



Times Remembered
Betty A. Young
BYoung505@Windstream.Net

Love the old time "rock 'n roll"

When I was teenager in the 1960s, dancing was a big deal. We had Rock 'n' roll sock hops nearly every week-end at the local armory and seems there was always some kind of dancing going on in town.

One day when I was sitting in study hall the principal came over the intercom and announced there would be a cheerleader and basketball meeting right after school. When we all arrived the principal was all smiles, as he announced that our high school had

been chosen to appear on Nick Clooney's dance show. The show was in Lexington on Channel 18 every Saturday afternoon. Various high schools were showcased in Central Kentucky and this was a big deal for us.

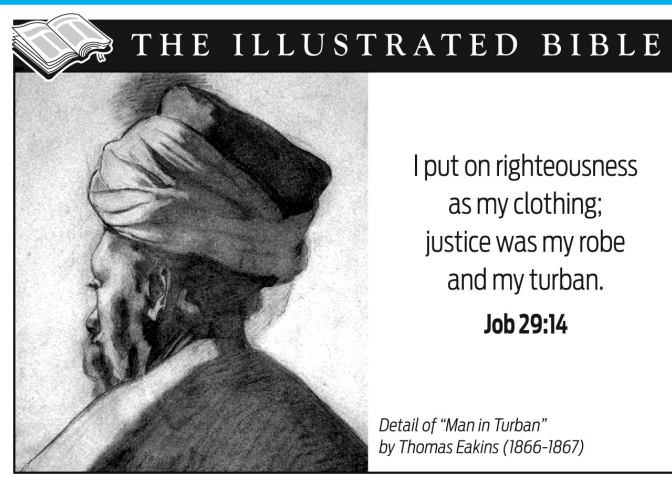
Everyone was allowed to invite a guest who could dance fairly well. I selected by best friend as my guest. There was no preparation, we were just boarding the bus and joining other teenagers dancing on the show. The show was live TV

back then; no taping and no rehearsals.

Most of us danced up a storm; but some just sat in the corner and wouldn't dance.

When we arrived back home everyone excitedly exclaimed, "We saw you on TV! You were great!"

Life went back to normal..... that was it. Years and years have went by and I continue to love dancing. Different dances have come and gone but I still love that old time "Rock N Rock."



I put on righteousness
as my clothing;
justice was my robe
and my turban.

Job 29:14

Detail of "Man in Turban"
by Thomas Eakins (1866-1867)

© 2015 by King Features Syndicate, Inc. World rights reserved.

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>

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.

Thursday, March 5th @ 5:30pm

Kiwanis Club of Irvine-Ravenna

The Kiwanis Club of Irvine-Ravenna will meet Thursday, March 5 at 5:30 p.m. at Michael's Restaurant.

The program will be Water Quality Monitoring to be pre-

sented by Jack Stickney.

Persons dedicated to improving the world one child and one community at a time are welcome to become members.

Thursday, March 5th @ 7pm

Mountain Mushroom Festival Meeting

The 25th annual Mountain Mushroom Festival will be April 25-26, 2015.

You're invited to come and be a part of the planning on Thursday, March 5 at 7 pm in Irvine City Hall, 101

Chestnut Street. Anyone interested in assisting with the festival is welcome to attend.

For further information contact City Hall at 723-2554 or 723-1233.

Thursday, March 5th @ 7pm

Community Chorus Meet & Greet Is Rescheduled

Thursday March 5th 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. We will have a short rehearsal if time permits.

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 3pm. 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 5th. 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.

Friday, March 6th, 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.

sundry times and in diverse manners...?" Philipians, Titus, Philemon, Hebrews 4. Thorns and what else grew from the ground that God cursed after Adam and Eve's sin? Vines, Ivy, Thistles, Weeds

5. According to Paul, in hardships Christians are "more than" what? Friends, Conquerors, Warriors, Innkeepers

6. From Luke 19, what town was home to Zacchaeus? Jericho, Tarsus, Thessalonica, Corinth

Bible Trivia Answers are at the bottom of Page 13

Tuesday, March 10th at 10:30am

GTE/Sylvania/Osram/UAW Retirees

The Winchester GTE/Sylvania/Osram/UAW retirees will meet briefly at the Union Hall in Winchester for a meeting at 10:30 a.m., Tuesday, March 10, 2015, and then

travel to Mount Sterling for lunch at Cattleman's.

All Winchester Sylvania retirees and former employees are welcome at lunch.

Tuesday, March 10th at 1:30pm

Estill County Retired Teachers

The Estill County Retired Teachers will meet Tuesday, March 10, at 1:30 p.m. at the Estill County Public Library meeting room.

This will be a business meeting, with several issues to discuss. Your presence is needed.

Tuesday, March 10th @ 6:30pm

Relay for Life of Estill County Meeting

Relay For Life of Estill County will be meeting on Tuesday, March 10th at 6:30 pm in the Fellowship Hall of South Irvine Baptist Church.

If you are interested in forming a team or being involved in Relay, please attend. For more information, go to: www.relayforlife.org/estill.ky

Tuesday, March 10th @ 7pm

River City Players to meet

River City Players will meet in the community room of the Estill County Public Library on Tuesday, March 10th at 7 p.m.

We have lots of information to share with you. All members and those interested in joining are encouraged to attend.

Tuesday, March 17th at Raders'

Estill County Lions Club

The Estill County Lions Club will meet Tuesday, March 17th 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 International, 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..."

Wednesday, March 18th @ 1:30pm

Chemical Demilitarization Advisory


Mark your calendar for the Kentucky Chemical Demilitarization Citizens' Advisory Commission and Chemical Destruction Community Advisory Board Meeting on Wednesday, March 18 at 1:30 p.m. at ECU's Carl D. Perkins

Building, Rooms A and B.

