



Times Remembered Betty A. Young
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October

October's bright blue weather.....it's the best. I've always had a fondness for the month of October and April has a spring re-awakening, but all things considered, October has to be my favorite month of the year.

October is a vision of earthly gold, with hickories serving the focus of autumn high hilltops, and poplars painting a picture no artist can hope to match.

October is a squirrel's paradise; they are scampering about storing nuts and cutting on hickory and beechnuts while barking angrily when the shadow of a hawk passes by in the sun of Indian summer. Have you ever seen so many squirrels? They are abundant at our place. Could it mean a cold, cold winter?

Octobers bring memories of being alongside Dad in the corn field, listening to him tell tales about when chestnut trees were plentiful in America. Mountain people fattened their hogs by allowing them to run in the woods eating chestnuts. They were an important staple for swine in those days. Chestnut trees provided cash money for wood, timber for barns and houses and nuts to roast in the fire. Chestnut trees are extinct now days. They died years ago.

October meant harvesting apples and making freshly squeezed cider, apple peel-

ing and drying, and the promise of fried apple pies once fall gave way to winter.

Fall crops, planted in late August began to provide welcome additions to our daily diet. Mustard, Kale and turnip greens are at the top of the list, along with fall cabbage.

I loved being a part of the harvest.....carefully gathering pumpkins, digging potatoes, picking apples, and gathering corn. It's a time of delight with treats from nature.

October is ground fogs in the morning and ground-hogs busily feeding in the gloaming.

It's molasses time, with old-timers reckoning that producing good cane syrup is a vanishing art. It's a biscuit hot from the oven, split open, generously covered with butter, and then doused with the first run of molasses. Honey and fresh apple butter are awesome also.

October is a persimmon pudding topped with cream, so sweet that it's no wonder a ripe persimmon is sometimes called "nature's candy." It's the deer's favorite food too.

October also brings the slightly earthly, wonderfully sweet, and banana-like, with a hint of mango taste; the pawpaw picked ripe from the tree just before it falls. No wonder pawpaw custard was George Washington's favorite dessert.

PAWPAW PUDDING

(If you can find pawpaws)
1 cup of pawpaw pulp with all seeds removed
1 ¼ cup of sugar
1 tsp. baking powder
½ cup melted butter
1 tsp. ginger (optional)
3 eggs
½ teaspoon salt
1 teaspoon baking soda
2 ½ tps. cinnamon
½ teaspoon nutmeg

Strain the pawpaw pulp using a plastic sieve. Mix it well with all the ingredients and bake in a well-greased pan for approximately an hour at 350 degrees (when done it will begin to pull away from the sides of the pan). Cool and serve.

parents were thrilled!

Suddenly, the child lost his balance and fell to the ground. Rushing to pick him up the father smiled, hugged him and encouraged him to "try again." There was no scolding nor rejection for falling down. Rather, the father lifted him, dried his tears and helped him to begin again.

How like our Heavenly Father. If the Lord is delighted in the way we walk - even though we fall - He will come to our rescue, lift us up and "make our steps firm." As long as we do our part to walk in His ways, He will do His part to give us the stability to "move on."

When we fall, He does not consider us a failure. He lovingly lifts us up, tenderly dries our tears and then carefully watches over us as we struggle to walk in His ways. He will never leave us nor forsake us if we fall.

PS-083 Oct. 14, 2015

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

With the holidays quickly approaching, many people's hypertension is bound to go up, especially if you're a fan of that salty country ham like I am! Two out of three American adults have hypertension or prehypertension,

Pass The Potassium, Please

according to the Centers for Disease Control and Prevention. Hypertension, or high blood pressure, increases your risk for heart disease and stroke, the two leading causes of death in America. Fortunately, most cases of high blood pressure can be improved or prevented through diet changes - so once the holiday's get here, go ahead and eat that country ham, but do so in moderation!

Most of our diets are too high in sodium and too low in potassium. Too much sodium in your diet increases your risk of developing high blood pressure. The average American consumes nearly 50 percent more sodium than they need each day. A diet that is high in potassium can

lower your risk of developing hypertension, especially for those who are sensitive to sodium. High potassium foods help prevent or lower high blood pressure as they cause the kidneys to get rid of excess sodium in the body. You can find potassium in a variety of fruits, vegetables, meats and dairy products. Good sources of potassium include, but are not limited to, small baked potatoes and sweet potatoes, spinach, carrots, bananas, dried apricots, poultry, fish, milk and soy products.

