



# Women on the Hill



**University Baptist Church**  
*The Church on the Hill Showing God's Love*

Volume X, Issue 2  
Spring 2017

## Planting Your Spring Garden

For The Garden of Your Daily Living

Plant Three Rows of Peas

1. Peace of Mind
2. Peace of Heart
3. Peace of Soul

Plant Four Rows of Squash

1. Squash Gossip
2. Squash Indifference
2. Squash Grumbling
4. Squash Selfishness

Plant Four Rows of Lettuce

1. Lettuce be Faithful
2. Lettuce be Kind
3. Lettuce be Patient
4. Lettuce Really Love One Another

No Garden is Complete Without Turnips

1. Turnip for Meetings
2. Turnip for Service
3. Turnip to Help One Another

To Conclude our Garden We Must Have Thyme

1. Thyme for Each Other
2. Thyme for Family
3. Thyme for Friends

Water freely with Patience and Cultivate with Love. There is much Fruit in your garden because you reap what you sow.



*If you **FAIL**, never give up because F-A-I-L means "First Attempt In Learning."*

***END** is not the end. In fact, E-N-D means "Effort Never Dies."*

*If you get **NO** as an answer, remember N-O means "Next*

*Opportunity." 🚲*

*Be Positive in 2017!*

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# The Recipe Corner

## Simply Salad

### Orange Salad

- 1 small box orange Jello
- 1/3 c. sugar
- 1 c. hot water
- 1 c. sour cream
- 1 small can crushed pineapple, drained
- 1 small can mandarin oranges, drained
- 1/2 c chopped pecans
- 1 tsp. vanilla

Dissolve gelatin & sugar in hot water, stir. Add sour cream, vanilla and whip until fluffy. Add oranges, pineapple & nuts. Pour into mold or bowl and refrigerate until set.

### Tomato Cucumber Salad with Olives & Dill

#### Dressing:

- 1/2 c. extra-virgin olive oil
- 1/4 c. red wine vinegar
- 1 1/2 tsps. Sugar
- 1 clove garlic, minced
- 1 tbsp. fresh dill, minced
- 1 tsp. dried oregano
- 1/2 tsp garlic powder
- 1/4 tsp salt
- Freshly ground pepper, to taste

#### Salad:

- 1 lb. cherry tomatoes, cut in half
  - 1 lb. cucumbers (2 large or 4 small), diced
  - 1/2 c. Kalamata olives, drained, pitted, & chopped
  - 1/2 c. feta cheese, crumbled
  - 2 tbsp. fresh dill, for garnish
- In med. Bowl, whisk together all dressing ingredients until thoroughly blended.
- In large bowl combine all salad ingredients. Toss with dressing until everything is coated.
- Cover & refrigerate for at least 4 hours, removing from refrigerator at least 30 min. before serving. Drain excess dressing. Garnish with dill.

### Sweet Pea Salad



- 1 (24 oz.) package frozen peas (May use canned peas)
- 1 c. chopped celery
- 1/4 c. chopped green onions
- 2 hard-cooked eggs
- 1 c. shredded cheddar cheese
- 1 jar pimentos, drained
- 1/2 c. mayonnaise
- 3 Tbsp. sweet pickle relish (may use dill relish)
- 1 tsp. granulated sugar
- 1 tsp. ground mustard
- 1 tsp. salt

Thaw peas by running them under cool water. Drain well. Combine peas, celery, eggs, green onions, cheddar cheese, and pimentos in a large bowl. In small bowl, combine mayonnaise, relish and seasonings; stir into pea mixture. Cover & refrigerate until serving.

### Sour Cream Salad

#### Ingredients

- 1 cup sour cream
- 1 cup defrosted cool whip
- 1 15 oz. can mandarin oranges, drained
- 1 15 oz. can pineapple chunks, drained
- 1 cup mini marshmallows
- 1 2 oz. jar maraschino cherries, drained and roughly chopped
- 1/4 cup chopped walnuts

#### Instructions

Mix sour cream and cool whip in a large bowl until creamy and smooth.

Add fruits, marshmallows and nuts and fold together until mixture is combined.



# Say What?

**B**adly sunburned? Pour a jar of Nestea into your bath water and soak in it. The tannin in the tea relieves sunburn pain. Nestea can also double as an air fresher, tenderizes meat, and removes corns from feet.

