

THE NEWS & REPORTER

LIFESTYLES

We should be conCERNed

"The God particle has the potential to become unstable and destroy the universe. This could mean that the universe could undergo catastrophic vacuum decay, with a bubble of the true vacuum expanding at the speed of light. This could happen at any time and we wouldn't see it coming."

— Dr. Stephen Hawking, theoretical physicist.

"What the majority of the world deems as entertainment is nothing more than Luciferian rituals and propaganda laced with esoteric symbolism and messages intended to fulfill the anti-christ agenda and to subliminally condition the masses to accept what is coming."

— excerpt from "CERN the Opening of the Abyss?" by YouTube SEVENTHVAL213

Just about every sci-fi movie, cartoons, many commercials and even "Dancing With the Stars" portray interdimensional portals that all bear a striking resemblance to CERN, the particle accelerator in Switzerland. The Avengers, the Disney cartoon "Gravity Falls" and yes, that very popular program "Dancing With the Stars" have been conditioning and familiarizing us all to the reality of CERN.



Jesus Freak | Computer Geek
David Beverley

On "Dancing," there was a piece titled "I Am Woman." It shows the women being "transformed" into beings of light, shooting in and out of a portal, and the women are also "enhanced" by technological, circuit-like etchings. If you haven't seen it, check it out here: <https://youtu.be/flxQyQexP5Q>.

If you have never heard of CERN and/or the "God particle," you need to. We should be concerned about the "pulling in" and accumulation of pounds of anti-matter, which has been connected to paranormal activity and also damages the human psyche, causing people who are near the anti-matter to go insane. We should be concerned about a world-wide effort to create "inter-dimensional gateways" and what amounts to a repeat of the (re)construction of the TOWER OF BABEL — shouldn't we? Read on and I will explain.

According to the CERN website, "At CERN, the European Organization for Nuclear Research, physicists and engineers are probing the fundamental structure of the universe. They use the world's larg-

est and most complex scientific instruments to study the basic constituents of matter, the fundamental particles. The particles are made to collide together at close to the speed of light. The instruments used at CERN are purpose-built particle accelerators and detectors. Detectors observe and record the results of these collisions. Founded in 1954, the CERN laboratory sits astride the Franco-Swiss border near Geneva. It was one of Europe's first joint ventures and now has 21 member states." Read more at <http://home.web.cern.ch/about>.

You probably didn't know this, but the Internet/World Wide Web was created at CERN in 1989 by Tim Berners-Lee. The most recent Nobel winning discovery was the "God particle." You may have heard of this? The HIGGS BOSON. This so-called God particle was discovered in 2012 and made quite a stir in the theoretical physics community.

Some of the not-so-publicized science that CERN experiments have brought to light is our understanding that we have parallel universes that can connect with each other through dimensional portals, which are sometimes called "wormholes." One wormhole theory that has been proven by CERN is the "Einstein/Rosen Bridge," which is a wormhole, opening or gateway into a parallel universe. Here is a sampling of alarming statements from CERN scientists and engineers: "We're hoping to see supersymmetry and extra dimensions." — Dr. Mike Lamont, control room engineer/ technician at the LHC.

"Out of this door might come something, or we might send something through it," said Sergio Bertolucci, who is director for research and scientific computing at CERN. Dr. Bertolucci also added, "Indeed, there would be an open door," but that even with the power of the LHC at his disposal he would only be able to hold it open "a very tiny lapse of time, 10 to 26 seconds, [but] during that infinitesimal amount of time we would be able to peer into this open door, either by getting something out of it or sending something into it." This is not a late April Fool's prank or a plot outline for a new science-fiction movie. This is REAL SCIENCE.

Maybe it's just me, but "getting something out of" another dimension doesn't sound like a good idea. The last time I checked God's word, the only extra-dimensions that exist are what the Bible calls "heavenly realms." And according to Jude and 2nd Peter, the "angels that left their first estate are held in

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LIFE NOTES

Banks-Weir family reunion

The Banks-Weir Reunion will be held Sunday, June 14, at Rick Weir's place on Banks-Weir Road. The meeting will be at 12:30 p.m. with lunch to follow at 1 p.m. Bring well-filled food baskets and tea. Paper products will be provided. For more information, call Sue Branham at 581-5223.

Senior Farmer's Market Nutrition Program

The Senior Farmer's Market Nutrition Program fruit and vegetable coupons will be provided to individuals age 60 and older with income no more than 185 percent of the federal poverty income guidelines, which is below \$21,775 for one household member. Add \$7,696 for each additional household member. Applicants must provide proof of identity (driver's license or S.C. ID card) and Chester County residence.

Each qualifying individual will receive coupons totaling \$25, which can be redeemed at participating markets. The distribution point will be at Wesley Memorial United Methodist Church, 1217 J.A. Cochran Bypass, Chester, between Columbia Road and Ashford Street near Chester High School, between 8 a.m. and 1 p.m. Friday, June 12. There is a limited number of vouchers and vouchers will be distributed on a first come, first served basis. Any vouchers not distributed by 1 p.m. will then be distributed from Senior Services Inc. of Chester County, 1197 Armory Road, Chester, from 2:30 to 4:30 p.m. Call 385-1109.

