



Times Remembered Betty A. Young

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Today reminds me of the wintry days when I used to go rabbit hunting with my Daddy. Granted, he didn't rabbit hunt as much as he squirrel hunted, but he love to

Rabbit Hunting In Wintertime

The snow makes it easier to track the rabbits and spot them when they are on the run.

It was a real treat when I got go rabbit hunting, especially when I got to play the role of the dog and flush the rabbits out.

Most people had beagle hounds but we didn't have dogs, so I donned the thickest pair of jeans and Carhartt coveralls and ran through brush piles, blackberry briars, saw briars and cedar thickets and usually jumped a rabbit.

We hunted on our farm, one spot that used to be pasture land that had grown up with cedars, broom sage, blackberry briars and clumps of thick grass. Dad called it the "fur holler," ac-

tually it was the far hollow. It was located two valleys over from our house.

You have to be quick to kill rabbits, because those little critters come out that brush pile making ninety. To shoot a cottontail running that fast you'd better be ready. Dad usually bagged at least one or two. I didn't kill any that particular day; I wasn't fast enough yet; although I did kill squirrels.

One thing about going rabbit hunting you don't have to be quiet; you can make lots of noise, and the excitement when that cottontail breaks from the thick brush is a rush. It's the challenge of being quick enough to get your shot off and bagging that cottontail.

One of the miracles of the cottontail's world is its unusual breeding cycle. No wild mammal of North America except some field mice, are more prolific. In the South, from February to July or August, the cottontails have six to seven litters, with an average of 34 young in one summer.

Although they produce many, they are prey to many, such as hawks, fox, coyotes, snakes, wild dogs, and raccoons. I believe coyotes are to blame in the last few years for the decline in rabbit population.

One thing about going rabbit hunting, you don't have to worry about camo or scent or be quiet; so get your trusty shotgun and bag a cottontail for dinner.

Kitchen Diva

The Spice of Life

by ANGELA SHELF MEDEARIS and GINA HARLOW

"Get healthy" and "eat well" are common buzzwords at the start of a new year. Magazine and news articles make it seem as though you need only to eat fruits, vegetables, fiber and omega-3s. But that's not the whole picture.

While many well-known foods have cancer-fighting and immune-boosting qualities, there are some tasty additives that elevate mild to magnificent and palatable to unforgettable, and also are very good for us. For some time now, doctors have known that there is a scientific basis for why people have used herbs and spices for more than just seasoning for hundreds, if not thousands, of years.

Besides being zesty and hot, intense and complex, and even lovely to look at, herbs and spices have proven health benefits. In addition to preventive attributes, they also may be effective in managing, if not curing, chronic disease. When using spices and herbs, a little goes a long way toward receiving their antioxidant benefits.

That brings us to using them in recipes. The world of spices and herbs is a big one, and most of us only have an inkling of all the choices available and how to use them. Ethnic cuisines have been using native herbs and spices to prepare both beverages and sweet and savory dishes for millennia.

Even though America is a melting pot, we still consider many herbs and spices as exotic. For example, while we are now familiar with herbs like rosemary and use it often in both savory and sweet dishes, most of us consider mint, another versatile ingredient, for use only in sweet dishes.

Mediterranean cooks use mint often and deliciously in savory dishes. The use of cloves and cinnamon is common in Indian savory dishes. The list goes on of the myriad of spices and the ways we can use them to punch up flavor and keep us healthy.

My recipe for Spice Breaded Chicken Fingers with Quinoa and Green Onions puts an international and nutritious spin on a childhood favorite. You can change the spice combination to make the dish reflect your favorite flavors from around the world.

So find an ethnic grocery and explore its spice aisle, and buy a cookbook featuring unique ways to use spices or herb. Make the 2015 the year that you spice up your food ... and your life!



