

ECMS Students Named To Rogers Scholars

Estill County Middle School students Miriam Richardson, Erika Rifembark, and Elizabeth Tipton have been selected to attend The Center for Rural Development's 2016 Rogers Explorers youth leadership program.

Rogers Explorers is open to eighth-grade middle school students in Southern and Eastern Kentucky who have a strong interest in developing their skills in leadership, technology, math, science, and community service.

One hundred and eighty-two students—the largest class ever—will converge on the campuses of six Kentucky colleges and universities this summer for the Rogers Explorers program.

"Rogers Explorers gives students a one-of-a-kind learning experience to explore different career opportunities and possible career paths in the fields of math, science, and technology," said Delaney Stephens, community liaison and youth programs coordinator for The Center. "The program also encourages creative thinking and teamwork and builds leadership skills as the region's next generation of leaders and entrepreneurs."

Rogers Explorers is presented by The Center for Rural Development in partnership with Lindsey Wilson College, University of the Cumberlands, Eastern Kentucky University, Morehead State Uni-

versity, Asbury University, and the University of Pikeville.

Students spend three days and two nights on one of these leading Kentucky college campuses, where experts guide them through hands-on assignments, all of which encourages participants to build their math, science, and technology skills. The program is provided tuition-free to eligible students within The Center's 45-county primary service area.

For more information about Rogers Explorers, call The Center at 606-677-6000, email youth@centertech.com, or visit www.centeryouthprograms.com. Follow Rogers Explorers on Facebook to keep up with the latest news on the summer

camp.

Established in 1996 through the vision of U.S. Congressman Harold "Hal" Rogers, (KY-05), and other leaders, The Center for Rural Development is a nonprofit organization fueled by a mission to provide leadership that stimulates innovative and sustainable economic development solutions and a better way of life in Southern and Eastern Kentucky. In its 45-county primary service region, The Center provides innovative programs in leadership, public safety, technology, and arts and culture. The Center is committed to constantly expanding its capabilities in order to deliver a range of key services throughout Kentucky and the nation.

Kitchen Diva

Memorial Day Is More Than Just A Cookout

by ANGELA SHELF MEDEARIS

Memorial Day is considered to be the unofficial start of the summer vacation season. Family gatherings featuring barbecued or grilled meats and vegetables are a traditional part of the celebration.

But Memorial Day is more than just a cookout. Memorial Day is a federal holiday created to remember those who died while serving our country. The holiday originated after the Civil War to commemorate Union and Confederate soldiers. Today, the holiday commemorates all of those who served in the U.S. military who sacrificed their lives for our country. It is observed every year on the last Monday in May. Originally, Memorial Day was known as Decoration Day because the graves of dead soldiers were cleaned and beautified with flowers and flags.

Moina Michael is credited with the idea to wear red poppies on Memorial Day in honor of those who died. In 1915, she was the first to wear one, and also sold poppies to raise money for charities serving soldiers in need. In 1922, the Veterans of Foreign Wars began to sell poppies and expanded the program to selling artificial poppies made by disabled veterans.

On Dec. 28, 2000, President Bill Clinton signed into law a Congressional resolution establishing a "National Moment of Remembrance." It asks that at 3 p.m. local time, Americans pause "to voluntarily and informally observe in their own way a moment of remembrance and respect, pausing from whatever they are doing for a moment of silence or listening to "Taps."

Try my recipe for Southwestern Corn Salad as a side for your Memorial Day meal. And while you gather with your family and friends, remember those who sacrificed their lives to make the freedoms we enjoy possible.



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SOUTHWESTERN CORN SALAD

If you're pressed for time, make the dressing up to two days ahead. Cover and chill. Stir well before mixing with the rest of the ingredients. The corn can be grilled and cut from cobs one hour ahead. Store the salad in an air-tight container at room temperature.