Besides reducing high blood pressure risks, potassium has several other benefits including maintaining your body's water balance, helping build muscles, maintaining normal growth as we

age, and helping your body digest carbohydrates, which helps control your blood sugar levels. So remember when that country ham is all around you, to eat it in moderation, and if you eat too much try eating some bananas or sweet potatoes to increase your potassium and counteract all that sodium! For more information on incorporating more potassium in your diet, contact me at the Estill County office of the UK Cooperative Extension Service on 76 Golden Court, off of Stacy Lane, or call 723-4557!

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

Things That Have Come to Pass

by **BOB CASEY**, preacher

Cornerstone Church of Christ
Bond Street at Camp Avenue in West Irvine

During the worst days during the war in Vietnam, Bill Gaither and his wife wrote a song, entitled: "Jesus Is Coming Soon." Today, I want to call your attention to some things he said in this song. Verse One, "Troublesome times are here." I don't know anything about the Gaither religious beliefs or practices, so I wonder where he got this idea. Maybe, it was because of the war, but including, I would like to think that he arrived at his decision by reading from **II Timothy 3**, where it says: "This know also, that in the last days perilous times shall come." The last day spoken of here is not in agreement with the terms elsewhere. In **Acts 2:17** it means all the days from Pentecost until Jesus returns. Then in **James 5:3**, it has reference to the period preceding the Roman overthrow of Jerusalem. Then in **I Peter 15**, this term is speaking of the time of the Lord's return to judge the world.

But, take notice! The term last days in **II Timothy 3:1** is referring to the closing of the door upon this present time.

So when Bill Gaither wrote, "Troublesome times are here," he is speaking at presently, and they are perilous. So now, we know where he was reading from. He goes on to say: "Filling men's hearts with fear." The world for the most part are afraid of each other. Mistrust is abundant. There may be some houses or businesses that don't have security devices upon them. Alarms, cameras, pit bulls, bright lights abound, simply because we are at present exposed to many dangers.

The writer, Jude, knew something about this time. He wrote that many were feeding themselves without fear. So fear is all about us because the lack of spiritual devotion is absent in many places. Then he said in this song: "Freedom we well hold dear now is at stake." Who would have ever imagined that we would have become a second status nation. Who would think that supposedly brilliant educated men sitting on the Supreme Court would rule that homosexuality and lesbianism was the right of civility. What about our Creator? Does He have any rights? When said that all who practice such would spend eternity in the fire of hell, this includes the members of the Supreme Court as well. This has far reaching consequences. Even now there are some calling for a review panel where a preacher's sermon would have to pass this review board, so that any mention of homosexuality would be removed, and even the churches could be sued for allowing it.

Then he goes on to say, "Humbling your heart to God will save from the chastening rod." Perhaps, Bill was thinking about **I Corinthians 6:9-11** where Paul says that all types of these people will not see the kingdom of God. Then Paul wrote, "But such were some of you, but you were washed, sanctified, justified in the name of the Lord Jesus."

So there is still hope for mankind. Then he finished with: "Seek the way pilgrims trod, heaven to share." He closes with the chorus saying, "Jesus is coming soon, morning, night or noon. Many will meet their doom. Trumps will sound." I believe Mr. Gaither perhaps read **Matthew 7:13-14**, "Enter ye in at the strait gate for wide is the gate and broad is the way that leadeth to destruction and many there be which go in thereat. Because straight is the gate, narrow is the way, which leadeth unto life, and few there be which find it." Do you believe that we are living near to the day when our Lord's return? Read for yourselves **II Timothy 3:1-7**. Heaven in the highway of this world. Has all these things been going on at the same time?

Don't be caught unprepared. Hear Jesus. Believe Him. Obey Him, and be baptized before it is too late.

Sincerely, Bob Casey, 1-859-369-4165

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

Wednesday, October 14th @ 7pm

Fall Revival At Ravenna Nazarene

Fall revival at Ravenna Church of the Nazarene will conclude tonight, Wednesday, October 14, 2015 at 7:00 p.m.

Evangelists will be Rev. Wayne Everman and Rev. Warren Toler.

Music will be provided by Matt & Joy Barnett, song evangelists from Cincinnati.

Everyone is welcome!