SPICE BREADED CHICKEN FINGERS

- 1-1/4 pound chicken tenderloins (12 pieces) or 1 1/4 pounds of boneless, skinless chicken thighs cut into 1-inch wide pieces
- 1 cup dry, unseasoned breadcrumbs (Japanese Panko breadcrumbs work best)
- 1 teaspoon salt
- 1 teaspoon freshly ground black pepper
- 1 teaspoon garlic powder
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1 teaspoon smoked paprika
- 1/2 teaspoon oregano
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon cayenne
- 1 egg, lightly beaten
- 1 tablespoon milk
- 1/4 cup olive oil or vegetable oil
- 4 mint leaves, thinly sliced

1. Combine the breadcrumbs, 1/2 teaspoon each of the salt and pepper, along with garlic powder, cumin, coriander, smoked paprika, oregano, cinnamon and cayenne in a shallow dish or pie plate.

2. Place the egg in another shallow dish with remaining 1/2 teaspoons of salt and pepper, and whisk in the milk. Dip each piece of chicken into egg mixture, then coat in crumb-spice mixture, pressing lightly to be sure crumbs adhere well.

3. Heat oil in a large nonstick skillet over medium heat. Add chicken in a single layer and cook until crumbs are golden brown and the interior is no longer pink, about 3 minutes per side.

4. Place chicken on a paper towel-lined plate to absorb any excess oil, then plate individual servings with a side of the Quinoa and Green Onions (see below) and sprinkle with mint leaves. Serves 4.

QUINOA WITH GREEN ONIONS

- 1 cup quinoa
- 2 teaspoons vegetable oil
- 2 cloves garlic, finely chopped
- 2 cups low-sodium chicken broth
- 2 tablespoons butter
- 2 green onions, thinly sliced

1. Rinse quinoa thoroughly, using a fine-mesh strainer. Set aside to drain.

1. In saucepan, heat vegetable oil over medium-high heat. Add garlic and saute just until fragrant, about 1 minute. Add the chicken broth and bring to a boil. Add quinoa and reduce the heat to a simmer. Cook, stirring occasionally, until the quinoa is tender and most of the broth has been absorbed, about 12 minutes.

3. Stir in the butter and one-half of the sliced scallions; season to taste with salt and pepper. Remove from heat and allow to stand for 3 minutes.

4. Sprinkle with remaining green onions and serve with Spiced Chicken Fingers, if desired. Serves 4.

Angela Shelf Medearis is an award-winning children's author, culinary historian and the author of seven cookbooks. Her new cookbook is "The Kitchen Diva's Diabetic Cookbook." Her website is www.divapro.com. To see how-to videos, recipes and much, much more, Like Angela Shelf Medearis, The Kitchen Diva! on Facebook. Read Gina Harlow's blog about food and gardening at www.peachesandprosciutto.com. Recipes may not be reprinted without permission from Angela Shelf Medearis.

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Community News

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, February 20th, 6-8pm

Estill Appalachian Dulcimers

The Estill County Appalachian Dulcimer Club meets every Friday from 6 to 8 p.m. at the First Christian Church, Main Street, Irvine, for anyone who plays an Appalachian Dulcimer or anyone

who is interested in playing one is welcome to attend.

The Appalachian Dulcimer was designated as the official state instrument of Kentucky in 2001.

Tuesday, February 24th @ 7pm

River City Players Meeting

River City Players community theater group will meet in the community room of the Estill County Public Library on Tuesday, February 24, 2014 at 7:00 p.m.

All members and those interested in joining RCP are encouraged to attend. We

have lots of information to share that will include: updates on the "Save the Mack" fund, April's Dinner Theater production, plans for the 2015 Children's Theatre Camp, and the status of submitted grant applications.

Thursday, February 26th @ 7pm

Estill Community Chorus Meet & Greet Reception

Thursday February 26th at 7 p.m., the Estill County Community Chorus will hold a "meet and greet" for returning members and those interested in joining the chorus. The reception will be held in the basement of the First United Methodist Church, Main Street, Irvine.

This will be a time to rekindle old friendships and make new ones. Music folders will be ready to pick up and take home with you. Membership fees are \$25.00. There is a Couple's fee of \$35. Scholarships are available; please talk with Carol Anne during the reception.

Auditions are not required and new members are always welcome.

The Spring Concert will be held at the First United Methodist Church, Irvine on

Sunday, June 7th, 2015 at 3 pm. This year's program will include some new music as well as familiar tunes. Carol Anne Wilson will be directing and Nancy Farmer will be the pianist/accompanist with Ann Siudmak assisting as needed.

