



## ASK Dr. Angelia

*Worry is Wasted Time*

When we worry, we waste our precious time. Worry isn't a productive process. Worry is a negative process of the mind. When faced with anything beyond our daily routine, we start to worry. Worry is a natural human response. What if, instead of worrying, we do something?

If you want to stop the worrying process, it can be accomplished by turning your attention in another direction. It can be anything; generally speaking, it should be something you enjoy. If you are creative, restart a new project. If you are not feeling creative, do something in your home to make you feel better. You don't have to rearrange the living room – although

if it needs it, do it. Instead of worrying, do something...

If you start a new project and you still find yourself worrying, Albert Ellis, a counseling theorist developed a technique entitled, Thought Stopping. The basic idea: we are as we think. If we think negative thoughts we feel badly. Conversely, if we think positive thoughts, we feel better and behave better. We can control our thoughts – if we choose to say "No" to negative thoughts; you can replace them with positive thoughts. Instead of worrying, choose to think positive thoughts.

Philippians 4:6-7 gives instruction for worry: Do not be anxious about

anything. Instead, in every situation, through prayer and petition with thanksgiving, tell your requests to God. And the peace of God that surpasses all understanding will guard your hearts and minds in Christ Jesus.

I hope you will take a moment from my musings and do something to help yourself and others through this time. Because I stated last week, We Will Get Through This. Finally, be Grateful in all things, Live in Joy, Peace, Belief and Grace. Love God and Love every Person. Amen.

*Dr. Angelia S. Bryant, Licensed Professional Clinical Counselor and Supervisor angelia.s.bryant@gmail.com*

## Family, Faith and Favorite Things

Submitted by  
Linda P Stephens

Favorite thing .... Grilled veggies. Now these grilled veggies come from a certain restaurant that is located at the intersection of Hwy 379 and Hwy 92. They are delicious and you can get them from Tuesday through Sunday afternoon. Not on Mondays? Nope, they're closed.

The Heritage Foundation. I have mentioned this organization before and I encourage all you readers to check it out. The Foundation is located in Washington D.C. It's a research and educational institution whose mission is to build and promote conservative public policies. They offer their services to all Presidents but obviously the more liberal Presidents utilize them very little, if any. A significant number of President Ronald Reagan's policies were taken from Heritage's policy study, "Mandate for Leadership". Under Reagan's administration, our country benefited from lower unemployment rates, increased wages, cuts in taxes and government spending, and growth in our economy.

Simply put, Heritage's policies reflect American's founding principles and the ideas that made America great. These are: free enterprise, limited government, individual freedom, the traditional American values, a strong national defense.

Right after the 2016 Presidential election, Heritage staff presented the new administration with a copy of "Mandate for Leadership", a detailed blueprint of policy research and ideas to restore American greatness. The White House embraced 64% of Heritage's 334 conservative policy recommendations. These included ideas on growing the economy, creating jobs, strengthening our national security, rebuilding out military and stemming the tide

of illegal immigration --- putting the prosperity and security of the American people at the top of the agenda.

Today, our nation enjoys record prosperity, a stronger military and a more conservative judiciary. These building blocks work. Unemployment is at an all-time low. More Americans than ever, including minorities, are working. For the first time in nearly a decade, take home pay is on the rise. These aren't conservative gains or liberal gains--- they are American gains!

However, liberals and the Radical Left in Congress, the media, academia and Hollywood don't care about results that benefit you and me and our fellow Americans. All they care about is power. Keep that in mind when voting this fall in the 2020 Presidential election. Keep that in mind when voting in every election. Because all elections are important and all elections have consequences.

Perseverance. Knute Rockne. (well-known college football coach) said it, "When the going gets tough, the tough get going." When the roads are rough, the tough rise to the occasion. They win. They survive. They come out on top!

People are like potatoes. After potatoes have been harvested they have to be spread out and sorted in order to get the maximum market value. They are divided according to size --- big, medium and small. It is only after the potatoes have been sorted and bagged that they are loaded onto trucks. This is the method that all Idaho farmers use --- all but one.

One farmer never bothered to sort potatoes at all. Yet he seemed to be making the most money. A puzzled neighbor finally asked him, "What is your secret?" He said, "It's simple. I just load up the wagon

with potatoes and take the roughest road to town. During the eight-mile trip, the little potatoes always fall to the bottom. The medium potatoes land in the middle, while the big potatoes rise to the top.

