



America's Heartland
Roger Alford
 RogerAlford1@GMail.Com

Three little boys were standing in the front yard when a fire-truck rumbled by. They noticed a spotted dog sitting up top, and they wondered what purpose he served.

"He's the mascot," one little boy said.

"No, no, that's not it," said another. "They use the dog for crowd control."

"You're both wrong," the other boy said. "It's the dog's job to find the fire hydrants."

Well, I've been taking care of my daughter's miniature schnauzer, Max, since she moved to Alaska to teach a couple months ago,

Ever wonder what fire departments use those spotted dogs for?

and I can tell you dogs are pretty good at finding hydrants. In fact, they seem to be naturally drawn to them.

You know, Christians should be good at finding churches. When church doors swing open, every Christian should be there to worship the Almighty. That's the way it was for King David back in his day. Perhaps you remember what he said about a single day in God's house being better than 1,000 spent anywhere else. He went on to say:

"I had rather be a doorkeeper in the house of my God than to dwell in the tents of wickedness" (Psalm 84:10). In other words, he said he would be happier standing just inside the back door of God's house than to have full access to any other place.

Kentucky preacher Doyle Spry shared a poem here a while back that calls out Christians who have become lackadaisical about their church attendance, especially those who have stopped attending Sunday night worship services.

The poem says:

I love the church that Jesus bought,
 And know that it is right.
 I go there on Sunday morning,
 But not on Sunday night.
 I love to sing the songs of God,
 Such worship must be right.
 This I do on Sunday morn,
 But not on Sunday night.
 I love to hear the Gospel, too.
 It gives me pure delight.
 I hear it on Sunday morning,
 But not on Sunday night.
 I know I need more strength
 To keep me in the fight.
 For help I come on Sunday morn,
 But not on Sunday night.
 Yes, we all must die.
 I hope I will be right.
 So, may I die on Sunday morn,
 But not on Sunday night.

Those three little boys understood that dogs are naturally drawn to fire hydrants. It should be even more natural for Christians to be drawn to God's house, even on Sunday night.

Roger Alford is pastor of South Fork Baptist Church. Reach him at 502-514-6856 or rogeralford1@gmail.com.

In Memory of Granny Powell



Sallie Powell

October 7, 1898 - October 23, 1989
She may not be here with us, but she is always in our thoughts and memories. She is missed and loved by her family.

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>

September 16, 2020

Bowles named "HS Teacher of the Year"

Mr. Jason Bowles, Band Director for Estill County Schools, has been named the KMEA District 11 High School Teacher of the Year. At the annual fall Kentucky Music Educators Association (KMEA) District 11 meeting held on September 16th, the committee took nominations and voted for a Teacher of the Year from the elementary, middle, and high school levels. KMEA's District 11 encompasses all music educators from nearly 20 schools in over 13 surrounding counties including Madison, Mercer, Boyle, Garrard, Lee, Powell, Owsley, and others.

Under Bowles' direction, the band program has enjoyed many successes including consistent distinguished ratings at concert band assessment events and countless marching band accolades. The Marching Engineers have been named Grand Champions at numerous local contests, have been named Regional Champions six times over the last seven years, have placed second in the state four times, and have won two State Championships (2015 and 2016). Last year the band competed in the Bands of America Circuit where they were named class A Regional Champions in Johnson City, Tennessee. The band went on to participate in Bands of America Grand Nationals in Indianapolis where they were a semifinalist, and placed 2nd nationally.

Bowles will be recognized at the upcoming KMEA Professional Development Conference in February where he will also be nominated for the KMEA overall State Teacher of the Year. Bowles also received this district distinction in 2014.

Wednesday, October 21st Providence Fall Revival Ends

Providence Baptist Church at Winston will conclude its Fall Revival, Wednesday, October 21, 2020 at 7 p.m. with Bro. T.A. Lester as the evangelist. For more information, call (606) 723-7837.

Wednesday, October 28th at 5:30pm Board of Health Special Meeting

The Estill County Board of Health will hold a Special Called Board of Health Meeting on Wednesday, October 28, 2020 at 5:30 p.m. at the Estill County Health Department. The public is welcome.

Friday-Saturday, November 6 & 7 Lady Veterans Connect Sale

Come on over to 11400 Irvine Road, Winchester, Kentucky, at Trapp, home of Lady Veterans Connect, to do your Christmas shopping. Friday and Saturday November 6 & 7, 2020, 8 a.m. - 3 p.m. We'll have all new toys, clothing, household items, health and beauty aids, and much more. All proceeds benefit homeless women veterans.