This meeting is a good opportunity to learn more about the Blue Grass Chemical Agent-Destruction Pilot Plant at the Blue Grass Army Depot. For more information, call 626-8944.

Visit Our Website At
<EstillTribune.Com>
For Up-To-Date Obituaries

Seeds of Hope



Yogi Berra once said, "When you come to a fork in the road, take it." That seems to sum up the journey before all of us in one way or another. We are constantly faced with making a decision about which way we are to go when we come to the "forks in life's road."

Each morning when we begin the day's journey there is no assurance that what we intend to do will happen exactly as planned. Interruptions come from every side and what may have been peaceful and calm ends up being frantic and out of control. So, we are confronted with two ever-present options: chose to have faith in God or be fearful of what is in us, in front of or around us. We are faced with

the only two choices life has to offer: faith or fear. So, what does faith in God have to offer us?

In Psalm 27 David describes his Lord as his light, salvation and fortress. As his light David knew that God would reveal His plan for him and dispel the darkness that might come over him. He also believed that God was, when he was writing this Psalm, his salvation. This meant that God would deliver him from anything that would harm him or rescue him when things went badly. Not only at death, but as life unfolded before him. He also believed that the Lord was his strength - or stronghold - a place where he could take refuge and restore his soul when he was overwhelmed with life's demands.

No wonder he proclaimed: Why fear anything?

PS054 - March 4, 2015
Visit us at SowerMinistries.Org

Kitchen Diva Green Goodness

by ANGELA SHELF MEDEARIS and GINA HARLOW

If you've embraced the idea of cooking seasonally, or if you've found a farmers market that makes you happy, then you know there are seasons that are somewhat barren. When eating seasonally, sometimes there's not a cornucopia of choices when it comes to fresh, locally sourced produce.

The whole idea of cooking and eating seasonally is to adapt our menus accordingly. But as spring approaches and the weather thaws, we know that soon there will be stalls and stalls of delicious food. While we're waiting for spring peas and new potatoes, we still can enjoy some cool-season delicacies.

Greens of all kinds thrive best in cooler weather. Many also mature quickly. That's why in early spring you'll find them almost everywhere. From lettuce and spinach to collards and chard, these leafy foods are at their best when in-season and fresh-picked. They are tender and sweeter, and often hardly resemble the same vegetable you find in the grocery in the middle of summer.

The greens family of cruciferous vegetables also includes broccoli, Brussels sprouts and cabbage. They're a great way to add antioxidants to your diet, and contain significant amounts of vitamins A and C, as well as potassium and fiber.

If you're planning a vegetable garden, planting greens is an easy way to get it started. In the coldest regions, some varieties of greens can be planted after the threat of frost and will be ready by late spring. In more temperate regions, they can be planted in the fall. Once the plants are established, they can take a few days of freezing temperatures. You can even plant them in already established perennial beds. Some, like chard and kale, are quite lovely to look at.

When cooking with greens, the sky's the limit. They can be sauteed, pureed, steamed and tossed in salads. With many varieties to choose from, now is the time to replace the spinach in your standard recipes with collards, turnip greens or kale. You also might want to liven up your salads by adding dandelion greens, endive or mache. Many greens can replace fresh basil to make a delicious and interesting pesto.

For a twist on a traditional spaghetti dish, try my recipe for Collard Green Ribbons with Garlic, Lemon and Pasta. Cutting tender collard greens into ribbons and tossing them with olive oil, garlic, lemon and pasta transforms it into a delicious and hardy new dish.



COLLARD GREEN RIBBONS WITH GARLIC, LEMON AND PASTA

2/3 package or more of whole-wheat, thin spaghetti
16 ounces fresh collard greens (about 20 big leaves)

- 1/4 cup pine nuts
- 3 tablespoons olive oil
- 1/4 teaspoon red pepper flakes
- 5 small cloves garlic, minced
- 1 teaspoon lemon zest
- 1 1/2 teaspoons sea salt
- 1 teaspoon black pepper
- 1/2 teaspoon agave syrup or honey
- 3 ounces Parmesan cheese
- 2 lemons, cut into wedges

1. Bring a big pot of salted water to a boil, and cook pasta according to package directions. Drain quickly, reserving a bit of cooking water, and set aside.

2. Cut out center rib of each collard green. Stack a few greens at a time and roll them up into a cigar-like shape. Slice across the roll as thinly as possible (1/8 to 1/4 inch). Shake up the greens and give them a few chops so the strands aren't so long.

3. Heat a heavy-bottomed 12-inch skillet over medium heat and toast pine nuts until they start to turn golden and fragrant. Pour nuts out of skillet and save for later.

4. Return skillet to medium heat and pour in 2 tablespoons of olive oil. Sprinkle in a big pinch of red pepper flakes, garlic and lemon zest, and stir. Once oil is hot enough to shimmer, toss in all the collard greens. Sprinkle greens with salt, pepper and agave or honey. Saute greens for about three minutes, stirring often to keep from clumping.

5. Remove pan from heat. Scoop greens into pasta pot and toss with another drizzle of olive oil, adding pasta water if necessary. Divide onto plates, top with pine nuts and Parmesan shavings, and serve with two big lemon wedges per person. 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.peachesandprosicutto.com. Recipes may not be reprinted without permission from Angela Shelf Medearis.

(c) 2015 King Features Synd., Inc., and Angela Shelf Medearis

BIBLE TRIVIA

by Wilson Casey

1. Is the book of 2 Thessalonians in the Old or New Testament or neither?
2. From Song of Solomon 8, what is so powerful that many waters cannot quench it? Hope, Love, Salvation, Peace
3. Which book (KJV) begins, "God, who at