

# Logical thing to do when your land is underwater: Buy a boat



**America's Heartland**  
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him his money back.”

“Apologize and give money back?” his boss shouted. “What kind of salesman are you? You get out there and sell him a houseboat.”

Did you ever have any dealings with a slick salesman? The unscrupulous kind who is out to make a buck by hook or by crook? The Bible gives us a really good look at what Jesus thinks of such people in Mark 11:15-17. Those scriptures describe the day Jesus and his disciples made their way into Jerusalem and encountered a group of crooked salesmen. Here's what those Scriptures say:

“Jesus went into the temple and began to cast out those that sold and bought in the temple, and overthrew the tables of the mon-

eychangers, and the seats of them that sold doves; and would not suffer that any man should carry any vessel through the temple. And he taught, saying unto them, Is it not written, My house shall be called of all nations the house of prayer? But ye have it a den of thieves.”

Perhaps you've heard preachers describe that scene in a sermon. You might have heard that Jesus chased those salesmen and moneychangers out because they were cheating their customers. You might have heard that Jesus chased them out because the temple was not intended to be a place of commerce but of prayer. I expect both of those are true.

We could look at that scene and discuss just how

awful those salesmen's actions were. But, can I tell you, that little has changed over the centuries? Some people still go into God's house in hopes of closing a sale or two. Oh, they may not discuss business right there in the pews, but they go to church because they want to strengthen relationships with people on Sunday so that they can do business with them on Monday.

The fact is, we're to go to church to worship and to pray and to sing praises to the Lord of Glory. We're to have no ulterior motives. Just watch what happens so often in your local community. A businessman has transferred in, and he needs to make connections fast. One of the first places he goes is to the biggest church

in town. A politician is running for office, and he needs to rub elbows with people. He shows up at the big church and sits on the front pew, at least until the election is over. And, you may not see him at church again until the next election.

So, you see, things haven't really changed all that much since the day Jesus weaved together a whip and chased the riff raff out of the temple.

If we're going to be salesmen, let's be like the one who was inclined to give the customer his money back, not the boss who wanted to sell him a houseboat.

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I heard a story the other day about a salesman who had closed his first deal, only to discover that the land he had sold was completely under water.

“That fellow is going to come back here, and he's going to be really angry,” the salesman told his boss. “I'll have to apologize and give

## Kitchen Diva by Angela Shelf Medearis

### Winter Squash Is Healthy Addition to Any Meal

Winter squash are prominently displayed at grocery stores in the fall and winter months, but many shoppers pass them by because they don't know how to make them. Winter squash are easy to prepare and are a healthy addition to any meal.

The Cucurbitaceae family is the Latin name for gourds, pumpkins and squash. The terms Summer and Winter can be deceptive. Summer squash types are on the market all winter; Winter squash types can be found in late summer and fall, as well as winter. This terminology was never meant to confuse -- it just dates to a time when the seasons were more crucial to man's survival than they are now. Vegetables that would keep until December became known as winter vegetables.

Winter squash are picked when they are fully mature, and they have a thick, inedible skin. This thick skin provides a protective covering for the squash and allows for a long storage life. Winter squash can be stored for three months or longer in a cool, dry place, preferably in a single layer.

Every part of the squash plant can be eaten, including the leaves and tender shoots, which can be cooked in omelets or made into soup. Winter squash are a good source of vitamins A and C, potassium and fiber. One-half cup of cooked winter squash has only 40 calories. Some of the most popular types of winter squash are butternut, spaghetti, acorn squash and Delicata.

\* Butternut squash is tan in color and has a long, bell-like shape.

\* Spaghetti squash is oblong or oval in shape and yellow in color.

\* Acorn squash is actually shaped like an acorn. It is dark green and has a ridged rind or skin.

\* Delicata squash is oblong, ridged, and yellow and green. The skin is soft and edible.

When shopping, look for squash that are heavy for their size, free of soft spots and have a dull sheen (a shiny skin is an indicator the squash is not fully mature).

Once butternut or acorn squash is cooked and cooled, it can be peeled away from the skin, cut into cubes, and used in soups, stews and casseroles along with other vegetables. Butternut or acorn squash can be used interchangeably in recipes.

Spaghetti squash is the exception. Once it is cooked, use a fork to peel the flesh away from the skin. It looks just like spaghetti as it peels away. Sauce and serve spaghetti squash like regular noodles.

Delicata squash is the easiest squash to prep and cook because of its soft, edible skin. It contains seeds in the center, but they can be easily removed by scraping them out with a spoon.

