

# COMMENTARY

## Prairie Fare

By Julie Garden-Robinson, Food & Nutrition Specialist, NDSU Extension

### Gardens grow more than vegetables

Summer brings many opportunities to improve your health.

I sprinkled seeds for mixed leafy greens in my garden, and I planted a row of spinach, too. With regular watering, the tiny seeds should yield many flavorful salads.

I probably planted more than enough, but I figured I will be sharing with friends and family.

As I covered the seeds with soil, I thought about research linking fruits and vegetables with long-term health.

According to an analysis of data from 100,000 participants, the “magic” number of vegetable and fruit servings for longevity was five: three servings of vegetables and two of fruit.

That’s about 3 cups of vegetables and 2 cups of fruit. In summer sports terms, a “cup” is about the size of a softball.

When the participants ate five servings a day, they reduced their risk of chronic diseases such as heart disease, cancer and diabetes.

Be inspired to enjoy plenty of berries, such as our in-season strawberries and blueberries. Enjoy grapes and apples. Try a variety of vegetables, including green leafy vegetables, cabbage, carrots, green beans and onions, which are rich in natural plant compounds that fight disease.

Fruits and vegetables should be part of an overall healthy eating pattern that also includes lean protein foods,

grains — especially whole grains — and dairy foods or other calcium-rich choices.

Staying healthy involves taking care of yourself on several levels. Besides a healthful diet and physical activity, another component may be just as important: social connections.

Here’s some bad news: being socially isolated can increase your rate of premature death, according to researchers. Too few social connections can affect your immune system, which fights disease; your metabolic system, which converts food to energy; and your endocrine system, which produces and releases hormones that regulate many body processes.

You might want to check in with family and friends regularly, because being connected is not only good for you but also for them.

I may need to invite people out to help me in my garden — or chat across the fence with my neighbors.

Harvard researchers found that relationships were more important than fame or wealth — or even genetics in some cases — in helping people live a long, healthy life.

Connect with people in various ways this summer through community gardening, walking outdoors to enjoy the flowers and trying new fruits and vegetables from local gardens.

A few years ago, my former colleague worked on some conversation starter cards for reminiscing. Get together with

a friend on a walk or pull some weeds and discuss your responses to a few of these.

What did your family do to celebrate birthdays when you were a child?

What type of music did you like when you were in school? Did you play an instrument or sing?

What type of technology have you found helpful in your life? What could you live without?

What kind of household chores or farm chores did you do in your youth?

What was your favorite subject in school? Did you choose a career related to that subject? Why or why not?

Whether you are growing vegetables, sharing produce with neighbors or gathering around a favorite recipe, summer is a great season to nourish both body and friendships.

#### Spinach Artichoke Dip

2 tablespoons olive oil or your favorite oil

1 large garlic clove, finely chopped

12 ounces fresh spinach, roughly chopped (about 12 cups)

Pinch of red pepper flakes (optional)

1 (14-ounce) can quartered artichoke hearts, drained and coarsely chopped

8 ounces cream cheese, cut into 1-inch blocks

4 ounces fresh mozzarella

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## A Country Kind of Faith

By Lucas Wagner

### Counting the Cost

This past week, I was reading the book of Philippians and came to the first part of chapter three where Paul talks about his former life prior to becoming a Christian. In many ways, Paul had the perfect life. He had the kind of life that many of us would be envious of. He had the kind of life that we would wish our children to have.

First, he came from a respectable bloodline from the tribe of Benjamin. In Philippians 3 he describes himself as being a “Hebrew of Hebrews.” Secondly, he was well educated. In Philippians 3 he describes himself as being a Pharisee. In Acts 22:3 he described himself as being “educated at the feet of Gamaliel according to the strict manner of the law of our fathers.” In addition to being well educated, Paul had a passion and zeal for his beliefs that made him successful in everything he did. In Philippians 3, he talks about the zeal he had as one who persecuted the followers of Jesus. In Acts 8, Paul is described as being in full support of the stoning of Stephen. Acts 8 also describes how Paul even went house by house, dragging Christians off to prison. Paul was successful in his efforts, and he had broad public support for what he was doing.

By all of the ways that we tend to measure success, Paul was a successful, outstanding citizen in his former life. When Paul finally met Christ, everything changed. He suddenly had to give up everything that had been so valuable to him. His definition of success had to change. In Philippians 3:7-8 he wrote: “But whatever things were gain to me, those things I have counted as loss for the sake of Christ. More than that, I count

all things to be loss in view of the surpassing value of knowing Christ Jesus my Lord, for whom I have suffered the loss of all things, and count them but rubbish so that I may gain Christ.”

Philippians 3 is not the only passage in scripture that urges us to count the cost of discipleship. Luke 14:28-30 says: “For which one of you, when he wants to build a tower, does not first sit down and calculate the cost to see if he has enough to complete it? Otherwise, when he has laid a foundation and is not able to finish, all who observe it begin to ridicule him, saying, ‘This man began to build and was not able to finish.’” Luke 9:61-62 is a similar passage: “Another also said, ‘I will follow you, Lord; but first permit me to say good-bye to those at home.’ But Jesus said to him, ‘No one, after putting his hand to the plow and looking back, is fit for the kingdom of God.’” Another passage that comes to mind is Mark 8:35-37: “For whoever wishes to save his life will lose it, but whoever loses his life for My sake and the gospel’s will save it. For what does it profit a man to gain the whole world, and forfeit his soul? For what will a man give in exchange for his soul?”