Excel class at Fort Lawn center

The Fort Lawn Community Center will offer an introductory Excel class from 9 a.m. to 5 p.m. Tuesday, June 23. The class cost is \$89 per person and the text book is \$18.30. Pre-registration is required by Tuesday, June 16, and all costs must be paid in advance. The class size is limited to 12 students. Call Libby at 803-872-4491 or e-mail to lsweatt@fortlawncenter.org to register.

Open horse show and vendor fair

Gaston Farm Equestrian Center, 2717 Gaston Farm Road, will hold an open horse show and vendor fair on Saturday, June 13. Gates will open at 9:30 a.m. and the event will start at 11 a.m. Admission is free. Concessions will be available on the grounds. Visit www.gastonfarmequestriancenter.com or call 374-6255.

Tickets to play on sale

Tickets are on sale now for the upcoming play "Daddy, I Don't Wanna Preach," which will be held Saturday, June 13. The play was written by the late Anthony "Tony" Gregory and will be presented by Loria K. Gregory in his memory. Tickets are \$12 in advance or \$15 at the door. Call Sheila Culp at 374-4216 or Loria K. Gregory at 374-3273.

Camp Geronimo horse camps

Gaston Farm Equestrian Center, 2717 Gaston Farm Road, Chester, will hold five-day Camp Geronimo horse camps June 22-26, July 13-17 and Aug. 3-7. Call Beth Gaston at 374-6255, like the center on Facebook or follow on Twitter, e-mail horses@gastonfarmequestriancenter.com or visit www.gastonfarmequestriancenter.com.

The Kitchen Diva

Cool cucumbers

BY ANGELA SHELF MEDEARIS
Special to The N&R

Cucumbers are a go-to vegetable for salads, but there are many ways to incorporate this cool, crunchy vegetable into everything from appetizers to drinks. Cucumbers are one of the oldest cultivated crops and have more than 100 different varieties. It's believed they were first cultivated in India.

Cucumbers are at their best when young and tender with a crunchy texture. They come in many sizes. Some of the most popular varieties are the Dosakayi, popular in India for curries and stews; crunchy "slicers," used in salads; and pickles like gherkins, dills and sweet French cornichons.

The English cucumber is longer and narrower than the slicer varieties. Its seeds are much smaller and the skin is thinner. This type of cucumber may be labeled as "seedless" or "burpless." It usually comes wrapped in plastic and unwaxed. The taste of English cucumbers also is less bitter, and some find it almost sweet.

Cucumbers have about 15 calories per 100 grams, and the peel is a good source of dietary fiber and is a mild diuretic, which helps to eliminate toxic materials in the gut. It's also a great source of potassium and is low in sodium, which helps with blood pressure and heart rates.

Cucumbers are high in vitamin K, which helps with bone strength. It also

has established a role in the treatment of Alzheimer's disease by limiting neuronal damage in the brain.

When purchasing cucumbers, select ones that have a firm texture and a bright-green color. There shouldn't be any spots, cuts or breaks in the skin. A wrinkled, large or yellowish cucumber means it is over ripe, lacking nutrients and tough.

Before using or storing, cucumbers should be washed using cool, clear water and dried thoroughly to get rid of any surface dirt and pesticide residue. They may require light scrub at spots where prickles or dirt is evident.

Cucumbers can be stored at room temperature for a day or two, but for best results, store them for up to a week in a plastic bag in your refrigerator's crisper drawer.

You can use cucumbers in a variety of ways. Fresh, cleaned cucumbers can be enjoyed as they are. You also can cut cucumbers into cubes with the skin and add them to vegetable or fruit salads. Finely-chopped, fresh cucumber slices are delicious when mixed with yogurt, cumin, coriander, pepper and salt to make cucumber raita, the popular Indian condiment that adds a cooling effect to spicy dishes.

English cucumbers are great eaten skin and all, but with some other varieties you may want to peel them first (especially ones with thick skins). If you're making a salad with seeded or slicer cucumbers, cut

them lengthwise and use a spoon to scoop out the seeds.

Cucumbers also can be blended into a juice and combined with other vegetables and fruits, like my recipe for strawberry cucumber lime coolers.

STRAWBERRY CUCUMBER LIME COOLER

3 to 4 large peeled, cubed English cucumbers
2 cups frozen strawberries

2/3 cups sugar, honey or agave syrup

1/2 cup fresh lime juice

4 cups cold water or clear soda water, unflavored seltzer or sparkling water

Combine cucumbers, strawberries, sugar, honey or agave and lime juice in blender; blend until smooth. Pour through medium mesh sieve over pitcher, and press it with spoon to remove lumps. Pour cold water, soda, seltzer or sparkling water into pitcher and stir. Pour into glasses with ice and garnish with thinly-sliced strawberries, limes or cucumbers. Serve immediately. Serves four.

Angela Shelf Medearis is an award-winning children's author, culinary historian and the author of seven cookbooks. Her new cookbook is "The Kitchen Diva's Diabetic Cookbook." Her website is www.divapro.com. To see how-to videos, recipes and more, like Angela Shelf Medearis, The Kitchen Diva! on Facebook. Recipes may not be reprinted without permission from Angela Shelf Medearis.

Answers to the Crossword

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