This delicious recipe for Southwestern Stuffed But-

ternut Squash is a wonderful side dish or vegetarian entree on a cold winter's day!

### Southwestern Stuffed Butternut Squash

- 2 Delicata squash
- 2 tablespoons vegetable oil
- 1 1/2 teaspoons salt
- 1 1/2 teaspoons ground black pepper
- 1 cup cooked rice
- 1/2 tablespoon chili powder
- 1/2 teaspoon ground cumin
- 1/4 teaspoon cayenne pepper or hot sauce
- 1 (15-ounce) can black or pinto beans, rinsed and drained
- 1 large bell pepper, seeded and chopped
- 4 springs cilantro, chopped
- 6 cherry tomatoes chopped
- 1/2 cup shredded Pepper Jack or Cheddar cheese
- 1 large avocado, peeled and sliced
- 4 tablespoons plain Greek yogurt or Mexican crema

1. Preheat oven to 350 F.
2. Place Delicata squash on a cutting board and use a sharp knife to cut the tips and tails off. Cut the squash in half, then scoop out the seeds and fibrous strands.
3. Drizzle the inside of the squash with oil. Use your hands to spread the oil all over the exposed interior so it is well-coated. Sprinkle the squash with 1/2 teaspoon each of the salt and pepper.
4. Place squash cut-side down on a large baking sheet. Bake 30 to 40 minutes, until squash is soft when poked with a fork.
5. While the squash is baking, prepare the quick

rice. Before adding water or broth to the rice, season with the remaining salt and pepper, the chili powder, cumin and cayenne pepper or hot sauce. Mix well and proceed with the directions for preparing the rice.

6. When the rice is done, add in the beans, chopped peppers, cilantro and chopped tomatoes. Mix together and heat on low for 3 minutes, stirring once.

7. Fill each half of the squash with even amounts of the rice mixture. Top each half of the squash with shredded cheese, then put the stuffed squash back in the oven for about 5 minutes to melt the cheese.

8. Remove from oven and top with avocado slices and plain Greek yogurt or Mexican crema, if desired. Serves 4.

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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](http://www.divapro.com). To see how-to videos, recipes and much, much more, Like Angela Shelf Medearis, The Kitchen Diva! on Facebook. Recipes may not be reprinted without permission from Angela Shelf Medearis.

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## Church & Community

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>

Monday-Saturday - 9:00am-5:00pm

### St. Elizabeth Basement Sales

With Covid still rampant, we need to continue, as we've been doing since last spring, to cancel a once a month sale and make an appointment to come one family at a time.

But, we do have lots of very nice things, waiting for you. So, please call (723-8216) any day, Monday thru Saturday, between 9:00 a.m. and 5:00 p.m., and set up an appointment.

Our Church is at the top of 5th Street in Ravenna. Come if you need or want something, or maybe you just need to get out to the house!! We are here for you!

## You Can Now Text 911

Many residents have noticed the construction at the Estill County EMA/CSEPP and 911 Emergency Operation Center. Not only have we been updating the outside of the building, but we have been getting upgrades on the inside as well.

911 now has the ability to receive and answer with text messaging. This is a great way to get emergency help if you are unable to call, such as a home invasion or domestic violence. Texting 911 is also helpful for those who are speech or hearing impaired. We are excited to offer another way for people to get the help they need during an emergency. We ask that you only call or text 911 for emergencies. Please do not text and drive. If you are driving and have an emergency to report please call.

Saturday, March 20th

## FREE GED® tests!

Kentucky Skills U is temporarily offering FREE GED® tests!

\$120.00 savings for first time test takers Call 606-723-7323, 1-859-813-4008 or

email [mary.fields@estill.kyschools.us](mailto:mary.fields@estill.kyschools.us)

Estill County Adult Education Skills U Center. The next GED tests in Estill County are

Saturday, March 20th

## Wednesday, March 3, 2021 at 1:30pm

### Blue Grass Chemical Destruction

Mark your calendar for the Kentucky Chemical Demilitarization Citizens' Advisory Commission and Chemical Destruction Community Advisory Board Meeting on Wednesday, March 3 at 1:30 p.m. This will be a Microsoft Teams virtual meeting due to the COVID-19 pandemic. This meeting is a good opportunity to learn more about the Blue Grass Chemical Agent-Destruction Pilot Plant at the Blue Grass Army Depot. For more information, or if you are interested in attending the meeting, call 6-2-6-8-9-4-4.