- 4 ears of corn, husked
- 2 tablespoons mayonnaise
- 1 tablespoon plain Greek yogurt
- 2 tablespoons fresh lime juice
- 1 clove garlic, minced
- 1 teaspoon salt
- 1 teaspoon freshly ground pepper
- 1/2 teaspoon paprika
- 1/8 teaspoon cayenne pepper
- 2 ounces Cotija or Parmesan cheese, crumbled (about 1/2 cup), plus more for serving
- 2 tablespoons chopped fresh cilantro, plus more for serving
- 1 (15-ounce) can black beans, rinsed and drained
- 1 large avocado, diced

1. Prepare grill for medium heat. Grill corn, turning occasionally, until tender and charred, 8-10 minutes; let cool slightly. Cut kernels from cobs and transfer to a medium bowl.

2. To make the dressing: In a large bowl, mix together the mayonnaise, yogurt, lime juice, garlic, 1/2 teaspoon of the salt and pepper, paprika, cayenne, 1/4 cup Cotija cheese and 1 tablespoon cilantro.

3. Add the corn, black beans, avocado and the remaining 1/2 teaspoon of the salt and pepper; toss to combine. Top with remaining cheese and cilantro. 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. Recipes may not be reprinted without permission from Angela Shelf Medearis.

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THE ILLUSTRATED BIBLE

God came from Teman,
The Holy One from Mount Paran.
His glory covered the heavens,
And the earth was full of His praise.

HABAKKUK 3:3

Study of God the Father by Raphael, 1515

BIBLE TRIVIA

by Wilson Casey

1. Is the book of Simeon in the Old or New Testament or neither?
2. Whose first chapter begins, "Then Moab rebelled against Israel after the death of Ahab"? Exodus, 2 Kings, Job, Proverbs
3. From Luke 1, Elisabeth and Zacharias' child was named? Elisabeth, Zacharias, Thomas, John
4. From Genesis 4, who's considered the father of all musicians? Jeremiah, Joash, Jubal, Job
5. As found in Luke 7, where did Jesus raise a widow's son from the dead? Amos, Nain, Lystra, Philippi
6. From Genesis 12, where did Abram go after leaving Ur? Iconium, Nineveh, Haran, Salem

Answers on bottom of Page 13

Wilson Casey's mainstream UFO book, "Swamp Gas & High Hopes 101," is now available

seeds of Hope

It was a stormy day. Fierce winds and heavy rains made the windows of his office shake intensely. Suddenly one of the panes came loose and the wind and rain came rushing in and soaked the desk and papers of the great hymn writer, Charles Wesley.

Suddenly, he was startled by the sounds of a bird chirping. He looked around and discovered that a small bird had been carried into his room with the wind and the rain and had taken refuge in his coat that he had laid across a chair near his desk.

Noticing that the bird was frightened, he silently made his way to the chair and began to softly stroke the feathers of the bird to calm

its fast-beating heart. But he noticed that the bird did not respond to his gentleness. Then he noticed that a hawk was perched on a bookcase, carefully watching the proceedings. He walked from his office with the bird and when the rain ceased released it into the sky. He went back to his desk and wrote the beloved hymn, "Jesus, lover of my soul, let me to Thy bosom fly."

David had fierce "storms" in his life. There were many times in his life when he had no place to go or any person he could turn to for help. But he had God and he knew that he could turn to Him at any moment in any of the storms of his life.

"Have mercy on me, O God, have mercy on me," he wrote. "For in You my soul takes refuge. I take refuge in the shadow of Your wings until the disaster passes."

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EPS 131

THE ILLUSTRATED BIBLE

So also the tongue is a small part of the body, and yet it boasts of great things. See how great a forest is set aflame by such a small fire! And the tongue is a fire, the very world of iniquity; the tongue is set among our members as that which defiles the entire body, and sets on fire the course of our life, and is set on fire by hell.

JAMES 3:5-6

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Final Exhortations

2 Peter 3:17-18

"Ye therefore, beloved, seeing ye know these things before, beware lest ye also, being led away with the error of the wicked, fall from your own steadfastness. ¹⁸But grow in grace, and in the knowledge of our Lord and Saviour Jesus Christ. To him be glory both now and for ever. Amen."

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1980 Crooked Creek Road, Irvine, KY

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Billy Arthur

Councilman

City of Irvine

May 17th 2016

Paid by Billy Arthur

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