



Chelsea K. Bicknell
Estill County Extension
Agent for Family and
Consumer Sciences

Growing up, my family always had a garden. I remember every spring watching as my mom and dad would layout the garden and sow the seeds for the upcoming year. When I was a teenager I didn't really pay much attention to it, or care, but as I got into college I realized how important growing your own food is and how fortunate I was to grow up around a gardening family and who still gardens today.

People used to have to garden because that was the only way you ate, but now with the convenience of grocery stores and having "fresh" produce available all year long, a lot of people have stopped gardening. And I will admit that it is much easier to just pick out fruits and vegetables from the grocery store, but there's nothing like eating something you grew yourself – so much more satisfying and tasty, I think! Not only is it delicious but there are numerous benefits to gardening on your own.

The benefits reaped from planting a garden can be personal, such as providing fresh, wholesome food for your family/friends/neighbors, or it could be public in that gardens often strengthen the entire community. And it doesn't take a lot of space to derive benefits from gardening. A patio with a few pots of flowers or vegetables can be every bit as satisfying as gardening on a big piece of land to some people.

Buying produce from the supermarket can be expen-

Harvest a Multitude of Benefits From Gardening

sive and, at times, unsatisfying. Picked before they are ripe and shipped over great distances (it's estimated that "fresh" produce travels over 1,500 miles before being consumed), the taste and price of the produce are often not what we hoped they would be. Therefore, it can be difficult under those circumstances to get the recommended 5-8 daily servings of fruits and vegetables.

Buying locally grown produce from the Farmer's Market or a roadside stand can certainly help and be more satisfying, but picking a fully ripened tomato right off the vine to eat yourself – now that is hard to beat! I know many a farmer who carries a salt shaker with them to the garden to salt the delicious red, ripe tomatoes (this is making my mouth water just thinking about it!) that they just picked off the vine. There's no doubt that locally grown fruits and vegetables have more taste.

Then consider the food safety issue. If you grow your own food, you'll have no fears about contamination. Though regulations are in place to ensure that our food supply is safe, in this day of national food alerts, isn't it nice to know exactly where your food is coming from?!

And then think about the cost savings again – A single tomato plant that may cost you \$1.99 can yield 20-40 tomatoes in a season. A pack of lettuce seeds might cost \$1.50 and yield enough leaves to make salads for a month or more. It would be hard to find prices like that in a grocery store.

Since we're on the subject of finances, studies have shown that improving your landscape can improve your property value by nearly 20 percent, if you're interested in selling your house. A house set within a landscape of trees and shrubs has great curb appeal and often will sell faster than a house surrounded by unadorned lawn. There's also the energy savings derived from mature

shade trees whose protective canopies make it easier to heat and cool buildings.

That's the practical side of gardening. But there's another side – the restorative side. There's nothing like working in the garden after a stressful day. In the lush green of a garden, cooled by a sweet breeze, feeling the rich dirt under your feet, listening to the bugs and the birds of the season – there is peace. Research has shown that people who have contact with nature bounce back more quickly from day-to-day stress. Simple repetitive acts such as pulling weeds or pruning shrubs can have a meditative quality. Many people find a connection to the spiritual world in a garden, where the cycle of life is played out before their eyes.

A connection to the natural world can be vital in a child's development, as well. Studies have shown that children who have access to green spaces learn self-discipline and impulse control. A study at the University of Illinois even suggests that a child's connection to nature can lessen the symptoms of attention deficit and hyperactivity disorder.

Gardening is also great exercise and works the entire body. You bend, you stretch, you walk, and you lift. It's good for your heart, your joints and your bones. An hour of moderate work in the garden can burn 300 to 400 calories. And when you're done, you can step back and revel in the sight of a freshly mown lawn or weed-free, neatly edged beds. Though much of gardening teaches us patience, as we wait for plants to mature and beds to fill in, there are instances like those at the end of a day spent working in the yard – when the gratification is immediate and the land shines as a result of your work.

