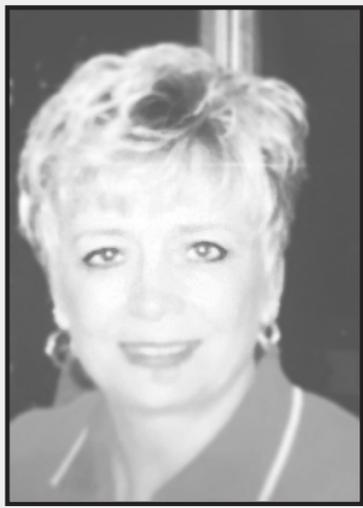


Oh, Those Snow Days



Times Remembered
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by the radio, listening to the no school announcements, and waiting impatiently to hear if my county was closed. School closings were usually given out in alphabetical order, so if you missed hearing your school name once you had to wait to hear all the schools again.

A snow day was filled with glorious possibilities. Outside we could sled, have snowball fights, and build snowmen and snow forts.

Snow days were one of the few days that I was free to play. Dad always had a job lined up for us. The tobacco was all stripped and sold before Christmas and it was too early to sow tobacco beds so maybe we could get in some sledding before evening chores of carrying in coal and wood.

After my morning chores I set out with my sled in tow to the highest cleared hill on the farm. The hill that joins the subdivision of the Meade's.

This hill was a very steep hill, the one where my sister and I had to clear

weeds and briars every summer with hoes. There were no weed eaters back then. You talk about difficult weeds to cut.....it was!! But anyway this hill was perfect, so fast. I'd been down the hill once or twice but decided to move to the left a little. I thought it would be faster. I loved fast..... Fast cars, fast trucks, fast carnival rides. I always loved the fair with all the rides.

I finally got situated on highest point of the hill to take off. I took off suddenly; it was so slick; over the hill I flew; I kept picking up speed like I was flying and all of a sudden I saw a barbed wire fence in front of me; I couldn't stop. I had to think fast. I definitely couldn't go under the 3 strands of barbed wire.....I said to myself; I just have to roll off quickly even if it does break my arm. I barely rolled off in time because I caught my hand in the barbed wire fence. The sharp barbed wire cut a big "L" hunk of skin out of left ring finger. It really didn't hurt; otherwise I wasn't hurt.

My finger was bleeding profusely but I made it to the house to get it bandaged. Of course, Mom had to lecture me about the dangers of sledding but she fixed me up and I slipped on my mittens and was ready for more sledding action.

Then, tragedy struck: I grew up. Suddenly a heavy dose of the white stuff no longer signaled carefree fun. It meant shoveling, salting, scraping and battling traffic on the way to work. It meant back aches from shoveling.

Though winter has become my least favorite time of year, I never fully lost the rush of spying the first flakes of the season. Which, this year's first flakes of the season was around Christmas. We had a white Christmas that was very beautiful.

In particular, there are few things quite as pretty as a fresh glaze of frozen snow icing atop the roof of our cozy log home.

So bring it on Jack Frost!

Kitchen Diva by Angela Shelf Medearis

Soupify Your Supper



SOUPIFIED CHICKEN MARSALA

January is National Soup Month, and I've been busy making homemade chicken stock in my slow cooker and using the flavorful broth as a base for several belly-warming bowls of soup. I've also enjoyed exploring new soup recipes, starting with a unique new cookbook.

"SOUPified: Soups Inspired by Your Favorite Dishes" contains 31 cozy, comforting recipes -- one for every day of January. Created by Michele Di Pietro, it transforms supper recipes into soups. "SOUPified" was released to coincide and celebrate National Soup Month, as well as inspire readers during another season of sheltering in place.

Chef, culinary consultant and rising social media star (50k with a bullet), Di Pietro didn't set out to create the perfect response to another snowy pandemic winter season, but that's precisely what she did with her new book.

"I once read that every good soup tells a story," Michele says. "So true!

"These soups were born out of the quarantine period of the COVID-19 pandemic, when I spent countless days being cooped up in a one-bedroom New York City apartment with no outdoor space and a lot of extra time on my hands. I needed to focus on something positive, challenging and delicious," she said. "I began by transforming a handful of favorite dishes into soup versions -- things that were nourishing, hearty and spoonable -- while still keeping the true essence of the dishes intact, or, in my parlance, I SOUPified them. My desire soon grew into a full cookbook of SOUPified recipes, which has never been done before."

Recipes include SOUPified versions of Eggplant Parm, Lasagna, Shrimp Scampi, Philly Cheesesteak, Clams Casino, Chinese Egg Roll and one of my favorite suppers, Chicken Marsala in "Soupified" form. Portions are generous, and each recipe is scaled to feed either 4 to 6 or 6 to 8 hungry diners, yielding multiple meals in some instances, or freezer stashes for the future. SOUPified is a salute to National Soup Month, and the perfect way to spoon up a bowlful of your favorite comfort foods on a chilly winter day.

