## The Estill County Tribune, October 28, 2015, Page 7

## **All About Pumpkins!**

derella, the nursery rhyme Wives of Windsor.

for food and medicine.

pumpkins as an ingredient men who did not. in piecrusts, instead of the filling. They also developed to your diet, especially dur- decrease baking soda by 1/4 the concept of pumpkin pie ing this time of the year. In of a pumpkin, cleaned out uses of pumpkins, it can also F. the seeds and filled the in- be an ingredient in soups, side with milk, spices and smoothies and breads. You honey. It was then baked in can also try it for breakfast as hot ashes.

freckles and curing snakebites.

Not only are foods containing pumpkin tasty, but Ingredients: pumpkin is very healthy for 1<sup>1</sup>/<sub>4</sub> c. all-purpose flour you! Pumpkins, like other 11/4 c. whole-wheat flour dark yellow and orange veg-  $1\frac{1}{4}$ etables, are good sources of soda both alpha and beta carotene, 1/2 teaspoon salt which act as antioxidants. 11/2 tsp. ground cinnamon Inside the body, these ca- 1/2 teaspoon ground ginger rotenoids are converted into 1/2 tsp. ground nutmeg vitamin A. Beta carotene has 1¼ cups honey long been connected to im- 2 large eggs proved eye health, a strong  $1\frac{1}{2}$  cups fresh pureed immune system and healthy pumpkin skin and mucous mem- 1/2 cup canola oil branes. Pumpkins also con- 2 cups Granny Smith aptain alpha carotene, which stops the growth of certain cancers by preventing the to 325 degrees F. In a large religion, disability or nation-

tack and dying from a heart- removing from pan. Colonial Americans used related illness compared to

when they removed the top addition to the tried-and-true in the Plate It Up! Kentucky Pumpkins were once rec- Proud recipe below. I have ommended for removing made these muffins multiple times and they are very delicious and fulfilling!

Pumpkin Apple Muffins

baking teaspoons

ples, finely chopped

cancerous cells from divid- bowl, combine flours, bak-

end of Sleepy Hollow, Cin- ing and overtaking the body. ing soda, salt and spices. In a The carotenoids found small bowl, combine honey, Peter, Peter, Pumpkin Eater in dark yellow and orange eggs, pumpkin and oil; stir and Shakespeare's Merry vegetables have also been into dry ingredients just until linked to improved heart moistened. Fold in apples. Native Americans dried health. Studies have shown Fill greased or paper-lined strips of pumpkins and wove that men with high choles- muffin cups, two-thirds full. them into mats and roasted terol who ate a high amount Bake for 25 to 30 minutes long strips of pumpkins to of these vegetables lowered or until muffins test done. eat. They also used the seeds their chances of a heart at- Cool for 10 minutes before

Note: You can substitute two cups granulated sugar It's easy to add pumpkin for honey, but you should teaspoon and increase oven temperature to 350 degrees

Yield: 18 muffins

Nutritional analysis: 200 calories, 7 g fat, 0.5 g saturated fat, 35 mg cholesterol, 160 mg sodium, 35 g carbohydrate, 2 g fiber, 20 g sugar, 3 g protein.

More information about pumpkin health benefits, storage and preparation is available in UK Cooperative Extension publication FCS3-569: The Health Benefits of Dark Yellow and Orange Vegetables. It is available online at http://www2. ca.uky.edu/agc/pubs/FCS3/ FCS3569/FCS3569.pdf or through the Estill County Extension Office. Hope you all are having a fabulous fall!

Educational programs of the Cooperative Extension Service serve all people re-Directions: Preheat oven gardless of race, color, sex, al origin.



The history of the American people can be directly traced by the grace of Almighty God. The Pilgrims came to the shores of this country in wooden ships, risking everything they possessed of life and limbo, surviving the harsh New England winters, and being helped by the Native Americans already here. And as we trace their steps we can plainly see that with the hand of God upon them, they were to eventually become what we now are.

