

Memorial Day

**I Kneel and Pray
At The Soldier's Grave**

Author: Frieda Holliman

A field of dandelions outlines the old wooden fence post that leads to a rugged gate making the entrance of the old family cemetery filled with the history of so many people. This was where long ago, a grandfather, or his dad, had made a fence from the sweat of his brown and the callouses on his hands. He knew that someday his body would rest there, too. He knew the fence would stand the test of time, and this is where the cemetery first began.

The family, each year, makes the trip to put flowers on their loved ones' graves. As the sun begins to come up, we make the trip across the hill to the top of the mountain to place little American flags on the soldier boys' graves; just like they all have done so many years before us. We know in our hearts there's not just one that has served and died for the cause.

As I look out over this special spot here today, I see blue skies and mountains and valleys so green and full. It's a truly beautiful day to give honor and thanks. So many have gone on as we

celebrate this Memorial Day. They were all a treasured gift from God.

I think in my mind of your memories of childhood, of family and friends. I know this young man had a mother. As I place this little flag, I kneel down and pray.

I can see clearly a homemade quilt that wrapped him when he was a baby. Maybe there were marriage vows, later, when you became a young man, that were said. A grandma, grandfather, a dad or a mom; who shared tears on the day they laid you to rest.

This old wooden fence has faded with time, and time stands still for no one. I think of the cross and the grave and the great sacrifice that has been made, and your life was given, too. And, so many of you are resting somewhere on a mountain or a hill, or somewhere near. And somewhere today, so many will climb their hill and mountain to get to the top, to place their little flags there just like we did. I see wild ferns growing and hear the birds singing their heavenly songs. It's rare beauty to see, a sight for these tired, old eyes to see.

The red fern grows, yet it only blooms for you. These golden memories celebrate each life that is resting in eternity was a poetry of life.

Oh, Little Child, you were to someone a shining star in their eyes. A tender heart laughs and cries of a baby, a smile. The adventurous place you must have traveled, seeking the sky. Summer breezes, red birds singing lullabies were sung to you.

I know when we place these little flags, it's not enough, but it helps to remind us of all of you. Some gave all, they gave themselves. We must never forget.

I'll try to cross the hill to the mountain each year. Someday, I'll rest here, too! And maybe someone else will carry on the tradition just like you did. On Memorial Day, we celebrate the life of our loved ones who are gone on. We still love and cherish and respect them and miss them so much.

The little flag that I place on this soldier's grave on this Memorial Day, I kneel down to pray. The tears still run down my face as I place this little flag on this little boy's grave on this special day.

He knows he died and served his country so bravely. We must never forget to give honor and thanks on Memorial Day to everyone who has gone on. Someday, I'll rest there too and someone else must carry on.

(Amen)

Kitchen Diva

A Perfect Solution for Picky Eaters

by ANGELA SHELF MEDEARIS

Mealtimes are an opportunity to share time together as a family. If your dinner table has become a struggle between you and your picky children, help is at hand.

Mealtimes can quickly become battlegrounds when parents insist that children clean their plates or eat all of their vegetables. Eating is one of the few areas where young children feel they have control, and their budding independence can easily lead to unpleasant power struggles. The best thing a parent can do is to provide a healthy, nutritious meal, but go with the flow and relax at mealtime. The time shared together is more important than engaging in a power struggle to make the kids finish every last veggie.

Here are some questions about common picky eater problems and answers to alleviate mealtime predicaments.

Q: One day my son is constantly hungry. The next he may hardly touch his food. Then he gets on food jags and wants to eat only cereal for several days. Should I be concerned?

A: Children's appetites can vary from day to day, and children often eat in spurts. While some children may be able to eat regular meals, others may need a series of small meals through the day. Give children credit that they will eat when they are hungry. It's also not uncommon for children to get on food jags and want to eat the same thing meal after meal.

The important thing is to learn your child's individual needs and preferences and not overreact when he won't eat or wants cereal three meals in a row. As long as your child is growing and healthy, he is probably doing fine. If you have concerns about your child's growth rate or health, see your pediatrician.

Q: My 4-year-old twins are so picky about what they will eat that I worry they're not getting a balanced diet. What can I do?

A: There are many ways you can add variety and make foods fun. Here are some suggestions:

- Make smiley faces on foods.
- Add cheese to vegetables or other foods.
- Cut sandwiches into shapes with cookie cutters.
- Make juice-sicles by freezing juice using popsicle sticks.
- Give children choices: "Would you prefer carrot or apple slices?"

--Involve children in shopping for food and planning, preparing and serving meals. Children may be more willing to eat meals that they have helped select and prepare.

--Keep fruit and other nutritious snacks available and accessible.

--Set out healthy ingredients and let children put together their own snack creations.

--Don't allow snacks to take the place of meals.

Remember that most picky eaters will change their eating habits over time, but this usually will happen much sooner if parents avoid power struggles over food.

Serve your picky eater these delicious and nutritious Cheesy Spinach Squares. Most picky eaters make an exception when there's cheese involved. Spinach is a good source of protein, calcium, fiber, iron, niacin, zinc and vitamins A, C, K and B-6. These squares also can be cut into fun shapes using a cookie cutter.



