

## Robertson and Stepp Participate in the 30th Annual National Student Leadership Congress

The Educational Talent Search (ETS) Program at Eastern Kentucky University is proud to recognize two students who participated in the 30th Annual National Student Leadership Congress (NSLC) which is hosted annually by the Council for Opportunity in Education (COE) for selected students in pre-college TRIO programs, from across the nation. The all-expense paid conference was originally slated to take place at Georgetown University in Washington D.C, but the covid-19 pandemic changed up all arrangements to an online, virtual only format.

Isabella "Izzy" Robertson from Madison Southern High School in Berea and Kenton Stepp from Estill County High School in Irvine, were the ETS Scholars selected to represent their high school, community and state at the national conference, which took place June 15-19, 2020.

The Educational Talent Search (ETS) Program is a federal TRIO, Pre-College Program funded through the U.S. Department of Education and hosted at Eastern Kentucky University.

ETS is funded to serve 765 middle school and high school students in Estill, Garrard, Jackson, Lee and Madison Counties. ETS provides guidance, assistance, resources and opportunities to students at no cost to students or families. Services provided include: personal skills, college & career planning, academic enhancements, college & financial aid application assistance, financial literacy, tutoring, mentoring, and many more opportunities. Recruitment for the 2020-21 year has begun the ETS website at: [www.ets.eku.edu](http://www.ets.eku.edu). For more information, feel free to contact ETS Director, Lisa Sons at: [Lisa.sons@eku.edu](mailto:Lisa.sons@eku.edu).



**Isabella Robertson**

Izzy is the daughter of Jonathan & Theresa Robertson and is a junior at Madison Southern High School. She has been an ETS Scholar for 3 years and enjoys the outdoors, loves spending time with family, listening to music and is a member of the Madison Souther Marching Band, MSHS wrestling team and FCCLA. Izzy said, "the NSLC was a great experience". She said she really enjoyed getting to listen to the keynote speakers, as they encouraged students to have a positive impact on their future. She said she was very impressed and humbled with the opportunity to talk with state representatives. Izzy's favorite part of the NSLC was getting to break down in smaller group in preparation for the Mock Congress.



**Kenton Stepp**

Kenton, a senior at Estill County High School, is the son of Raymond & Dana Stepp of Irvine. He has participated in the Educational Talent Search Program since 6th grade and is an avid member of the ECHS Marching Engineer Band.

During the NSLC, Kenton enjoyed learning about transformational leadership. He said, "As a transformational leader, we want to inspire and influence others to achieve beyond their normal limits". Kenton also enjoyed the opportunity to speak with the aide for U.S. Senator, Mitch McConnell and discuss how the Educational Talent Search program had helped him with college and career preparation.

## Pastor takes new wife's advice, 3 come forward to be baptized

**MARK MAYNARD**  
Kentucky Today

Newlywed Pastor Scott Rogers has learned a valuable marriage lesson: Listen to your wife.

For several weeks, Rogers didn't have an invitation after a parking lot church service at Friendship Baptist Church in Irvine. His wife, Yvette, told him he needed to make it as much like church as possible by giving announcements, birthdays and have an invitation after the message.

When he did, there was some movement.

Two came forward for re-dedication and baptism and another came to be saved and be baptized.

It was a Hallelujah moment and maybe an "I-told-you-so"

moment too.

"I've only been married seven months, so I'm learning," Rogers said. "It was good advice."

Rogers said the parking lot or drive-in services have been in place since May so the church is closed and that meant the baptistry is closed, too. But instead of waiting, Rogers took matters - and the baptism waters - into his own hands. He baptized one in the Jake's Heavenly Highway Creek and two more in a deacon's backyard swimming pool.

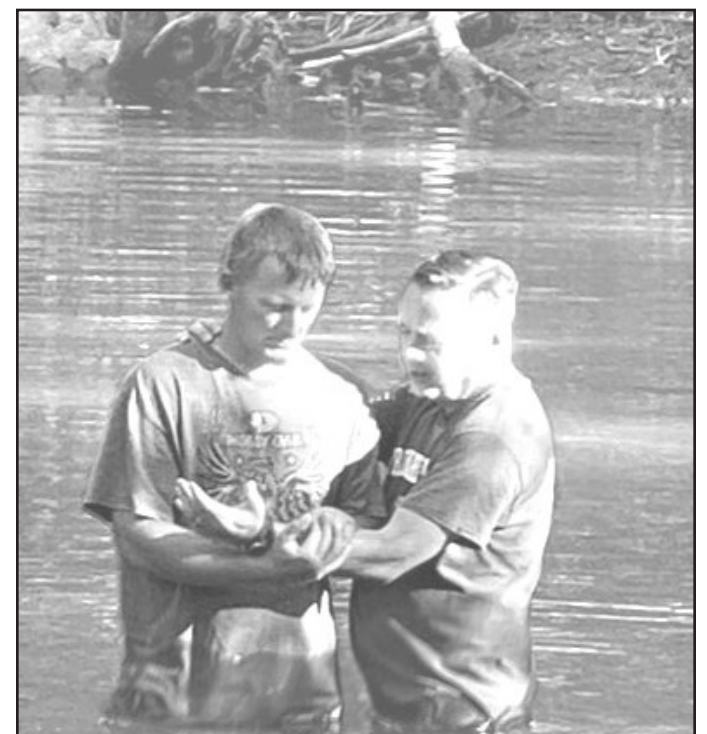
"I was glad to do it," he said. "It fired me up and we had a good Sunday night crowd watching both weeks. Seeing those baptisms makes you hungry for more."