But, it seems that America is in a trend, if not halted, may very well end in a catastrophic mess. The people of America were very religious toward God. This was one of their quests to escape the government run churches of England. But it seems to me that our leaders, many who claim to be religious have turned away from God. How can anyone at this present time deny the things that we see and hear, when our nation allows the slaughter of thousands of babies by the method of abortions, and even harvesting the body parts to sell in the open markets. This is insane. And now coupled with this the permission of our highest courts declaring that marriage is for everyone disregarding the sexes of either participant. Just this day I see where that a great many of our elected officials voted against the new bill called (Kate's Law). It was highly contested by many, not wanting it implemented. This was the law against useless murders and rapes by many, but not all, connected to the illegal immigration of people sneaking across our borders. So again, are we making any progress toward keeping this nation under God? Friends, if I know anything about Biblical history, we can read clearly how that God condemned the acting of His own chosen people when they lapsed back into sin. The book of Judges is a prime example of the punishments of God upon them for disobedience. Can American endure for long with this same kind of disobedience concerning us? I know that God's hand will become active, and I also think we can already see the stage is set for it. God will not be ignored! In 1831 Adam Clark in his commentary wrote the words: "He that uses what he has, shall receive; and no man can expect any increase of light or of life, who does not improve the grace already given.' The parable of the Pounds in Luke 19:12-27 is a prime example of God's grace upon man, and also that God expects all men to improve upon this grace. America has for the most part made good uses of what God has given us. But are we to expect God's goodness to abound while we indulge in terrible things? Paul wrote in **Romans 6:1**, "Shall we continue in sin that grace may abound?" Saying God forbid! Friends, this I am sure of, the mercies and the perfection of God will be withdrawn from us, if we can continue to allow these great sins to continue. He would not be God if He did. Remember the flood of Noah, and the destruction of Sodom, and also the city of Jerusalem destroyed in 70 AD. These are given in the New Testament as examples. Friends, we better wake up before it is too late. Cornerstone Church of Christ is located on Bond Street in West Irvine. Sincerely, Bob Casey, Cell 8-(859) 358-0393 or Landline 1-859--369-4165



Times Remembered **Betty A. Young** BYoung505@Windstream.Net Halloween

Halloween is always an eventful time in my family, especially when my daughter was a kid. She always went trick-or-treating and little girls that went trick-ortreating with Tara. They were all dressed in their colorful costumes looking for candy and later they spent the night coming out of the attic and telling ghost stories.

at the time but the house we few years we lived there we lived in was scary, (maybe had the house remodeled and haunted), at times. It was an old house, probably build in only three rooms. I was told by neighbors that several elhouse. The house popped and cracked constantly, pictures and mirrors fell off bedroom down stairs, ruined the wall and Tara always my kitchen cabinets and all in the hallway. She said the bucked up. We don't know TV changed channels by its to this day what happened; self and the thermostat got the plumbers swore the waturned up and she had not ter lines were on tight. touched it. Some strange things did happen while I lived there.

the downstairs bathroom and opened the medicine cabinet before too. to get my tooth brush, and



when I opened the door on the medicine cabinet, someone cleared their throat that sounded like they were behind the medicine cabinet, it backed up to the bedroom closet. We took everything out of the closet and checked, went outside, searched the yard.....nothing, or no one around. I do not believe in ghosts, but these things did happen.

One night Bob couldn't sleep upstairs so he came down to the living room to sleep on the couch. He couldn't go to sleep; everything seemed weird and very cold in the room; then all of a sudden he heard footsteps on a creaking stairway across the room by the fireplace. It sounded exactly like someone coming down stair steps. He did not know that there was an upper room a long time ago before I even moved there, and the stairs had Halloween slumber par- came down in the living ties. There were six or seven room right where he said he heard the walking on steps. ??

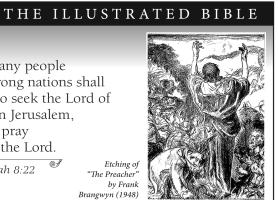
I dreamed many scary dreams of an old woman watching scary movies and walking up to my bed and I would wake up; then she The girls didn't know it would disappear. The last stranger things happened.