That's not only true of potatoes. It is a law of life. Big potatoes rise to the top on rough roads, and tough people rise to the top in rough times. Tough times never last, but tough people do. (Related Bible texts: Psalm 84:5-7; Romans 5: 3-5; 2 Timothy 4:6-8; Hebrews 12:1-2)

One more thing .... COVID-19. Read and Pray. On the news website of Heritage Foundation, the Daily Signal, there is an excellent article by Star Parker, "Staying Free and Faithful in a Pandemic." It's well worth your time to read it and other articles about the corona virus and the changes that are taking place as a result. Please continue to pray for our country and all leaders in state, local and national positions.

And another thing ... A Small Boy's Prayer. Rob Parson shares this sweet story .... "One night when my son was small, I was saying prayers with him. The next day I was due to fly abroad to address an international law conference, and I was quite nervous. I've prayed many prayers for him, but this time I asked him to pray for me. This is what he said, "Dear Lord, please help my Dad to be brave and not make too many mistakes." It's not a bad prayer for every father."

In closing, Barney Cat says, "If we are to guard against ignorance and remain free, it is the responsibility of every American to be informed." (He wants me to tell you that this is Thomas Jefferson quote.) We thank you for reading our column and hope you have a good week. Remember we are in this Covid-19 thing together. Till next week.

## Dear Dietitian

Dear Dietitian,

I have diabetes and I recently bought a new sweetener called allulose. Can you tell me more about it from a dietitian's view?

Thanks,  
Jill

Dear Jill,

Allulose, or D-psicose, is the newest member of non-nutritive sweeteners. It is actually classified as a rare sugar because it is found naturally in small amounts in some foods, such as wheat, maple syrup, kiwi, and figs. It is available in both liquid and solid forms, and it is also added to commercial products like Quest protein bars.

Allulose was first discovered in the 1940s, but it was Japanese scientist Ken Izumori who discovered the enzyme that converts fructose to allulose in 1994 (1). Allulose is considered an epimer of fructose (fruit sugar) since it has the same chemical formula but a different molecular structure. Today most of allulose is made from corn.

Sugar, or sucrose, is a heavy hitter when it comes to calories. Excess calories lead to excess weight, which increases the risk of developing Type 2 diabetes and heart disease. The goal of non-nutritive sweeteners like allulose is to replace, or at least reduce, the use of sugar. Allulose does not raise blood sugar levels or cause an increase in insulin levels. Therefore, it may be useful to those who have diabetes or who are overweight. Some small studies have shown allulose to aid in weight loss and decrease body fat, but many more studies are needed before this claim can be added to its list of attributes.

Allulose tastes like sugar and has a similar mouth feel and texture. It boasts no aftertaste like some other non-nutritive sweeteners. It browns better than table sugar, making it appealing to bakers, and claims to add the same fluff to cotton candy and chewiness to caramel as sucrose. Allulose is 70% as sweet as sugar, so when cooking, about 1 1/3 cups of allulose is equivalent to 1 cup of sugar.

According to the Food and Drug

Administration (FDA), allulose has 0.4 calories per gram compared to 4 calories per gram in sucrose. While it is absorbed by the small intestine, it is not metabolized into energy, thereby yielding negligible calories (2). Since allulose is a type of sugar, it is included in the carbohydrate and sugar content on the nutrition label. However, it is not considered an added sugar.

As with many products concocted in a lab, allulose has potential side effects. If consumed in large quantities it may cause abdominal discomfort, excessive gas, or diarrhea. More studies are needed to understand the long-term safety of its use and other potential side effects.

Finally, be prepared to adjust your budget if you're going to add allulose to your grocery list. A 32-oz bag of granulated allulose will set you back \$21.99 on Amazon. To soften the sticker shock, it scored an impressive 4.3 out of 5 stars in 91 reviews (3).

Until next time, be healthy!  
Dear Dietitian

### References

1. Psicose, 26 December 2019, HiMyNameIsFrancesca. <https://en.m.wikipedia.org/wiki/Psicose>
2. Iida T, Hayashi N, et al. Failure of d-psicose absorbed in the small intestine to metabolize into energy and its low large intestinal fermentability in humans. Metabolism 2010; 59:206-214.

3. <https://www.amazon.com/ALLULOSE-Sweetener-Natural-Alternative-Granular/dp/B07X3QTLQV/>. Retrieved March 22, 2020.



*Leanne McCrate, RDN, LD, CNSC, aka Dear Dietitian, is an award-winning dietitian based in Missouri. Her mission is to educate consumers on sound, scientifically-based nutrition. Do you have a nutrition question? Email her today at [deardietitian411@gmail.com](mailto:deardietitian411@gmail.com). Dear Dietitian does not endorse any products, health programs, or diet plans.*

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