CHEESY SPINACH SQUARES

- 2 tablespoons unsalted butter, melted
 - 3 large eggs
 - 1 cup whole milk
 - 1 cup all-purpose flour
 - 1 teaspoon baking powder
 - 1 teaspoon salt
 - 1/8 teaspoon ground nutmeg
 - 1 pound Cheddar cheese, shredded
 - 1 pound chopped frozen spinach, thawed and drained
 - 1/4 cup grated Parmesan cheese
1. Heat oven to 375 F. Line a 9-by-13-inch rimmed baking sheet or baking dish with parchment paper. Pour melted butter into the prepared pan and spread to coat evenly.
 2. In a large bowl, beat eggs until well-blended. Whisk in the milk, flour, baking powder, salt and nutmeg. Add Cheddar cheese and spinach, and stir until combined. Pour spinach mixture into the prepared pan and spread in an even layer. Sprinkle Parmesan evenly over the top.
 3. Bake until top is lightly browned and juices are bubbling, 30-40 minutes. Transfer to a wire rack and let cool until just warm to the touch. Cut into 2-inch squares or use a cookie cutter to cut into shapes and serve. Makes 6-8 servings.

Angela Shelf Medearis is an award-winning children's author, culinary historian and 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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Attention Veterans

KDVVA SERVING KY VETS

A Veterans Benefits Field Representative will be at the National Guard Armory, 335 Cow Creek Road, Ravenna, on Thursday, June 2nd and normally the first Thursday of each month. The hours are 1:30 p.m. until 3:30 p.m.

Veterans and their dependants will receive assistance filing for Federal and state veterans benefits. This service is provided free of charge by the Kentucky Department of Veterans Affairs. To apply, veterans need to furnish copies of pertinent documentation to verify eligibility. For further information, please call toll free within Kentucky, 1-866-376-0308, to speak with a Veterans Benefits Field Representative.

CHURCH NEWS

Church News is published as a free service of The Estill County Tribune. Call your announcement to (606) 723-5012; fax it to (606) 723-2743; or E-mail it to <News@EstillTribune.Com> or mail to 6135 Winchester Road, Irvine, KY 40336

Saturdays in May @ 5pm

Scriptural services at Waco FD

Scriptural doctoral services are being held at the Waco Fire Department at 5 p.m. every Sunday in May. The presenters are Robert Johnson and Darin Jensen. Everyone is welcome. No collections or offerings will be taken.

Through Friday, May 20th @ 7pm

Revival at Easter Valley Baptist

The Easter Valley Baptist Church will be having a revival through Friday, May 20th, starting at 7 p.m. Bro. Wayne House will be the speakers. Special singers will be Wednesday, God's Family Connection; Thursday, South Irvine Christian Church Singers; and Friday, The Watson Family.

Saturday, May 28th @ 1pm

Ravenna Nazarene Paint Party

On Saturday, May 28th the Sunflower design for only \$10 a person. Seating is limited, so please call the church to reserve your spot. 606-723-4259.

Saturday, May 28th @ 6pm

High Street Full Gospel Church

High Street Full Gospel Church will be celebrating its one-year homecoming with a singing, this coming Saturday evening, May 28th at 6:00 p.m. Special guests include Myrtle and Irene of "Glorybound" from Berea, Pastor Donald Fountain of Victory Chapel, lead singer David Meeks of Winchester, Ken Woosley of Mount Sterling, Scott Marshall of Richmond, Mike & JoAnn Perry of Lee County, along with the High Street Church Singers. Everyone is welcome! The church is located at 223 High Street in Irvine.

Sunday, May 29th @ 6pm

Voices of Praise at Providence Baptist

The Voices of Praise will be singing at Providence Baptist Church, Winston Road in Irvine, on Sunday, May 29th at 6 p.m. Everyone is welcome to attend.

Thur.-Sat., June 2-4 & Sunday, June 5

House of Prayer Revival & Homecoming

House of Prayer, 535 Dark Hollow Road, will be having a Revival starting at 7 p.m., Thursday, Friday & Saturday, June 2-4, followed by Homecoming on Sunday, June 5th, beginning at 12:30 p.m. Bro. Marlowe Napier from London will be preaching the revival and Bro. Doug Auxier of Salyersville will be bringing the homecoming message on Sunday. Everyone is welcome!

Sunday-Friday, June 5-10, 6:30-8:30pm

VBS at Providence Baptist

Providence Baptist Church on Winston Road in Irvine, will be holding Vacation Bible School, Sunday-Friday, June 5-10, 6:30-8:30 p.m. For a ride, call 723-7837 or (859) 582-7856.

I Love America

A Patriotic Cantata

by John W. Peterson & Don Wyrzten

Sunday, June 5th - 3:00 p.m.

Irvine United Methodist Church

243 Main St., Irvine, KY

Presented by:

Estill County Community Chorus
& The Winchester Singers

Director: Carol Anne Wilson

Please join us for a Patriotic Music Celebration!

Donations accepted at the Performance

Irvine Flea Market

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