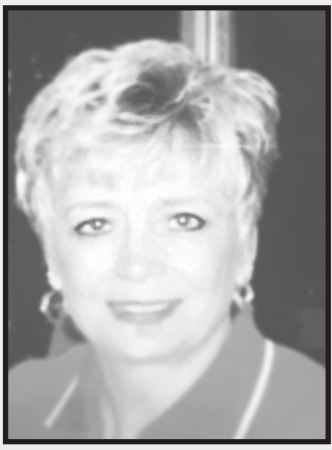


## Autumn is one of my favorite times of the year



**Times Remembered**  
**Betty A. Young**  
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Autumn is one of my favorite times of the year, followed by spring time. Many people love fall because of the bright blue weather and colorful leaves. The cool fall season invigorates me to clean, decorate and get ready for winter.

Yet as much as I would love to spend the afternoon basking in the last of the year's sunny warmth, I have plenty to do to prepare the house and yard for winter. No matter where you live, winter probably brings a fairly significant change in the climate, and homeowners have a long list of tasks to complete to winterize their homes.

We have three decks that we sealed last week. Whew! What a job! Also, the driveway black top has to be sealed. We have that scheduled for Thursday or Friday this week. And there is always the chore of raking and blowing leaves since we are surrounded by the woods. Bob chops them with the riding mower about every day and uses the leaf blower

to clear all the decks. The leaves started falling early this year; I've been sweeping leaves since the first of August.

No cleaning of the gutters this year since we had a new gutter system installed and it's supposed to keep most of the leaves out of it. Since we live in the woods our gutters need cleaning often. With leaves falling they used to need cleaning every month. Having clean gutters not only makes your home look nicer, but it can help prevent the build-up of ice on the roof. Clean gutters decrease the risk of mold in the home. We had a huge problem of the rain jumping over the guttering and the water hitting on the deck that caused a rot in the deck floor that had to be replaced. We needed commercial size gutters due to the fact of the water coming off the tin roof so fast. Now that problem has been fixed.

One thing many people forget is to remove the water hose from the faucets that are outside. They definitely will freeze. I had this happen many years ago. Check for air leaks. Now that the nights have cooled down, you can probably locate the drafts coming into your house. Find those leaks and add insulation or seal them using weather-stripping, caulk or spray foam.

Be sure to check your furnace filters; if it looks dirty, definitely replace it. During the winter months we change our furnace filters every 3 months. By the way, the other day my nephew was out here and he is always willing to help Bob do about any-

thing. Since Bob can't crawl under the floor due to his bad knee, (he is having knee replacement October 16, please remember him in your prayers). He asked him to change the air filters. He was happy to help Bob; although Bob didn't tell him he killed a Copperhead snake just outside on the deck this past summer.

Don't forget to check smoke detectors and purchase carbon monoxide detectors. More fires occur in the winter, due to heating our homes. Always check and monitor heaters, fireplaces and furnaces. Get your chimney cleaned. You probably haven't used your fireplace since last winter. Before using it, check it out.

Insulate water pipes. If your pipes are not wrapped or your basement doesn't have a little heat, they can freeze. We have a large crawl space but surprisingly, it's very warm. The heat protects them from freezing. One thing you can do is let the cold water run, just a tiny stream prevents the water from freezing. Also leave the cabinet doors under the sink open to get heat to the pipes.

The thought of doing fall chores makes me groan. But if we don't do it now we might have to bundle up and take care of them after the snow starts flying; when the cold wind can make the tasks more difficult. Adding insulation is one of the best ways to save energy all year long. Extra insulation makes your house warmer. Also, adding insulation to the attic can make a big difference too.

## 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>

### Friday, October 9th after 11:00am Retired Teachers Food Drive

The Estill County Retired Teachers will have their annual Food Drive on Friday, October 9th. It will start at 11:00 a.m. at the Save-A-Lot Store in the West Irvine Plaza. The food will go to the Estill County Food Bank. Teachers if you plan to help please call Floretta at 1-859-408-9672. Please wear a face covering.

### Sunday, October 11th at 10:30am Gospel Singing at Epperson

Epperson First Church of God on Irvine Road (Kentucky 89) near Trapp, will be having a gospel singing on Sunday, October 11, 2020, starting at 10:30 a.m. Guest singers will be Heidi and Ryan from Somerset, Kentucky. We conduct a safe service!

### Tuesday, October 13th at 4:00pm Library's Virtual Book Club

The Estill County Public Library will host a Virtual Book Club on October 13 beginning at 4:00. If interested in joining please contact Lesa Ledford at 606-723-6730 for more information.

### Friday, October 16th at 5:30pm Estill Woman's Democrat Club

The Estill County Woman's Democrat Club will meet Friday, October 16th at 5:30 p.m. at the Estill County Golf Course. We will meet outdoors; bring your own chair, wear a mask, sit six feet apart. Josh Hicks, a candidate for USA Representative will be our guest speaker. Anyone interested in meeting Josh is invited.

