

# Prophecies fulfilled are reasons to put faith in God

The prophets Hosea, Joel, Amos and Obadiah recorded Bible books bearing their names.

We can learn from their warnings to the nation of Israel about consequences of being unfaithful to God, by reading in other Bible books about the fulfillment of their prophecies, we can be sure that prophecies for the future will be fulfilled, and we learn that when God destroys the wicked, He saves those who serve Him.

Amos 3:1, 2 says, "Hear this word that God has spoken concerning you, O sons of Israel, concerning the whole family that I brought up out of the land of Egypt, saying, 'You people only have I known out of all the families of the ground. That is why I shall hold an accounting against you for all your errors.'"

Amos 4:1, 2 says, "Hear this word, you cows of Bashan, who are on the mountain of Samaria, who



## sharon corcoran

- use it or lose it

are defrauding the lowly ones, who are crushing the poor ones, who are saying to their masters, 'Do bring, and let us drink!' The Sovereign Lord has sworn by his holiness, 'Look! There are days coming upon you, and he will certainly lift you up with butcher hooks and the last part of you with fishhooks.'"

Wickedness was not ignored; God warned the people of coming judgments, but they did not listen and had to pay the penalty. However, He also foretold a restoration at Amos 9:14: "And I will gather back the captive ones of my people Israel, and they will actually build

the desolated cities and inhabit them, and plant vineyards and drink the wine of them, and make gardens and eat the fruit of them.'"

God is capable of following through on whatever He says, and the fulfillment of prophecies recorded in the Bible proves that He can and He does.

Hosea 1:7 says, "But to the house of Judah I shall show mercy, and I will save them by their God; but I shall not save them by a bow or by a sword or by war, by horses or by horsemen."

The fulfillment is recorded in 2 Kings 19:34, 35: "And I shall certainly defend this city to save it for my own sake and for the sake of David my servant. And it came about on that night that the angel of God proceeded to go out and strike

down a hundred and eighty-five thousand in the camp of the Assyrians. When people rose up early in the morning, why, there all of them were dead carcasses."

Hosea 8:14 says, "And Israel began forgetting his Maker and building temples; and Judah, for his part, multiplied fortified cities. And I shall certainly send fire into his cities and it must devour the dwelling towers of each one."

The words of 2 Chronicles 36:18, 19 show they were fulfilled: "And all the utensils, great and small, of the house of the true God and the treasures of the house of God and the treasures of the king and of his princes, everything he brought to Babylon. And he proceeded to burn the house of the true God and pull down the wall of Jerusalem; and all its dwelling towers they burned with fire and also all its desirable articles, so as to cause ruin."

Joel 2:4, 5, 10 says, "Its appearance is like the appearance of horses, and like steeds is the way they keep running. As with the sound of chariots on the tops of the mountains they keep skipping about, as with the sound of a flaming fire that is devouring stubble. It is like a mighty people, drawn up in battle order. Before it the land has become agitated, the heavens have rocked. Sun and moon themselves have become dark, and the very stars have withdrawn their brightness."

Revelation 9:2, 7-9 says, "And he opened the pit of the abyss, and smoke ascended out of the pit as the smoke of a great furnace, and the sun was darkened, also the air, by the smoke of the pit. And the likenesses of the locusts resembled horses prepared for battle; and upon their heads were what seemed to be crowns of gold, and their faces were

as men's faces, and they had hair as women's hair. And their teeth were as those of lions; and they had breastplates like iron breastplates. And the sound of their wings was as the sound of chariots of many horses running into battle."

The locust plague described in these verses has a future fulfillment, and we can be sure it will take place because God's prophecies all come true. But that won't be the end of everything. Joel 2:32 assures us: "And it must occur that everyone who calls on the name of God will get away safe; for in Mount Zion and in Jerusalem there will prove to be the escaped ones, just as God has said, and in among the survivors, who God is calling."

The apostle Paul repeated that promise in Romans 10:13 applying it to Christians.

# Cookbook's recipes cater to diabetics', renal patients' special needs

Experts know that high blood pressure and kidney problems go hand in hand along with diabetes. Which comes first hasn't been figured out.

People with kidney disease and are on dialysis have special dietary needs.

Sara Colman and Dorothy Gordon have written a cookbook for those people, "Cooking for David: A Culinary Dialysis Cookbook."

Gordon is the wife of a dialysis patient, and Colman is a renal dietitian for DaVita, who has dialysis centers.

The recipes have food choices



## pat schiefen

- postscript

listed for renal and diabetic patients. The following recipes are from Colman's and Gordon's cookbook.

**Caraway cabbage and rice**  
cooking spray  
1 cup shredded cabbage  
1 tablespoon raw white onion  
1/4 cup water

1 tablespoon Worcestershire sauce  
1/2 teaspoon caraway seeds  
1/4 cup canned mandarin oranges  
1 cup unsalted cooked rice  
Saute onion and cabbage until limp in a skillet using cooking spray.

Add water, Worcestershire sauce and caraway seeds and cook for three minutes. Stir occasionally to prevent burning.  
Drain and add mandarin oranges. Add the hot rice.  
Stir and remove from heat and

serve  
Serves two.  
**Zucchini pancakes**  
2 cups grated zucchini  
1/4 cup grated raw white onion  
1 tablespoon flour  
1 teaspoon Mrs. Dash original blend herb seasoning  
1/4 cup low cholesterol egg product  
1 tablespoon vegetable oil  
1/8 teaspoon salt  
Wash zucchini and grate into a bowl. Add onion and stir. Put zucchini mixture on clean towel. Twist towel and squeeze out as much liquid as possible. Return mixture to bowl.  
Mix flour, salt and Mrs. Dash

into a small bowl. Add egg product. Mix and stir into the zucchini and onion mixture. Form into four patties.