Out of your favorite styling gel? Jell-O can double as a hair gel.

Bothered by mosquitoes? Bounce dryer sheets repel those pesky little devils.

Coca Cola cleans toilets, fizzes away corrosion from car battery terminals, and removes oil stain from your driveway. So what does it do to your stomach? Nothing! The gastric acid in your stomach is stronger than the

phosphoric acid in Coke. Thank goodness!

Baking soda was originally designed for baking, but many people have a box sitting on a shelf in the refrigerator to deodorize it. You can also use baking soda to brush your teeth, deodorize carpet, clean crayon marks from walls, and freshen laundry in the washing machine.

Got the sniffles? You reach for a Kleenex tissue, of course--that disposable handkerchief. That tissue was originally designed as a makeup remover for women.

WD-40 was invented for the space program to protect the outer skin of the Mercury Friendship . Its best use is for stopping those annoying

squeaky doors and opening stuck locks.

During WWII, American soldiers were provided with packs of Wrigley's Spearmint gum in their ration kits. The soldiers used the chewed-up gum to patch jeep tires, gas tanks life rafts, and airplane parts.

Efferdent can not only clean your dentures, but also your diamond jewelry and your casserole dishes with baked on food. You can also clean your toilet by dropping two tablets in the bowl, letting them sit for a few minutes, then swishing with the toilet brush.

Have a tube of Chap Stick? Not only can you use it to soften your lips, but you can also shine your shoes with it.

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# Challenges?

1. Where can anybody but you sit?
2. Why would a cleaning person prefer to wash a mirror than a window of the same size, assuming both are easily accessible?
3. How can you throw a ball so it will reverse direction and return to you without the ball

- bouncing against or touching any solid object?
4. Your bed and a light switch are 15 feet apart. Without using any object or mechanical device--no pole, no remote switch--how can you turn off the light and get into bed before the room is dark?
5. What is cowhide chiefly used for?

6. Rusty's Montana cabin is almost buried in snow, and the temperature is 25 below zero. Rusty's eyes move from the single match he has in his hand to a candle, an oil lamp, and a fireplace with kindling--all ready to be lit. Which does he light first?

Answers: 1. Your lap. 2. A mirror usually has only one side. 3. Throw the ball straight up. 4. Go to bed during daylight. 5. For holding cows together. 6. The match.



# Women's Health ATRIAL FIBRILLATION

**A**trial Fibrillation, often called AFib, is the most common type of heart arrhythmia. An arrhythmia is when the heart beats too slowly, too fast, or in an irregular way. When a person has AFib, the normal beating in the upper chambers of the heart (the two atria) is irregular, and blood doesn't flow as well as it should from the atria to the lower chambers of the heart (the two ventricles). AFib may occur in brief episodes or it may be a permanent condition.

If you have AFib, you may have a lot of symptoms, or you may have none at all. It can be caused by other illnesses and it can also happen to people who are healthy and have no other health conditions. However, it is more common in people over 60 but young people can have it too.

**Symptoms** may include: - Irregular or rapid pulse or heartbeat (can feel like it's skipping a beat). - Racing or pounding feeling in the chest. - Light headedness or dizziness, which can lead to fainting. - Pain or pressure in the chest. - Shortness of breath, especially during activity or emotional stress. - Fatigue or weakness.

There are many risk factors for AFib including high blood pressure, existing heart or thyroid problems, sleep apnea,

obesity, European ancestry, chronic kidney disease, heavy alcohol use, and enlargement of the chambers on the left side of the heart.

## **Treatment**

AFib can be treated many different ways. Your treatment will depend on which type you have. You may also start out with one type of AFib and then progress to another type.

**Medication:** *Heart rhythm meds* slow the electrical signals to bring your heart beat into normal rhythm. *Heart rate meds* slow your rapid heart rate so your heart can pump more effectively.

*Blood-thinning medications* help to prevent blood clots from forming and reduce stroke risk. When quivering, beating too quickly or skipping beats the heart cannot pump blood through its chambers and out to your body as well as it should. Sometimes blood can pool in the heart and form clots, which can lead to a stroke. The risk of stroke is increased by four or five times in people with AFib.