He admitted the drive-in

services makes it more difficult to have an invitation. One Sunday he had people get outside of their cars to do the invitation. They are listening to services on an FM transmitter and are also having services broadcast on Facebook, which Rogers said has been positive.

"It's somewhat rare right now (as far as movement)," he said. "I think there's not as much fellowship so you don't have that confidence boost."

Rogers said the services will continue to be broadcast on the FM transmitter and on Facebook (Friendship Baptist Irvine) but they hope to go back inside soon. He will also be having people upstairs and downstairs (where a big screen television will be) to be properly spread out.



Friendship Baptist Church in Irvine Pastor Scott Rogers was "fired up" to do a baptism in the Jake's Heavenly Highway Creek and he baptized two other believers in a deacon's backyard pool recently. "We gotta keep moving forward," the pastor said.

## Kitchen Diva by Angela Shelf Medearis

### Celebrate Bounty of Summer Fruits

This summer has produced a bountiful crop of fruits. My local farmers market and grocery store have supplied an abundance of budget-friendly ingredients for my favorite summer dishes. While I often take advantage of the fruits on sale, I sometimes have questions about how to prepare and store them.

The following tips can help you prepare and enjoy fresh fruits and keep them at their most flavorful. The recipe for Rainbow Fruit Salad also is a great way to use a variety of your favorite fruits.

**Which fruits continue to ripen after they're picked?**

Apricots, bananas, cantaloupe, kiwi, mangoes, nectarines, peaches, pears, plantains and plums continue to ripen at room temperature after they're picked. To speed their ripening, put them in a loosely closed brown paper bag or ripening bowl at room temperature. (NOTE: Ripening bowls are sold at many stores that sell kitchen supplies for the home.) Plastic bags don't work for ripening. Once fully ripened, fruits may be stored in the refrigerator to lengthen their storage time. Though the outside skin of a refrigerated banana will turn dark brown, the inside will remain light-colored.

Fruits that should be picked or bought ripe and ready to eat include apples, cherries, grapefruit, grapes, oranges, pineapple, strawberries, tangerines and watermelon.

**Should fruits and vegetables be washed before they're put away?**

Here are some Food and Drug Administration guidelines for safely handling fruits and vegetables:

- \* Thoroughly rinse raw fruits and vegetables under running water before eating them. Don't use soap, detergents or bleach solutions.
- \* Always scrub firm produce -- such as melons

and cucumbers -- with a clean produce brush to remove surface dirt.

- \* Try to cut away damaged or bruised areas; bacteria can thrive in these places.

- \* Any bacteria on the outside of fruits can be transferred to the inside when the fruit is peeled or cut. To prevent this, thoroughly rinse fruits that require peeling or cutting -- such as cantaloupe and other melons -- under running water before eating them.

- \* If buying fresh, cut-produce, be sure it's refrigerated or surrounded by ice. After purchase, put produce that needs refrigeration away promptly. (Fresh, whole produce such as bananas do not need refrigeration.) Fresh produce should be refrigerated within two hours of peeling or cutting. Leftovers should be discarded if left at room temperature for more than two hours.

**What's the easiest way to peel and slice a mango?**

If you find yourself trying to tango with a mango, try this method:

1. Wash the mango. Cut in half lengthwise by slicing off each fleshy cheek of the mango vertically along the flat side of the center seed.

2. Hold one mango half peel-side down and score the fruit down to the peel (but not through it) in a tic-tac-toe fashion.

3. Hold the scored portion with both hands and bend the peel backward so that the diamond-cut cubes are exposed. Cut cubes off peel, then remove any remaining fruit clinging to the seed.

**How can I keep cut fruit from turning brown?**

Keep cut fruits such as apples, pears, bananas and peaches from turning brown by coating them with an acidic juice such as lemon, orange or pineapple juice. Or use a commercial anti-darkening preparation, frequently called a "fruit protector."

Cut fruits as close to serving time as possible. Cover and refrigerate cut fruit until ready to serve. Avoid leaving cut fruit at room temperature for

more than two hours.



Photo Courtesy Deposit Photos

### RAINBOW FRUIT SALAD

You can use any combination of fruits including the ones suggested below to make your salad.

- 1 large mango, peeled and diced
  - 2 cups fresh blueberries
  - 2 nectarines, unpeeled and sliced
  - 2 cups fresh strawberries, halved
  - 2 cups seedless grapes
  - 2 bananas, sliced
  - 1 kiwifruit, peeled and diced
1. Prepare the fruit.
  2. Combine all ingredients, and mix.
  3. Just before serving, pour Honey-Orange Sauce (see recipe below) over fruit. Makes 12 servings.

### HONEY-ORANGE SAUCE

- 1/3 cup unsweetened orange juice
- 2 tablespoons lemon juice
- 1 1/2 tablespoons honey
- 1/4 teaspoon ground ginger
- Dash of nutmeg

Using a small bowl, combine orange juice, lemon juice, honey, ginger and nutmeg until well-blended. When ready to serve, pour sauce over fruit salad.

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