple whole-food ingredients, such as rolled oats and a banana.

- Confections, for example, candy: When you need something that is sweet, why not enjoy something that also provides antioxidant and anti-inflammatory phytonutrients to fight obesity? Keep a pack of dried fruits, such as pears, apricots, or figs in your cupboard. Or make mini-balls from ground nuts and dried fruits and freeze them. They come out nice and chewy! A square of dark chocolate (85 percent) at night is also acceptable, and can help lower high blood pressure.

Remember, what you keep in your cupboard will not only influence your weight and health goals but the future eating habits of your children as well.

Dr. Sue Radd, PhD is the award-winning author of The Breakfast Book and coauthor of Eat to Live.

Zucchini with Garlic and Dried Crushed Red Pepper

By Barbara Kerr

Ingredients:

- 3 Tbsp. olive oil
- 2 lb. zucchini, halved crosswise, each half cut lengthwise into 4 flat slices
- 2 garlic cloves, pressed
- 1/2 tsp. dried crushed red pepper (optional) or a pinch of cayenne pepper
- sea salt to taste
- 1 Tbsp. chopped fresh parsley

Method:

1. Heat oil in heavy large skillet over medium heat.
2. Add garlic and red pepper; stir 1 minute.
3. Add zucchini; sauté until slices are light golden and tender, about 5 minutes.
4. Season to taste with sea salt.
5. Transfer zucchini to serving platter, sprinkle with parsley and serve.

Serves 6.

Peanut Butter Fudge

By Brenda Walsh

Ingredients:

- 1 cup peanut butter
- 1/3 cup honey
- 1 cup soy milk powder
- 1/2 tsp. pure vanilla
- 1/2 cup walnuts (chopped optional) (or slivered almonds)

Method:

1. In medium mixing bowl, mix peanut butter and honey until smooth and creamy.
2. Add remaining ingredients, mixing well.
3. Spread in a 9x9 in. pan. Refrigerate until completely cold.
4. Cut into 1 in. squares and store in an airtight container.
5. This fudge can be stored in refrigerator for 4 to 6 weeks. It also freezes well. Yields 8—1 in. squares

Free Bible Study Guides for Deaf People



- Is there hope for us?
- Does God love me?
- Where did our Bible come from?
- Why do I have trouble?
- Does God hear my prayers?
- What does the future hold?
- Where do I go when I die?
- Is Jesus coming soon?

Three study choices for you:

Check only one guide:

- God's Way
- God's Way Spanish
- Amazing Facts, Easy Reading
- The Light of the World (Jesus Christ)

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