Gardening has been found to bring people together too. You'll find that neighbors will want to stop and talk when their eyes are caught by the site of a well-tended yard or blooms spilling over

a porch railing. And gardeners love to share – whether it's advice, produce, plant cuttings or tales of that "summer three years ago when the drought hit." When neighbors share, pride in their homes and their neighborhood grows, and communities are strengthened.

So whether you have room for only a few container gardens or a large yard with room to grow, the simple act of gardening can refresh and renew you and our community. Plant a daylily today and next year, share it with a friend. And if you find that you want a bigger gardening plot to plant your vegetables, fruits, and/or flowers, we can help you with that! Thanks to the City of Irvine, Irvine Municipal Utilities, and the Estill Action Group, we now have a community garden here in Estill County! It will be developed on land beside the Kentucky River and can be accessed by turning on Carhart Avenue, driving past Marcum and Wallace, passing the old Carhart building, and going under the old railroad bridge. People who want either a 500 square ft. plot or 1000 square ft. plot can get a sign-up sheet from the Estill County Extension Office or from the Estill County Public Library and turn that sheet back in to the Extension office by Friday, May 8th, 2015. The plots will be surveyed and plowed up for free so the only cost to the gardener will be the materials and the amount of time and effort they want to put into their garden plot. If you would like to learn more about the community garden or gardening in general, you can contact me at the Extension Office at 723-4557 or by email at chelsea.bicknell@uky.edu. I hope you all get to eat as many fresh fruits and vegetables as you can this gardening season!

Educational programs of the Cooperative Extension Service serve all people regardless of race, color, sex, religion, disability or national origin.

The Coming of The Lord

by **BOB CASEY**, preacher
Cornerstone Church of Christ
1212 West Irvine Plaza

According to plain Bible passages, such as **I Timothy 3:1-7**, there should be no doubt to the informed reader of the scriptures that we are indeed approaching the end of the present age. Never at any time in history has all the teachings of this passage been present at any one time before.

Also, the adjoining scriptures given in Matthew 24 and in **Luke 21** together cover the climax of the Jewish state under the law of Moses, and the Jews were forewarned of their coming destruction, but the same scriptures near the ending of their narratives tell of the coming day of our Lord's return to judgment of the present world.

In **Luke 21:34-36**, we are told to be attentive to the present conditions, and are not to let the world overcome us with its allurements. So we are warned to be watchful with prayer, so that when our Lord does return we may be accounted worthy to escape the things that will continue to come to pass, and to stand before the son of Man. **II Corinthians 5:8-10** tells us this is true.

Sadly, the Lord says of men in **Matthew 24:44**, "Therefore be ye also ready for in such an hour as ye think not the Son of man cometh."

Again, it will be the saddest of all days for the nation of Israel in the coming day of the church. Why? Simply because at this present hour the Jews still do not accept Jesus as their Messiah, and are still looking for another. But this is a falsehood, for because of their rejection of Jesus when He came the first time. He said unto them in **Matthew 23:38** speaking of their demise said: "Behold your house is left unto you desolate," and so it was! Jerusalem and all its politico system was completely destroyed under the Roman army.

But our Lord did not stop here during this statement. He also said to the Jews (**verse 39**), "For I say unto you, ye shall not see me henceforth (again) till ye shall say; blessed is he that cometh in the name of the Lord." So when our Lord does make His return to judgment, just what will happen to these unbelieving Jews? Will there be time to believe him by obeying him in the keeping of all His commandments? I do not believe so.

But this brings our mind unto the realm of thinking what also will be the plight of all the unbelievers who are living at present. Can they wait until they see Jesus coming in the clouds of Heaven (**I Thessalonians 4:13**) to make their calling and election sure? **Luke 21:35** says the coming of Jesus will be quick as a snare upon the whole earth.

I pray that all who read this may take warning and do as Paul says, "to make your calling and election sure." By obeying our Lord now, you can do this, even today. If we can be of help in assisting you, call 1-859 (Waco) 369-4165.