All of us have to count the cost for ourselves. All of us have to decide what is most important to us in life. Some things in life are not compatible with one another, and we will be forced to choose. Saying yes to something always means saying no to something else. Some of us are miserable because of the things we continue to cling to. We often don’t realize the true freedom that can come from counting the things of this world as loss for the sake of Christ. Amen.

## Church Announcements

#### Assembly of God Church, McClusky

Rev. Charles Springer  
Christian Education Hour, 9:30 a.m.  
Worship Service, 10:30 a.m.  
Sunday youth SCYwalk: grades 7-12; 5-7 p.m.  
Free food at 5 p.m.

#### McClusky Baptist Church

Pastor Lucas Wagner, interim pastor  
Church: 363-2264  
Sunday School at 10 a.m.  
Morning Worship at 11 a.m.

#### First Baptist Church, Goodrich

Pastor Lucas Wagner, interim pastor  
Office: 884-2528  
Parsonage:  
Morning Service at 9:30 a.m.  
Sunday School at 10:40 a.m.

#### Martin Baptist Church

701-693-2844  
Pastor Tim Houck  
*Winter Schedule (Dec-March)*  
Sunday School 10:00 AM  
Morning Worship 11:00 AM  
*Summer Schedule (April - Nov)*  
Sunday School 9:30 AM  
Morning Worship 10:30 AM

#### Community Church of God, Bowdon

Rev. Dale Peasley  
Home: 547-3596  
Church: 962-3681  
Sunday School at 9 a.m.  
Worship at 10 a.m.

#### First Baptist Church, Mercer

Pastor Paul Stout  
Sunday School at 10 a.m.  
Morning Worship at 11 a.m.  
WMF, last Sunday of each month at 7 p.m.

#### Holy Family Parish, McClusky

Fr. Tom Graner  
First and third Sundays of the month, 10:30 a.m.

Second and fourth Sundays of the month, 8 a.m.  
Fifth Sunday of the month, 5 p.m. Saturday evening

#### St. Francis Xavier's Catholic Church

Fr. Tom Graner  
605 1st St. w., PO Box 49  
Anamoose, ND 58710-0049  
Parish email: stfx@gondtc.com  
Bulletin announcements: stfxbulletin@gondtc.com  
Phone (701) 465-3780  
Fax: (773) 496-3780

First and fifth Sunday of the month, 8 a.m.  
Second Sunday of the month, 10:30  
Third and fourth Sundays of the month, 5 p.m. Saturday evening  
Confessions ½ hour before weekday  
Masses and one hour before Sunday Mass.  
Baptism: Call Parish for appointment  
Marriage: Call 12 months before for appointment

#### St. Margaret Mary's Catholic Church

Fr. Tom Graner  
605 Main St., PO Box 197  
Drake, ND 58735-0197  
Parish email: stfx@gondtc.com  
Bulletin announcements: stfxbulletin@gondtc.com  
Phone (701) 465-3284  
Fax: (773) 496-3780

First and second Sundays of the month, 5 p.m. Saturday evening  
Third Sunday of the month, 8 a.m.  
Fourth and fifth Sundays of the month, 10:30 a.m.  
Confessions ½ hour before Masses.  
Baptism: Call Parish for appointment  
Marriage: Call 12 months before for appointment

#### St. John's Lutheran Church (LCMS), McClusky

Rev. Matt Thompson  
701-426-4877  
Sunday Worship Service at 11:30 a.m.

#### St. Martin Lutheran Church Anamoose

Rev. Marschner  
Worship at 9 a.m.

#### Grace Lutheran Church, McClusky

402 4th Street W.  
Sunday School & Fellowship at 10 a.m. Worship Service at 11 a.m.

#### Peace Lutheran Church, Goodrich

Office: 363-2267  
Call for Times of worship

#### The United Methodist Church Chaseley

Rev. Warren Rhodes  
363-2420  
Worship at 8:45 a.m.  
Sunday School and Coffee Fellowship at 10 a.m.

#### Drake

465-3757  
Sunday Worship at 8:30 a.m.

#### Goodrich

Rev. Warren Rhodes  
363-2420  
Family Worship at 10 a.m.  
Sunday School at 11 a.m.  
Community Bible Study at 7 p.m.  
**Martin**  
324-2720, 324-2445  
Worship at 11:15 a.m.  
4th Sunday Evening Worship at 8 p.m.

#### McClusky Seventh-day Adventist Church

Adventist Church  
Saturday Sabbath School 10 a.m.  
Worship Service 11 a.m.

#### Seventh-Day Adventist Church

Goodrich-Hurdsfield-Turtle Lake  
Saturday Sabbath School 9:45 a.m.  
Saturday Worship at 11 a.m.

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