### Tuesday, October 20th at 1:00pm Grow with Google Workshop

The Estill County Public Library is co-hosting an event with our Grow with Google partner on October 20 for all business owners in the local and surrounding area. Learn how to grow your business online with the upcoming workshop beginning at 1:00 p.m. on October 20. You must register by going to <https://register.gotowebinar.com/register/> and then you will get the link that will take you to the workshop via email before the event along with reminders. For more information please contact Lesa Ledford at 606-723-6730.

### Know the Facts!

### Breast Cancer Early Detection

Nearly one in eight women will be diagnosed with breast cancer in her lifetime. That's why this October, National Breast Cancer Awareness Month, Mercy Health - Marcum and Wallace Hospital is focused on raising awareness for the most effective weapon in the fight against breast cancer: mammograms.

A mammogram is an X-ray of the breast that is safe, highly accurate, and can be completed in as few as 15 minutes. The technique has been around for more than 50 years and is used to look for breast disease in women who appear to have no breast problems.

Annual mammograms play a critical role in the prevention, early detection and treatment of breast cancer. Marcum and Wallace Hospital expanded radiology services in 2017 with the addition of 3D mammography, the newest screening and diagnostic technology for breast cancer detection. The funding for 3D mammography was provided by Mercy Health Foundation Irvine.

"While breast cancer affects people throughout the year, October has been marked as breast cancer awareness month. It's used as a reminder to make sure women are keeping up with preventative and early detection measures," said Marcum and Wallace Hospital Director of Radiology Sharon Whitaker. "It is so important for women to get their annual, screening mammogram, it could save their life. Education is key. Know your risk factors, perform a monthly breast self-exam and have a clinician perform an annual breast exam."

Scheduling a mammogram at Marcum and Wallace Hospital is convenient. Speak with your health-care provider about a mammogram referral or call to make the appointment yourself. Take advantage of extended hours with appointments as late as 6 p.m. on "Working Women's Wednesday." A gift will be given to all women who get their mammograms in October (while supplies last). Call 606-726-2106 (option 1) to schedule your mammogram today.

## 2019 Rogers Scholar Summer Evans of Estill County shines a light on the importance of agriculture in her "Support Your Local Farmer" initiative

2019 Rogers Scholar and Estill County High School student Summer Evans is encouraging her community to support local farmers. (See Summer's photo on Page 2.)

She organized "Support Your Local Farmer" initiative to draw attention to the importance of agriculture to the economy of Estill County and recognize the hard work of local farmers.

The initiative included two separate projects: first was community engagement followed by a

farmer outreach appreciation project.

To get the community involved, Evans asked local businesses to lend their support to the project by placing "Support Your Local Farmer" vinyl decals in a prominent place visible to the general public.

Secondly, she delivered five-gallon buckets filled with farming supplies to 25 Estill County farmers in a show of appreciation for their work and support of the community.

"An industry that feeds

you is an industry worth fighting for," Evans said.

"Due to my passion for agriculture and the local farmers in my community, I felt it was necessary to show my support and get the community involved. We are blessed to live in a world where there are farmers and to have the freedom to make a positive difference in the things we are passionate about."

Due to the success and public support shown for the "Save Your Local Farmer" initiative, she

plans to continue the project in the future.

"Considering all that our local farmers do around us and the impact that they make, the support you've shown will make a difference," said supporter Mary Kuly.

Each graduate of The Center for Rural Development's Rogers Scholars program is required to complete a community service project. For more information about Rogers Scholars, visit [www.centeryouthprograms.com](http://www.centeryouthprograms.com).

## Free Financial Aid Help is Available for Estill Countians

Filling out a complicated financial aid form can be intimidating first step toward earning a certificate or a college degree. The good news is there is free help available to Estill County residents who are ready to begin their college journey, but who may not know where to start.

The Commonwealth Education Opportunity Center (CEOC) has expert counselors available to help with the Free Application for Federal Student Aid (FAFSA). The 2021-2022 FAFSA is available Oct. 1. CEOC TRIO College Counselor Sherrie Chapman is partnering with the Estill Skills U Adult Education office to host in person FAFSA and admissions assistance on October 29th from 1pm-4pm at the Estill Skills U office, 200 Wallace Circle, Irvine. Anyone in the community is welcome to attend, but interested individuals must RSVP for appointment times due to Covid-19 restrictions. All social distancing measures will be in place during this event.

Appointments can be scheduled by email, text, or phone call:

s.chapman@moreheadstate.edu  
mary.fields@estill.kyschools.us  
Call/text 606-776-0277  
Call 606-723-7323

During this workshop we hope to spotlight our Adult Education/Skills U center. Skills U centers have changed drastically since Covid-19 and anyone interested in getting their GED should come out and speak

with adult education staff about all the changes. We now host GED Prep workshops utilizing virtual learning platforms and testing online. We are also available for in person appointments. Other services we offer are College Placement Exam Prep, Paraeducator Test Prep, and KESC Certification. CEOC partners with Skills U to pay for GED testing. For more information about the Estill Skills U services contact mary.fields@estill.kyschools.us or call 606-723-7323

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### 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.

But we do have lots and lots of nice Fall and Winter clothing (coats and jacket, shoes etc.) And lots of other household items.

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.