In a large frying pan heat oil over high heat. Lower heat to medium and place patties into the pan. Sauté until brown, turning once.

Serves four.

**Pita pizza**  
cooking spray  
2 ounces lean ground pork or ground beef  
1/4 teaspoon red pepper flakes  
1/2 teaspoon fennel seeds  
2 cloves minced garlic  
1/4 cup chopped onions  
1/4 cup chopped red or green bell

peppers  
2 pieces of 6-inch pita bread  
2 tablespoons chunky tomato sauce  
1/3 cup mozzarella cheese  
Combine meat, red pepper flakes, fennel, garlic, onion and bell pepper in a frying pan and sauté until meat is browned.

Spray a baking sheet with cooking spray. Place pitas on it. Sprinkle with cooked meat and vegetable mix.

Put 1 tablespoon tomato sauce on top of each pita and sprinkle with cheese.

Bake in a 400 degree oven for five to 8 minutes.

Serves two.

# Life Insurance Awareness Month is good time to learn about insurance options

Although consumers widely recognize the importance of life insurance in financially protecting their families, most need significant help in determining the type and amount of coverage appropriate at different life stages.

September is "Life Insurance Awareness Month" and a good time to remind you that you can find useful information about life insurance through the Kansas Insurance Department web site at [www.ksinsurance.org](http://www.ksinsurance.org) or from a special consumer education web site at [www.InsureUonline.org](http://www.InsureUonline.org).

Consumer research conducted by the National Association of Insurance Commissioners earlier this year indicates:

- Only 35 percent of young singles have life insurance. Furthermore, few young singles (28 percent) express high levels of confidence in knowing the difference between the two basic types of life insurance, term and permanent, and a similar number (27 percent) are highly confident that buying life insurance when they are young will guarantee their coverage later in life.

- Among young families, nearly two-thirds (64 percent) believe it's "very important" for both spouses



## sandy praeger

- insurance comm.

to have life insurance. Yet fewer than half (48 percent) say they actually have purchased life insurance for either spouse.

- Across all life stages, a significant number of consumers (around 40 percent) fail to review their life insurance policies on an annual basis.

**The Basics: What All Consumers Should Know About Life Insurance**

There are three life insurance basics that all consumers should consider:

1. Start by considering how many people are financially dependent on you, what their major expenses are likely to be and whether you're likely to leave them with substantial debts or taxes to pay on your estate. Life insurance can help on all of those fronts.

2. Evaluate the two main types of life insurance: term and permanent. As its name implies, term life insurance pays a death benefit if you pass

away within a specified time period (typically a term of one to 20 years).

In contrast, permanent life insurance (which comes in many varieties such as whole life, universal life and variable life) includes both a death benefit and the ability to build up cash value over your entire lifetime. A whole life policy will have equalized payments throughout the life of the policy.

In general, term life insurance is much less expensive than permanent life. In fact, term life premiums have decreased markedly during the past decade due to the fact that Americans are living longer on average.

However, the premium charges for term insurance increase with every renewal. As you become older, the cost can become quite expensive. Consumers who purchased their policies more than a few years ago should check out current rates. Also, consumers should ask whether the policy they are considering charges a surrender or cancellation fee if they decide to drop the policy or switch to another one.

3. Understand the major factors

that can affect life insurance premiums. Some are uncontrollable, like the age at which one purchases a policy or a serious pre-existing medical condition, like cancer or heart disease.

Other factors are more dependent on an individual's behavior, like poor health habits (smoking and excessive drinking), driving record (accidents and Driving While Intoxicated citations), engaging in dangerous hobbies (sky diving, car racing or rock climbing) and even where one lives, since mortality rates in a geographic region may be used by life insurance companies to help establish premiums.

**Life Insurance Tips for Each Life Stage**

- Young singles who want to be sure that they can get life insurance later in their lives when they may develop health problems should consider purchasing term life insurance that is guaranteed to be renewable.

They may also want to consider a term policy with a conversion option, which enables them to switch, for a set fee, to a cash-value policy at a time when they have more money. Those serving in the mili-

tary should consider Serviceman's Group Life Insurance, low cost term life insurance available to all those in active duty.

- Young families should consider purchasing life insurance for both spouses, even for a non-working spouse, to help pay for child care and other domestic services. At this life stage, term insurance may be the most cost effective when their salaries are still relatively low and they're paying off a mortgage. Some parents purchase small life insurance policies for their newborns to guarantee that they'll have some insurance if they develop health problems.

- Established families should consider the probable costs of their children's college education when determining how much life insurance they may need.

- Empty nesters/seniors should evaluate whether they can reduce their life insurance coverage based on such factors as whether their spouse is alive, their home is paid off, their children and/or grandchildren are financially independent or if they anticipate high estate taxes that would be a burden on their heirs.

Some older individuals with significant financial assets may choose to keep their life insurance in force because they view insurance as an estate planning tool that enables them to leave their loved ones money that is exempt from income and estate taxes.

All consumers should remember to review their life insurance policy every year before paying their premiums and update it to reflect any major changes in their lives, like marriage, the birth of a child, divorce or the death of a spouse. Before signing up for any kind of insurance, consumers should stop and call the Kansas Insurance Department to confirm that the company offering the policy is legitimate, solvent and authorized to do business in Kansas.

*Sandy Praeger, Kansas Insurance Commissioner, oversees the activities of the Kansas Insurance Department, which is headquartered in Topeka. Her objective is to protect consumers and help maintain the financial stability of the insurance industry. Call the department toll-free at (800) 432-2484 or visit [www.ksinsurance.org](http://www.ksinsurance.org) for more information.*

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