



Times Remembered

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A few years ago while I was on vacation to Amish country in rural Indiana I enjoyed browsing through all the hardware shops. I love antiques, especially enameled coffee pots. There was even a large display of old-fashioned metal coffeepots. Collecting antique enameled coffee pots got me started researching coffee and looking at the different benefits of it.

Growing up my parents didn't drink coffee, but my Grandmother sure did. When she came to visit we fired up the old coffee pot. She would drink coffee all day. Her favorite was Eight O'clock coffee. It came from the A&P in town. I remember when you purchased the bag of coffee, the cashier would always grind the coffee beans and it smelled so good!

I liked watching my grandmother drink coffee; unlike today, she used a tea cup and saucer. She always poured her coffee in the saucer to cool and to sip it. (I'm not that coordinated; I would spill every bit of it if I tried

Coffee and Coffepots

that). It was a joy to watch her drink her coffee. It reminds me of a song by Michael Combs about drinking from a saucer. The lyrics:

Never made a fortune.....probably too late now..... but I don't worry about that much..... cause I'm happy anyhow.....As I go along life's journey I'm reaping better than I sow..... cause I'm drinking from my saucer..... cause my cup has overflowed. Ain't got a lot of riches, sometimes the going gets rough, but I got a friend in Jesus and that makes me rich enough.

Today, coffee is more popular than ever. There are coffee shops on every corner in large towns. We now have Starbucks with dozens of flavors and roasts. They have blonde roast, medium roast, and dark roasts depending on how long they are roasted. You can order different flavored latte and drinks and have in mere minutes.

Those enameled pots go back to a time when coffee wasn't just a comforting beverage, but a cure for what ailed you.

Coffee originated in North Africa and the Middle East, where it was valued mainly for its stimulant properties. It reached Europe during the 1500s, where it quickly became a source of religious and political controversy. Was it merely a delicious drink, people argued, or the devil's brew? Was it good for you or a bad habit?

By the 1800s, coffee had become a staple in the American pantry. As with

many foods, coffee was also used for many home remedies. It was used for the Pinkeye, or conjunctivitis, a nasty inflammation of the eye. Also, before modern drugs were developed, coffee was the go-to treatment for asthma. The caffeine in coffee is similar to one of the earliest bronchodilator drugs, theophylline. Studies have indicated that asthmatics who are regular coffee drinkers may have one third fewer asthma symptoms than non-coffee drinkers. But coffee is not considered an effective treatment for managing asthma.

Coffee helps with chest congestion and excess mucus due to colds and sinus infections. Any hot beverage will help, but coffee packs a one-two punch. It not only opens airways in the lungs but helps expel mucous. Coffee contains a natural antihistamine that also helps with seasonal allergies.

Another benefit of coffee is that it helps relieve

pain. The caffeine in coffee works in a couple of ways. First, it blocks the way pain signals are processed in the brain. It does this by speeding up the pain relieving effects with absorption of the NSAIDS you have taken for pain such as ibuprofen or aspirin.

Too much coffee can be irritating to the stomach depending on how sensitive you are and how much you consume. Coffee also contains an amazing number of antioxidants that could help protect us from a number of diseases. If you can drink your coffee black it is better for you because it contains more antioxidants.

However you drink your coffee it might turn out to be the healthiest way to begin your day.

**Note: This information in the article is not intended to diagnose or treat ailments. Always consult your doctor before trying any home remedies.*

Community News

Mail announcements to The Estill Tribune,
6135 Winchester Road, Irvine, KY 40336
Call (606) 723-5012; Fax to (606) 723-2743;
or E-mail it to <News@EstillTribune.Com>

Annual Dinner Canceled

No ECH&GS Dinner at Aldersgate

The Estill County Historical and Genealogical Society will not hold their annual dinner at Aldersgate. If you have paid, you will be refunded. The Historical Museum on Broadway will remain closed until Covid-19 restrictions are lifted.

Each Tuesday

Estill UK Extension Newsletter

The weekly edition of UK Cooperative Extension's Healthy at Home is here: <https://extension.ca.uky.edu/healthy-home-newsletter>. Each Tuesday we will share a new newsletter with you that will feature articles from all Extension program areas. Please share this link with others. Enjoy and stay safe!

No event on June 12th

Estill Relay for Life Canceled

The Estill County Relay for Life Committee has decided to cancel our county event which was scheduled for Friday, June 12, 2020 at the ECHS track due to COVID-19. We want everyone to stay safe and healthy, and we'll see you next year.

LAFF - A - DAY



"Who wants to scream first?"

Americanisms



"My mother's idea of natural childbirth was giving birth without makeup."
— Robin Williams

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Community Action Agencies Accepting Applications for Low-Income Home Energy Assistance Program (LIHEAP)

New spring open enrollment deadline is June 30, 2020.
Contact your local Community Action outreach office for more info:

Daniel Boone Community Action Agency
Clay | Jackson | Laurel | Rockcastle
606-598-5127

Kentucky River Foothills Development Council
Estill | Clark | Madison | Powell
859-624-2046

LKLP Community Action Council
Leslie | Knott | Letcher | Perry
606-436-8853

Middle Kentucky Community Action Partnership
Lee | Owsley | Breathitt | Wolfe
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1 Restrictions apply. See store for details.
* Cub Cadet Days Sales Event is \$100 off all Ultima Series ZT1 models, \$200 off all Ultima Series ZT2/3 models, \$300 off all Ultima Series ZTX models, \$100 off Enduro XT1 LT42, and \$150 off RZT SX46. Save 10% off all walk behind models. Offer valid till 05/19/20. Product Price - Actual retail prices are set by dealer and may vary. Taxes, freight, setup and handling charges may be additional and may vary. Models subject to limited availability. For full warranty details, visit cubcadet.com or see your local dealer. See your local dealer for limited warranty details and information. Certain restrictions apply. Specifications and programs are subject to change without notice. Images may not reflect dealer inventory and/or unit specifications. † As rated by Kohler, all power levels are stated in gross horsepower at 3,600 RPM per SAE J1940 as rated by engine manufacturer. †† As rated by Kawasaki, horsepower tested in accordance with SAE J1995 and rated in accordance with SAE J2723 and certified by SAE International. EXCEPTIONAL FINANCING OFFERS AVAILABLE