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BUYING TIMBER
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Employment

Tax Preparers

Tax-wise of Irvine is in need of tax preparers. Up to \$15 an hour. Send resume to: <taxwiseirvine@windsteam.net> or you may call 606-726-0453

Account Manager

FT Account Manager

E Z Rent to Own is accepting applications. FT Account Manager; qualified candidates should be neat in appearance and possess excellent communication and organizational skills. Collections experience a plus, but not required. Clean driving record. Applicants must be able to lift 75 pounds unassisted.

Please send resume: E Z RTO, 365 Richmond Road, Irvine, KY 40336 or <irvine@kycash.net>. Equal Opportunity Employer

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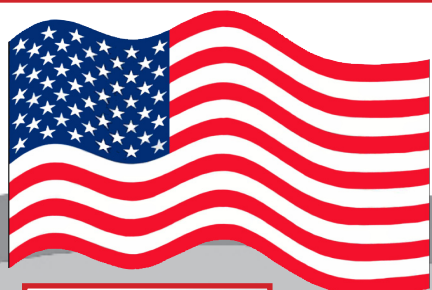
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Kitchen Diva

Greens Bring Luck in the New Year

by ANGELA SHELF MEDEARIS

For many people, the new year is a time for making resolutions and eating certain foods for "luck." On New Year's Day, eating greens, black-eyed peas and cornbread are thought to bring financial reward. While I'm not superstitious, I do believe in the health benefits of eating greens.

Greens include any vegetable in the cabbage family that doesn't form a compact head, like collards, mustards, turnips, spinach and kale. There are several varieties of tasty and unusual types of greens, so be bold and experiment! Dark, leafy greens such as spinach, kale, collards and mustard greens are an excellent source of many nutrients. Greens contain high amounts of vitamin A and iron, as well as some calcium. Greens also are packed with antioxidants and are a wonderful addition to any diet.

If the stems of the greens are tough, don't throw them away. There are nutrients in the stems, so chop them up into small pieces and freeze them. You can add the stems to soups and stews, saute them along with onions, or add them to dishes just as you would carrots. Pot liquor, the highly seasoned liquid that is left after the greens are cooked, is full of vitamins and minerals and is a nutritious drink.

The practice of combining different types of greens is called a "mess of greens" in the South. Cooking a mixture of greens along with pieces of pork is an integral part of African and African-American culinary history. During times of slavery, if greens were served one day, the leftover pot liquor and a pan of cornbread often made the meal for the next. My vegetarian version for preparing a mess of greens retains the flavorful soul of the recipe, but is much healthier.

While I don't personally believe in luck or eating certain types of food on the first day of the new year, a dish of dark, deliciously fresh greens makes me feel blessed all year long!



MESS OF GREENS

- 4 pounds greens (mixture of kale, collards, mustard, turnips or spinach)
- 1/4 cup olive oil
- 1 large onion, sliced
- 1 jalapeno, diced
- 6 cloves of garlic, diced
- 1 tablespoon sugar
- 2 tablespoons salt, divided
- 2 tablespoons pepper, divided
- 5 cups water
- 6 sun-dried tomatoes, sliced, and the oil (optional)

1. Wash greens thoroughly: Remove any brown spots or blemishes, and wash the greens 3 or 4 times in cold water to ensure they are clean and free of insects. Roll the cleaned greens up and slice them into smaller pieces so they'll cook evenly. Remove and reserve any large stems.

2. Using a large pot, season the onions with salt and sweat them in the olive oil over low heat for about 10 to 12 minutes, stirring occasionally. Add the garlic, jalapeno, sugar, salt and pepper to the pot, and saute the mixture for about 5 minutes.

3. Add the greens and water to the pot and continue cooking for 45 minutes to 1 hour over medium-low heat, stirring once after about 30 to 40 minutes. Test the greens for tenderness by piercing the stems with a fork or knife. Cook for another 10 to 15 minutes, if needed. Season with the remaining salt and pepper.

4. Place the greens in a bowl with the pot "likker." Serve with the sun-dried tomatoes and the oil, if desired, and the traditional Southern condiments: vinegar, hot sauce, hot peppers in vinegar, wine vinegar and chopped onions.

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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Health Department Schedule

The Estill County Health Department will be closed Thursday, December 22nd for staff training. We will also be closed December 23rd - January 2nd for the holidays. Please plan to visit the health department before 12/22/16. The staff at the health department would like to wish you and your family "Merry Christmas and Happy New Year!"