



As I was looking for a picture to paste on this page, the Lord impressed me to put this picture of a quilt. This is to represent the United States connected to one another as the body of Christ is connected through the love and mercy of our Lord Jesus Christ. I said the United States because I believe as believers of God, we ought to pray for our country especially in this dire need of putting righteous leaders in our nation. We cannot afford to have men and women who do not possess Christ-like righteousness lest God's wrath and judgment will continue upon this country. We need to elect a president who believes in the sanctity of marriage between man and woman. We need a president that believes in the sanctity of human life - that no baby will ever be taken out forcefully from a mother's womb. There are so many agencies that a mother can go to in case she happens not to want the baby when he/she is born. We need a president who believes that only our God is the only way to heaven, and that is, through Jesus our Lord.

The same is true in voting for senators and representatives for U.S. Congress and state legislative bodies. Of course, this kind of qualification holds true also of the judges. We need these men and women not only qualified in their field of expertise but they should be men and women of wisdom, righteousness, integrity, high morals, humility, and have the fear of God. We need to get rid of those in leadership that are tyrants, selfishly-ambitious, greedy, and have no fear of God. These latter kind of leaders will bring down our nation to great chaos and turmoil and will cause God's wrath to continue upon us.

Pray for God's wisdom to elect the men and women of His choice. Read & learn more about each candidate, and with God's help He will

This newsletter is written monthly as the Lord leads. It consists of inspiring thoughts as anointed by God, or from research, or FWD message. Recipes, tips on health & food are added features. To subscribe (FREE) or unsubscribe, please call: (614) 833-1223 or email; Dulce@JohnRothacker.org

John Hosts "The Light" Radio & Internet program every Wednesday, 11am - 12 noon, WLYR, 88.5 FM; www.wlry.info Also a Monthly Meeting the **First Sunday** of each month held at WCVO, 104.9 The River, at 2:30 pm, New Albany, Ohio.

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precious vote this coming election in November. Remember each vote counts. Don't neglect your duty as a Christian and citizen of this great country.

Recipe of the Month:

Pancit (Filipino Noodles)

- 1 whole chicken breast - deboned and diced (set aside the bone for broth).
- 1 small green cabbage - shredded.
- 2 carrots - peeled, thinly sliced.
- 2 cups broccoli flowerets.
- 1 medium sized onion - chopped.
- 2 cloves garlic - minced.
- 2 T. Liquid Aminos (soy sauce).
- 3 T. olive oil.

1 cup homemade chicken broth (see recipe below).

1 lb. dry noodles which say whole wheat flour, salt & water as its ingredients (available at an Asian store). Boil some water in another pot and add the noodles and let it stand for 5 minutes and drain.

For garnish: 2 hard-boiled eggs (sliced).

For extra seasoning while serving:

- 2 T. Liquid Aminos and
- 1/4 c. fresh lemon juice.

In a moderately hot wok, add oil. Stir fry the diced chicken until they are opaque. Place the chicken in a small bowl. Set it aside. Add the remaining oil. Add the garlic, onion, and sauté until they are transparent. Add carrot, broccoli, and cabbage and stir fry for a few minutes. Sprinkle the Liquid Aminos while stirring the mixture. Take out the mixture and put it in a large platter. Add the chicken broth into the wok, then add the drained noodles. Cook until tender. Add the chicken and vegetables and stir for 5 minutes. Put them in a big platter. Garnish with sliced eggs. Serve with lemon juice & Liquid Aminos for extra seasoning.

Homemade Chicken Broth:

Bones from the chicken breast - add more bones if available.

- 1 carrot - cut in half.
- 1 stalk of celery - cut in half.
- 1 small onion - sliced.
- 1 t. Salt.
- 4 cups water.

Put the ingredients in a pot. Bring them to a boil. Simmer for 30 minutes. Discard the bones and vegetables. Use whatever is needed for the meal. Freeze left-overs for future use.

"Healthy Foods that Rot Your Teeth & Gums" (The Women's Health Letter, p.7, 10th Anniversary Collection)

The biggest threat to your gum health is **sucrose**. It increases the bacteria in your mouth. Sucrose consists of small enough particles for harmful bacteria to eat. The **major source of sucrose is refined sugar**. Unrefined complex carbohydrates, like whole grain bread and brown rice contain particles that are too large for these germs to digest.

The waste product these bacteria produce is often acidic enough to dissolve your tooth's enamel, the more they multiply, and the more acid they produce. If you can't completely avoid eating sucrose, rinse your mouth or brush your teeth right after eating any sugar.

Any source of sucrose contributes to feeding bacteria including white, brown, and turbinado sugars, molasses, cane sugar, and "pure cane sugar juice" present in so-called "health foods." Many foods, including some fruits, naturally contain small amounts of sucrose. **Grapes** are usually high.

Other sugars - **fructose, lactose, glucose, maltose, corn syrup**, etc. . . can also contribute to tooth decay and inflamed gums - although the progress is slower