Wednesday, October 14th @ 7pm

Rice Station Christian's Fall Revival

The Rice Station Christian Church will be having the last night of its fall revival tonight, Wednesday, October 14, 2015 at 7:00 p.m. with Bro. John McCord. There will be special music.

Everyone is welcome.

Wed.-Fri., Oct. 14-16 @ 6pm

Revival At Pine Hill Baptist Church

Revival at Pine Hill Baptist Church will continue Wednesday through Friday, October 14-16, 2015, starting at 6 p.m. Bro. Alex Miller will be the evangelist.

Everyone is welcome.

Saturday, October 17th @ 7pm

Gospel Singing At House of Prayer

There will be a Gospel Singing at House of Prayer, 535 Dark Hollow Road in Irvine, on Saturday, October 17th at 7:00 p.m. Featured singers will be Roy and Kay Himes from Berea and The Praise Singers.

Everyone is welcome to attend! There will be refreshments afterwards.

Sunday, October 18th @ 12:30pm

Barn "Fundraising" for Aldersgate

Aldersgate Camp at Fitchsburg is one of Estill County's hidden treasures. Rev. O.P. Smith originally bought the farm while pasturing Irvine United Methodist Church. The first camp for the Kentucky Conference was held in 1958. Since then, thousands of children, youth, and adults have enjoyed retreating to this quiet mountain valley.

One of the favorite attractions for young campers is the barn with its family of animals. Few children have a chance to pet farm animals or even connect the food they eat with its source. Aldersgate offers opportunities for interaction between campers and real animals. The problem is that the barn, part of the original farm, has blown down.

The Methodist churches of Estill, Madison, and Powell Counties are holding a special event to raise money for building a new barn at the camp. The old fashioned dinner and activities will take place on Sunday, October 18, at Wisemantown United Methodist Church. Dinner of soup beans, chili, corn bread, dessert, and beverage will be served from 12:30 - 3:00 p.m. in the picnic pavilion. Lots of down-home entertainment is planned for all ages including singing, skits, cake walks, and storytelling. No tickets will be sold. Donations will be accepted, and all monies will go toward the barn project.

Mon.-Fri., Oct. 19-23 and Sun., Oct 24

Bethel Revival And Homecoming

Bethel Christian Church will be having a revival, Monday through Friday, October 19-23, 2015; followed by homecoming on Sunday, October 25th. Revival services begin at 7:00 p.m. nightly with Bro. Ronald Lutes as the minister. Bro. Bill Curtis and congregation invite you to homecoming on Sunday, Oct. 25th.

Sunday, October 25th @ 10:30am

Williams Memorial Homecoming

Williams Memorial Baptist Church, Poplar Street in Ravenna, will be having its annual homecoming on Sunday, October 25, 2015. Pastor Chris Winkler will be bringing the message at 10:30 a.m. There will be a fellowship meal following the service.

Everyone is invited to attend.

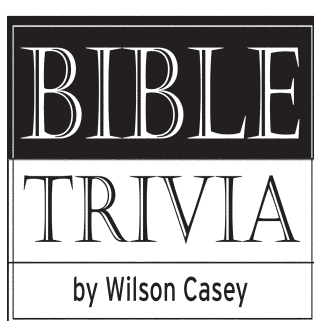


Watching a child take his or her first steps is a marvelous sight to behold. Pictures are taken, memories created and lives changed.

Recently a mother and father brought their infant son to the Garden for his first steps. After finding the "perfect" location for this historic event, the father gently placed his hands under the child's arms. As the child looked down at his tiny feet and with uncertainty began to "toddle" forward, the father relaxed his grip. Slowly, as the child began to walk on his own, he removed his hands completely. After a few staggering and uncertain steps the little fellow began to carry his weight on his own two feet. The

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1. Is the book of Acts in the Old or New Testament or neither?
2. In 1 Kings 20, who besieged and made war against Samaria after gathering his forces? Benhadad, Menahem, Rezin, Omri
3. What king asked for the help of a woman who

was a medium? Jehu, Amaziah, Saul, Neco

4. From 1 Samuel 19, whose life was saved when his wife put an image into his bed? Samson, David, Amon, Cyrus

5. Who was the father of Elkanah? Jeremiah, Philip, Esau, Jeroham

6. From Esther 1, how many days did Ahasuerus' feast last? 2, 4, 7, 10

Answers on bottom of Page 13

Wilson Casey's main-stream UFO book, "Swamp Gas & High Hopes 101," is now available from Touch-PointPress.com