We had a new bathroom the 1920s and originally had installed and we had gone to Richmond to eat and while we were gone the cold water derly people had died in our valve jumped off the vanity sink and flooded the upstairs. The water flooded Tara's claimed she seen apparitions the carpet. The floor even

Strange things did happen; I don't know why, it is unexplained. I'm sure many Another time I went into of you can remember strange noises in some old houses

Have a Happy Halloween!

hope wait only on Him. It is unfortunate when we lose patience in Him and move forward on our own and not really know where we are going. His plans are good plans well designed and carefully thought out. So, we must wait before Him in silent expectancy. But we must also keep His way - be obedient and loyal to Him. While waiting we will surely be tempted to give up or give in and seek a "shortcut" that could lead to defeat and disaster. When we keep or walk in His way, we can be certain that we will end up where He wants us to be not where we think He wants us to be. Finally, we must "keep the faith." Perhaps the greatest enemy of faith is false success. Waiting and keeping the faith assures us that we are growing into the likeness of Christ and fulfilling His plan for us.



Chelsea K. Bicknell

**Estill County Extension** 

Agent for Family and

**Consumer Sciences** 

erywhere! Few things say fall

better than pumpkins, and

now is definitely the time of

the year for them! Whether

you use them to cook, deco-

rate or carve, chances are a

pumpkin in some form or

fashion has been a part of

your seasonal celebrations

this year. In fact, 80 percent

of the U.S. pumpkin supply

things pumpkin, here are

some interesting facts about

the season's favorite gourd.

Pumpkins originated in Cen-

tral America and get their

name from the Greek word

pepon, which means large

melon. Pumpkins are in the

same family with cucum-

bers, squash, zucchini and

have been referenced in lit-

erature and film. References

to pumpkins are in The Leg-

Yea, many people

hosts in Jerusalem,

and to pray

Zechariah 8:22

before the Lord.

and strong nations shall

come to seek the Lord of

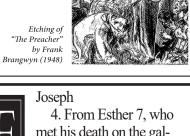
For centuries, pumpkins

melons.

In honor of fall and all

is available in October.

Pumpkins, pumpkins ev-



met his death on the gallows he had built for another man? Ahab, Elijah, Haman, Dathan 5. From Numbers 11, what personal assistant of Moses became jealous of Eldad and Medad? Isaac, Joshua, Job, Cain 6. From Proverbs 30. which is not listed as small, but exceedingly wise? Ants, Flies, Locusts, Conies, Spiders



by Wilson Casey

1.Is the Book of 2 John in the Old or New Testament or neither?

2. From 2 Samuel, what king confessed his adulterous affair after being confronted by the prophet Nathan? Silas, Josiah, Jael, David

3. From Genesis 37, who dreamed that the sun, moon and stars bowed to him? Moses, Abraham, Aaron,

## **Answers on bottom** of Page 13

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

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'Waiting" on God to act visibly on our behalf does not mean we are to be idle and do nothing. In fact, Paul gave the Thessalonians a warning, warning them "to stay from every brother who is idle and does not live according to his teachings." Waiting on God is critical for the Christian because we learn to hope only in Him, be loyal and obedient to Him and have faith that He is working in our best interest.

"I know the plans I have for you," said the Lord through Jeremiah. "Plans to prosper you and not to harm you, plans to give you hope and a future."

Since these "plans" originate with the Lord, we are to place our lives in His hands and with

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## A Tree And Its Fruit **Matthew 7:15-20**

See also, Matthew 12:33-37 & Luke 6:43-45

<sup>15</sup>Beware of false prophets, which come to you in sheep's clothing, but inwardly they are ravening wolves. <sup>16</sup>Ye shall know them by their fruits. Do men gather grapes of thorns, or figs of thistles? <sup>17</sup>Even so every good tree bringeth forth good fruit; but a corrupt tree bringeth forth evil fruit. <sup>18</sup>A good tree cannot bring forth evil fruit, neither can a corrupt tree bring forth good fruit. <sup>19</sup>Every tree that bringeth not forth good fruit is hewn down, and cast into the fire. <sup>20</sup>Wherefore by their fruits ye shall know them.

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