SOUPIFIED CHICKEN MARSALA

You can save time by using a 1 pound chopped, roasted or rotisserie chicken, and omitting the steps in the recipe for preparing and searing the raw chicken breast. Follow the recipe as directed for preparing the vegetables, and add the chopped roasted or rotisserie chicken into the pot along with the mushrooms and continue the recipe as directed.

- 1 pound boneless, skinless chicken breasts
- 1 1/2 teaspoons salt
- 1 1/2 teaspoon ground black pepper
- 3/4 cup all-purpose flour, divided
- 7 tablespoons unsalted butter, divided
- 2 cups diced shallots (about 4 shallots), or 1 small yellow onion, chopped
- 1 cup diced celery (about 3 to 4 ribs)
- 1 1/2 cups dry Marsala wine or grape juice
- 4 cups low-sodium chicken broth
- 1 pound white mushrooms, coarsely chopped
- 1/2 cup chopped sun-dried tomatoes, drained
- 1/4 cup heavy cream
- 2 cups cooked egg noodles or rice, optional

1. Pat chicken breasts dry with paper towel and season both sides with 1 teaspoon of the salt and the pepper. Dredge breasts in 1/2 cup flour until coated on both sides. Shake off any excess flour. Set chicken aside on a plate.

2. Melt 4 tablespoons of the butter in 6-quart pot or Dutch oven over medium-high heat. Transfer chicken breasts to pot and sear until browned on both sides (about 3 to 4 minutes per side). The chicken does not need to be fully cooked at this point. Transfer seared breasts to cutting board and let them rest for 3 minutes. Then cut them into bite-sized pieces (about 3/4-inch dice). Set aside.

3. Add remaining 3 tablespoons butter to pot and melt over medium heat. Add shallots or onions and celery, and cook for 3 to 4 minutes or until vegetables have softened a bit, stirring occasionally.

4. Sprinkle remaining 1/4 cup flour on top of shallot mixture; stir to coat, and continue stirring for 1 to 2 minutes while flour cooks. Gradually pour in wine or grape juice, and whisk mixture quickly to fully incorporate flour into liquid until smooth. Then stir to loosen and scrape up any browned bits on bottom of pot.

5. Add broth, mushrooms, sun-dried tomatoes, the remaining salt and pepper, and reserved chicken. Mix until all ingredients are well combined.

6. Cover pot and bring mixture to a simmer, stirring occasionally. Simmer, partially covered, until celery is soft and chicken is fully cooked (if using the seared chicken breasts, about 15 minutes).

7. Reduce heat to low. Then, whisk in cream and cook for another 3 minutes while stirring. Stir in the cooked egg noodles or rice, if desired. Remove the soup from the heat and serve immediately. Makes 6-8 servings.

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. Recipes may not be reprinted without permission from Angela Shelf Medearis.

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Estill County School Board to be Honored this Month

JANUARY IS

SCHOOL BOARD RECOGNITION MONTH

#LOVEKYSCHOOLBOARDS

As Kentucky observes School Board Recognition Month in January, Estill County is joining in the celebration.

Donna Isfort - Chairman, Bryan Covey - Vice Chairman, Tammy Hardy, Shiela Samples and Carrie Smallwood are among the more than 850 school board members in the state's 171 local school districts being recognized this month for their service.

"This is the perfect time to thank school board members for serving in a role that has become increasingly complex", said Ronnie Holmes, president of the Kentucky School Boards Association and chairman of the Graves County school board. "Members of the Estill County Board of Education are responsible for making decisions aimed at ensuring that every child in their district has a chance to be successful both in school and in life,"

The Estill County Board oversees a \$26 million budget, keeps up with changing education laws and policies, and

spends hours on professional learning and state-mandated training. "The voters in our county have elected these local leaders, who work to give every child in every classroom access to high quality teaching and learning," said Jeff Saylor, Superintendent of Estill County.

"At a time when state and federal funding continues to shrink, our school board members haven't flinched in the face of the challenges or shied away from their responsibilities," Saylor said. "Our community can be very proud of this team of board members, and I'm proud to be their partner in striving for educational excellence for our children."

This coming Thursday, January 21, 2021 at 6pm during our regular called meeting, we will recognize our Board Members and thank them for their service.

Also, during January, please use social media to share your appreciation of school board members by using the hashtag #LoveKySchoolBoards.



THE ILLUSTRATED BIBLE

But as they sailed He fell asleep. And a windstorm came down on the lake, and they were filling with water, and were in jeopardy. And they came to Him and awoke Him, saying, "Master, Master, we are perishing!" Then He arose and rebuked the wind and the raging of the water. And they ceased, and there was a calm. LUKE 8: 23,24



"Jesus Quiets the Waves" by Otto Dix (1960)