We will meet in the Sanctuary of the First United Methodist Church for rehearsals every Thursday night at 7pm beginning March 4th. NO rehearsal Maundy Thursday, April 2, 2015.

All rehearsals as well as the performance will be held this spring at the First United Methodist Church, Irvine.

For more information contact Director, Carol Anne Wilson at 859-556-0163 or by email at cawilson44@gmail.com.

FREE GED TESTING

GED testing Service® is offering a promotion January 26 through February 28 that will make it free for first-time Kentucky test-takers to take their first GED® test module. First-time students must schedule their first test by February 28 and must take the first test by March 31 to receive the promotional discount.

BIBLE TRIVIA

by Wilson Casey

1. Is the book of Deuteronomy in the Old or New Testament or neither?
2. From John 20, by what other name was the apostle Thomas known? Caleb, Naaman, Omri, Didymus
3. Which book (KJV) begins, "And the Lord

spake unto Moses in the wilderness?" Exodus, Leviticus, Numbers, Joel

4. What did Jesus and Peter pay for with a coin found in a fish's mouth? Tax, Bread, Lodging, Sandals

5. From Proverbs 11, what word did Solomon use to describe soul winners? Warm, Wise, Wealthy, Wonderful

6. What prophet was saved from death by a talking donkey? Balaam, Ezekiel, Joel, Samuel

Bible Trivia Answers are at the bottom of Page 13

Tuesday, March 3rd at Raders'

Estill County Lions Club

The Estill County Lions Club will meet Tuesday, March 3rd and on the first and third Tuesday of every month at Raders' River Restaurant. The meal is at 6:30 p.m. and business meeting begins at 7 p.m.

Estill County Lions Club is part of Lions Club Inter-

national, with 1.35 million members in 205 countries around the world. We invite those who feel a call to make our community a better place through service to attend and learn about how Lions around the world earn our motto, "We Serve..."

Tuesday, March 3rd @ 7pm

Estill Historical Society Meeting

The Estill County Historical and Genealogical Society will meet at 7 p.m. on Tuesday, March 3, 2015 at the Estill County Library.

Susan Starling, President and CEO of Marcum and Wallace Memorial Hospital will be the speaker. Her presentation will be on the histo-

ry and changes at the hospital.

The 2015 Calendar is now available at the Museum on Saturdays between 10 a.m. and 4 p.m.

The Estill County Pictorial History, WW II Book, the School Book, and the two volumes of the Cemetery Books are still available.

Wed. & Thur., March 4 & 5, 12N-7p

Yard Sale & Book Sale

There will be a yard sale and book sale, Wednesday & Thursday, March 4 & 5, 2015, 12 Noon until 7:00 p.m. in

basement of the American Legion on Millers Creek Road in Irvine.

seeds of Hope



Being troubled or lonely or afflicted or distressed or having a broken heart or in a state of anguish will take the joy out of life. But to have them all happening at the same time? That seems unreal and unfair. Yet, that is how David described himself in Psalm 25.

However, he did not remain in that hopeless condition. He looked to God for healing, asking Him to look on his affliction and pain and to forgive all of his sins. He knew God's grace and had enjoyed His mercy and now wanted to be restored to the joy of his salvation. He experienced the consequences of his sin and wanted God's forgiveness and deliverance.

One of the greatest blessings of prayer is

to have the peace that comes from emotional healing. The pain that David was feeling was emotional pain and he needed inner healing - perhaps the healing of memories from the times he acted selfishly using and abusing others. No doubt he needed forgiveness for the sins he committed that tormented and troubled his mind. He certainly needed release from guilt that burdened his heart and caused him distress. His need for healing was intense, locked in his heart and troubling his mind. He wanted to move beyond his pain and enjoy the peace he knew that only God could give him. He felt estranged from God because of his sins.

So he asked God to forgive all of his sins. He wanted to be released from his past so he could move into the present and live in complete peace with God.

PS052 - February 18, 2015 Visit us at SowerMinistries.Org

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