Sincerely, Bob Casey 1-859 (Waco) 364-4165

CHURCH NEWS

Church News is published as a free service of The Estill County Tribune. Call your announcement to (606) 723-5012; fax it to (606) 723-2743; or E-mail it to <News@EstillTribune.Com> or mail to 6135 Winchester Road, Irvine, KY 40336

Saturday, May 9th @ 7:00pm

Benefit And Gospel Singing

There will be a gospel singing and benefit at House of Prayer, 535 Dark Hollow Road, Irvine, starting at 7 p.m. on Saturday, May 9. The benefit is for Joyce

Russell.

Featured singers will be The Smith Sisters and The Praise Singers.

Refreshments afterward. Everyone is welcome.

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Monday, June 1st, 9am-4:30pm

Free Day Camp At Aldersgate

Start off the first day of summer break with a BANG! Day Camp at Aldersgate Camp will be held for incoming 3rd thru 6th grade Estill and Powell County students.

The Methodist Churches of Estill and Powell Counties have teamed up with Aldersgate Camp to provide a free one day camp on Monday, June 1st from 9:00 a.m. until 4:30 p.m. Lunch, and a morning and afternoon snack will be provided. Also, limited transportation will be available at Cedar Grove, Clay City, Irvine, Jackson Chapel and Wisemantown United Methodist Churches.

Registration forms are available at Citizen's Guaranty Bank in Irvine, and at any of the United Methodist

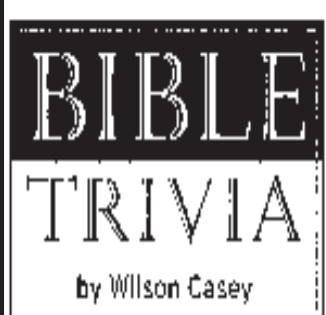
Churches mentioned above or at the Aldersgate Camp web site: aldersgatecamp.org.

Activities for the day will include field games, working with farm animals, crafts, Bible study, climbing the clay wall, hiking to Buffalo and Sugar Camp Cave, swimming in the pool, and visiting and learning about the Fitchburg Furnace. It will be a great way to start your summer vacation.

Enrollment will be limited to the first 75 young people to fill out and turn in their forms, so hurry and get registered.

Aldersgate is one of the jewels of our community. June 1st with the Day Camp is one day you don't want to miss.

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<EstillTribune.Com>
For Up-To-Date Obituaries



1. Is the book of Hosea in the Old or New Testament or neither?
2. From Judges 16, what had Samson been to God from his mother's womb? Nazarite, Philistine, Reu-

benite, Protestant
3. In Exodus 4, who had a staff or rod that turned into a snake? Noah, Aaron, Adam, Moses
4. How many Old Testament (KJV) books are named for a woman? 0, 1, 2, 3
5. What biblical name means "peace"? Salome, Jacob, Abraham, Adam
6. Of these, who died on Mount Hor? Paul, Noah, Aaron, Solomon

Bible Trivia Answers are at the bottom of Page 13

seeds of Hope



"Papa," he asked in the innocent voice of a four-year-old, "how long will it take you to forget something?"

Puzzled and intrigued, I responded, "Well, Keller, I'm not sure. Sometimes I forget right away and sometimes I think about things for a long, long time."

Just as puzzled and intrigued as I was, he then asked, "When you were a little boy did you ever break something and hide it? And when your Papa found it and got mad how long did it take him to forget that you broke something?"

"Oh my, Keller, I'm not sure I remember. Did something go wrong?" I asked.

"I broke Nonie's cup and hid it under the bed and I want her to forget about it and not be mad at me," came his answer.

David was aware that his sin had damaged his relationship with God. He sensed God's displeasure with him and his feelings of guilt overwhelmed him and added to his problem. He knew why God "hid His face" from him.

But those feelings changed. Why? He repented, cried for God's mercy and knew that he was forgiven. When he had God's mercy he said, "You turned my wailing into dancing...and I will give You thanks forever."

We all have experiences like Keller and David. We do something wrong, feel guilty, are filled with fear and want to know how long it will take to enjoy God's blessings once again. Like David, ask, pray and repent.

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