Monday-Saturday, 8am-5pm St. Elizabeth Basement Sale

Sorry to say St. Elizabeth Church Basement Sale still cannot go back to a monthly sale. We will need to have shoppers do as we have been doing, calling and making an individual appointment. So call and set a date between 9:00 a.m. and 5:00 p.m., Monday thru Saturday. Call 606 723-8216. Hope to see you soon.

Kitchen Diva by Angela Shelf Medearis How to Pick a Pumpkin

A large pile of bright orange pumpkins is my visual celebration of the beginning of fall. References to pumpkins date back many centuries. The name pumpkin originated from the Greek word for "large melon," which is "pepon." "Pepon" was nasalized by the French into "pompon." The English changed "pompon" to "Pumpion." American colonists changed "pumpion" into "pumpkin." The origin of pumpkin pie occurred when the colonists sliced off the pumpkin top, removed the seeds, and filled the insides with milk, spices and honey. The pumpkin was then baked in hot ashes.

The bright orange color of pumpkin is a dead giveaway that pumpkin is loaded with an important antioxidant: beta-carotene. Beta-carotene is one of the plant carotenoids converted to vitamin A in the body. In the conversion to vitamin A, beta carotene performs many important functions in overall health.

Current research indicates that a diet rich in foods containing beta-carotene may reduce the risk of developing certain types of cancer and helps pro-



tect against heart disease. Beta-carotene provides protection against other diseases as well as some degenerative aspects of aging.

To select a pumpkin, look for one with 1 to 2 inches of stem left. If the stem is cut down too low the pumpkin will decay quickly or may be decaying at the time of purchase. Avoid pumpkins with blemishes and soft spots. It should be heavy, although shape is unimportant. A lopsided pumpkin is not necessarily a bad pumpkin. Figure 1 pound of raw, untrimmed pumpkin for each cup finished pumpkin puree.

To prepare the pumpkin for cooking, spread newspaper over your work surface. Start by carefully removing the stem with a sharp knife. If you are planning to roast the pumpkin seeds, smash or drop

the pumpkin on a hard surface to break it open. In any case, remove the stem, scoop out the seeds and scrape away all of the stringy mass. A messy job, but it will pay off.

You can cook the pumpkin by boiling, steaming, roasting or using the microwave to create your own fresh pumpkin puree. Directions for cooking and preparing pumpkin puree are as follows:

Boiling/Steaming Method: Cut the pumpkin into rather large chunks. Rinse in cold water. Place pieces in a large pot with about a cup of water. The water does not need to cover the pumpkin pieces. Cover the pot and boil for 20 to 30 minutes or until tender, or steam for 10 to 12 minutes. Check for doneness by poking with a fork. Drain the cooked pumpkin in a colander. Reserve the liquid to use as a base for soup.

Oven Method: Cut pumpkin in half, scraping away stringy mass and seeds. Rinse under cold water. Place pumpkin, cut side down, on a large cookie sheet. Bake at 350 F for one hour or until fork tender.

Microwave Method: Cut pumpkin in half, place cut side down on a microwave-safe plate or tray. Microwave on high for 15 minutes, check for doneness at 1-2 minute intervals until fork tender.

Preparing the Puree: Allow cooked pumpkin to cool. Remove the peel using a small sharp knife and your fingers. Place pumpkin in a food processor and puree, or alternately use a food mill, ricer, strainer or potato masher. Freeze and store in 1-cup portions in a small freezer bag for up to one year.

Slow Cooker Pumpkin Spice Latte

This delicious latte is the perfect way to use pumpkin puree and create a delicious drink for the winter months.

- 6 cups coffee
- 5 cups of whole milk
- 1 cup of heavy cream
- 1/2 cup of pumpkin puree (not pie filling)
- 4 teaspoons of vanilla extract

- 1/2 cup of sugar
- 3 teaspoons of cinnamon, plus more for sprinkling
- Whipped cream topping, optional

1. Add the coffee, milk and heavy cream to the crock pot. Stir to combine.

2. In a small mixing bowl, combine the pumpkin puree, vanilla, sugar and cinnamon until well-mixed.

3. Whisk the ingredients into the milk and coffee in your crock pot. Cook on high for two hours. Then, change the heat to warm and serve the drink with a ladle into coffee cups. Top with whipped cream and a sprinkle of cinnamon, if desired. You can leave the remaining drink mixture in the crock pot on warm for up to 2 hours.

(c) 2020 King Features Synd., Inc., and Angela Shelf Medaris

TIGER



by BUD BLAKE

© King Features Syndicate, Inc. World rights reserved.