**Cardioversion:** Cardioversion usually occurs in a hospital while you are sedated. Electricity travels to your heart through paddles or patches placed on your chest. You might

need to have this procedure more than once to correct your heart.

**Ablation:** Your doctor burns off the tiny parts of your heart that are causing the abnormal beats. He threads a thin tube, called a catheter, through a blood vessel in your leg or groin up to your heart. Energy travels through the tube and burns off the areas of tissue that cause the abnormal signals. Scars form in the burned areas and block any abnormal electrical signals. After some ablation procedures, you'll need a pacemaker to keep your heart in rhythm.

**Surgery:** This might be an option if your symptoms are severe or you can't take medicine to treat AFib.

You might also need to make a few changes to your daily life to keep your heart healthy:

- Limit sugar, salt, and fat in your diet.
- Quit smoking.
- Cut down on alcohol and caffeine.
- Exercise and eat healthier to control your weight.
- Avoid certain cough and cold medicines that contain stimulants, which make your heart beat faster.





## Meet Lynda Scott

As with so many who grew up in Madison County in the 1950's, Lynda's parents worked in the one of the three cotton mills in the area--Lincoln Mill. When the mill closed, her dad bought a farm off Riverton Road. Lynda was around ten years old at the time, so she grew up in the country.

After graduating from Buckhorn High School, she went to work for the telephone company. She met Barry Scott, the love of her life, in 1971 when he was stationed at Redstone. She and Scotty married, and when he was transferred to Ft. Campbell, KY,

she retired from the telephone company to go with him.

Upon Scotty's retirement, they moved back to Madison County and Lynda went to work on Redstone in the telephone section. Lynda and Scotty purchased a home on Morgan Street where Lynda still lives.

She found she had a genuine love for children when she worked in the UBC CDC for a while. Many of the children call her "Nana"! What a blessing.

Lynda has two sisters--Betty lives in Huntsville and Stella lives in Georgia. Lynda is a beloved aunt to Betty's three children and a second



grandmother to Betty's six grandchildren. Stella has one daughter.

Lynda has a strong faith in Jesus Christ, and that faith helped her through Scotty's illness and ultimate passing from cancer. She joined UBC in 1995, and all who know her are blessed by her winning smile and sunny attitude.

# There's a Hymn for That!

As you drive down the road,

- ☞ 45 mph - - - - - God Will Take Care of You
- ☞ 65 mph - - - - - Nearer My God to Thee
- ☞ 85 mph - - - - - This World Is Not my Home
- ☞ 95 mph - - - - - Lord, I'm Coming Home
- ☞ 100 mph - - - - - Precious Memories





**WMU Calendar of Events**  
**April-June 2017**

**April** – WoM will be studying about missions in Guatemala

**April 2** – WMU sponsored First Sunday Night Fellowship

**April 4** – WoM will feed lunch to CWJC at First Baptist

**April 5** – WoM will be filling eggs for UBC Egg Hunt

**April 12** – WoM will host a speaker from Children’s Advocacy Center

**April 8** – UBC Annual Egg Hunt

**April 9** – Cooperative Program Sunday

**April 16** – Easter

**April 19** – Mission Program

**April 22** – “Grandmother’s Tea Pot” sponsored by Women’s Ministry

**April 26** – **Unscripted** Book Study

**May** – WoM will be studying about missions in Phoenix, Arizona

**May 3** – Mission Program

**June 12 - 16** UBC Vacation Bible School

**Save the Date!!** – **July 21 – 22** **EQUIP at Shocco**

**Children in Action and Mission Friends** meet each Wednesday at 5:45 in the Children’s area and **Debbie Pugh Women on Mission** meets each Wednesday at 5:30 on the 3<sup>rd</sup> floor. (**NOTE – WoM will meet only the 4<sup>th</sup> Wednesday of June, July, and August.**) We will be learning more about International and North American missions, and working on mission projects. Please join us as we study, pray, and plan for missions—**FOR HIS GLORY!!**

*Linda Whiteley, Director  
UBC WMU*



## *Grandmother's Teapot*

*Saturday, April 22, 2017 12:00 p.m.*

*UBC Fellowship Hall*

*Luncheon sponsored by Women’s Ministry. Cost: \$5.00*

*Call church office to reserve your place by Wednesday, April 19. Let the office know if you will need child care.*

