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Pumpkins, pumpkins everywhere! Few things say fall better than pumpkins, and now is definitely the time of the year for them! Whether you use them to cook, decorate 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 is available in October.

In honor of fall and all things pumpkin, here are some interesting facts about the season's favorite gourd. Pumpkins originated in Central America and get their name from the Greek word *pepon*, which means large melon. Pumpkins are in the same family with cucumbers, squash, zucchini and melons.

For centuries, pumpkins have been referenced in literature and film. References to pumpkins are in The Leg-

All About Pumpkins!

end of Sleepy Hollow, Cinderella, the nursery rhyme Peter, Peter, Pumpkin Eater and Shakespeare's Merry Wives of Windsor.

Native Americans dried strips of pumpkins and wove them into mats and roasted long strips of pumpkins to eat. They also used the seeds for food and medicine.

Colonial Americans used pumpkins as an ingredient in piecrusts, instead of the filling. They also developed the concept of pumpkin pie when they removed the top of a pumpkin, cleaned out the seeds and filled the inside with milk, spices and honey. It was then baked in hot ashes.

Pumpkins were once recommended for removing freckles and curing snakebites.

Not only are foods containing pumpkin tasty, but pumpkin is very healthy for you! Pumpkins, like other dark yellow and orange vegetables, are good sources of both alpha and beta carotene, which act as antioxidants. Inside the body, these carotenoids are converted into vitamin A. Beta carotene has long been connected to improved eye health, a strong immune system and healthy skin and mucous membranes. Pumpkins also contain alpha carotene, which stops the growth of certain cancers by preventing the cancerous cells from divid-

ing and overtaking the body. The carotenoids found in dark yellow and orange vegetables have also been linked to improved heart health. Studies have shown that men with high cholesterol who ate a high amount of these vegetables lowered their chances of a heart attack and dying from a heart-related illness compared to men who did not.

It's easy to add pumpkin to your diet, especially during this time of the year. In addition to the tried-and-true uses of pumpkins, it can also be an ingredient in soups, smoothies and breads. You can also try it for breakfast as in the Plate It Up! Kentucky Proud recipe below. I have made these muffins multiple times and they are very delicious and fulfilling!

Pumpkin Apple Muffins

Ingredients:
1¼ c. all-purpose flour
1¼ c. whole-wheat flour
¼ teaspoons baking soda
½ teaspoon salt
1½ tsp. ground cinnamon
¼ teaspoon ground ginger
½ tsp. ground nutmeg
1¼ cups honey
2 large eggs
1½ cups fresh pureed pumpkin
½ cup canola oil
2 cups Granny Smith apples, finely chopped

Directions: Preheat oven to 325 degrees F. In a large bowl, combine flours, bak-

ing soda, salt and spices. In a small bowl, combine honey, eggs, pumpkin and oil; stir into dry ingredients just until moistened. Fold in apples. Fill greased or paper-lined muffin cups, two-thirds full. Bake for 25 to 30 minutes or until muffins test done. Cool for 10 minutes before removing from pan.

Note: You can substitute two cups granulated sugar for honey, but you should decrease baking soda by ¼ teaspoon and increase oven temperature to 350 degrees F.

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!

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Times Remembered
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Halloween

Halloween is always an eventful time in my family, especially when my daughter was a kid. She always went trick-or-treating and had Halloween slumber parties. There were six or seven little girls that went trick-or-treating with Tara. They were all dressed in their colorful costumes looking for candy and later they spent the night watching scary movies and telling ghost stories.

The girls didn't know it at the time but the house we lived in was scary, (maybe haunted), at times. It was an old house, probably built in the 1920s and originally had only three rooms. I was told by neighbors that several elderly people had died in our house. The house popped and cracked constantly, pictures and mirrors fell off the wall and Tara always claimed she seen apparitions in the hallway. She said the TV changed channels by its self and the thermostat got turned up and she had not touched it. Some strange things did happen while I lived there.

Another time I went into the downstairs bathroom and opened the medicine cabinet 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 came down in the living room right where he said he heard the walking on steps. ??

I dreamed many scary dreams of an old woman coming out of the attic and walking up to my bed and I would wake up; then she would disappear. The last few years we lived there we had the house remodeled and stranger things happened.

We had a new bathroom installed and we had gone to Richmond to eat and while we were gone the cold water valve jumped off the vanity sink and flooded the upstairs. The water flooded Tara's bedroom down stairs, ruined my kitchen cabinets and all the carpet. The floor even bucked up. We don't know to this day what happened; the plumbers swore the water lines were on tight.

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

Have a Happy Halloween!

THE ILLUSTRATED BIBLE

Yea, many people and strong nations shall come to seek the Lord of hosts in Jerusalem, and to pray before the Lord.

Etching of "The Preacher" by Frank Brangwyn (1948)

Zechariah 8:22

The Amazing Grace of God

by **BOB CASEY**, preacher

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

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.

BIBLE TRIVIA

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,

Joseph

4. From Esther 7, who 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

Answers on bottom of Page 13

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

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

seeds of Hope

"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 Thesalonians 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 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.

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A Tree And Its Fruit

Matthew 7:15-20

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

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

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