*Guest speaker: Ginger Sanders, author, speaker and teacher who will be sharing stories about her “Mama Browning’s Teapot” with humor and REAL GOD stories to inspire.*

*Ginger will have a book signing after the program.*



# Good Advice

- ☑ *Live beneath your means.*
- ☑ *Return everything you borrow.*
- ☑ *Stop blaming other people.*
- ☑ *Admit it when you make a mistake.*
- ☑ *Give clothes not worn to charity.*
- ☑ *Do something nice and try not to get caught.*
- ☑ *Listen more; talk less.*
- ☑ *Every day take a 30-minute walk.*
- ☑ *Strive for excellence, not perfection.*
- ☑ *Be on time. Don't make excuses.*
- ☑ *Don't argue.*
- ☑ *Get organized.*
- ☑ *Be kind to people.*
- ☑ *Be kind to unkind people.*
- ☑ *Let someone cut ahead of you in line.*
- ☑ *Take time to be alone.*
- ☑ *Cultivate good manners.*
- ☑ *Be humble.*
- ☑ *Realize and accept that life isn't fair.*
- ☑ *Know when to keep your mouth shut.*
- ☑ *Go an entire day without criticizing anyone.*
- ☑ *Learn from the past.*
- ☑ *Plan for the future. Live in the present.*
- ☑ *Don't sweat the small stuff.*
- ☑ *It's all small stuff.*

# What can I do?

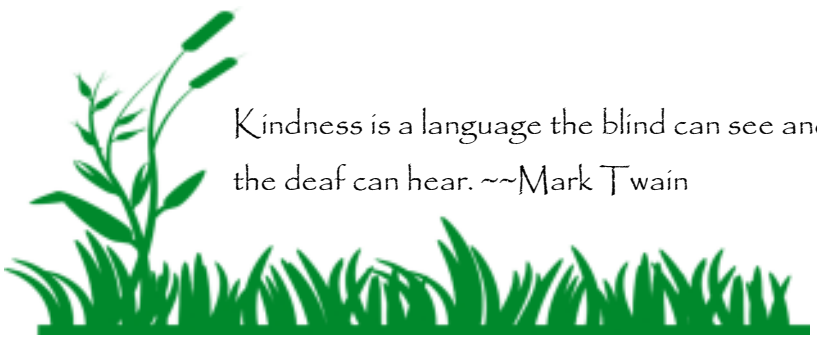
- ☞ Donate non-perishable items to HAP (box outside the church office)
- ☞ Save plastic bottle caps (soft drink, bottled water, milk, etc.) for schools. Deposit in designated container in UBC kitchen.
- ☞ Send notes of encouragement to staff members
- ☞ Bring plastic shopping bags (Wal Mart, Target, etc.) to WoM to be used to make sleeping mats for the homeless.
- ☞ Save aluminum pull tabs for the Ronald McDonald House Charities. Container outside church office.
- ☞ **Volunteer to work in children's area Sunday mornings.**

## CRITICAL NEED!

- ☞ Participate in Women on Mission, meeting each Wednesday evening at 5:30 on the third floor. You will be blessed by learning about missionaries and working on a variety of projects to help others.
- ☞ Save Box Tops for Education on General Mills products for Cynthia Harmon
- ☞ Pray for Gospel Center Church meeting in UBC Youth Center.
- ☞ Provide snacks for CDC: Goldfish, animal crackers, cheerios, veggie sticks.
- ☞ Pray for The Well (reaching college students) now meeting on the UAH campus.



If you would like to contribute to this newsletter, please contact the church office or any Women's Ministry committee member.



Women's Ministry Director: Kay Taylor  
WMU Director: Linda Whiteley  
Women's Ministry Committee:

Ann Adams, Gerry Bledsoe, Peggy Brewer, Rana Burt, Ruby Collins, Janice Corlew, Rose Evans, Bertha Everett, Patricia Gilchrist, Elaine Grimes, Linda Hargrove, Joan Hilton, Gloria Lee, Mildred Maroney, Sue McWhorter, Ruth Moon, Maureen Searcy, Barbara Smith, Kay Taylor, Dainie Tidwell, & Margaret Wisecarver

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