



Times Remembered
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Spring

Spring is just a week or so away, but it can't be soon enough for me. I have spent most of February battling a sinus infection that turned into bronchitis and a touch of pneumonia plus I had

asthma along with bouts of coughing fits. I have coughed so much I am sore.

I was hospitalized last week-end for a few days and received fluids, antibiotics and some breathing treatments at Marcum-Wallace Hospital. I have to compliment the local hospital staff for their fine compassionate service. They were very efficient and professional. The hospital was the cleanest that I have ever been in as a patient. Thanks for your wonderful service. I am not 100% yet but I'm plugging alone.

Spring is coming... And it definitely cannot come soon enough. Spring shouts that it's the season when earth comes alive again; spirits are lifted, and I am happy to live in Kentucky. It's great to experience the blooming of redbuds, dogwoods and forsythia and all God's handiwork. Crocuses and daffodils will be peeking through the earth soon

and everything will come alive from this brutal winter.

Even the birds know spring is near; I have heard several chirping already. I always have a noisy little Carolina wren waking me up at dawn in the early spring. I've already seen robins. Of course cardinals, finches, nut hatchers and chickadees have visited our feeders all winter. But they say song birds don't sing in the winter; they are too busy trying to find food and keep warm. But in the spring they become gloriously happy and start looking for love and building their nests.

We might have a few more snow showers here and there but basically I believe the worst is over. We can start thinking about planting peas and scouring the seed catalogs for vegetables to plant. I think I will purchase some pansies to plant in the outside pots. They would cheer up the brown grass

and trees.

As soon as possible I am going to clean and rake leaves from my flower gardens and we need to service the lawn mowers and weed eaters and other hand tools we use for mowing. I am excited to begin cutting grass. I get tired of cutting by the end of the summer but by spring I am anxious to go again especially after this winter.

Today, (Monday and Tuesday), are supposed to be really nice warm days. Perhaps I could do some outside work since it is supposed to be 68 on Tuesday. Then Wednesday the cold is coming back for a day or so, but it won't last long...we our on the down hill drag to springtime now!

God's abundance is present in our every day. Enjoy it! God Bless!

This is the day that the Lord hath made; let us rejoice and be glad in it.

— Psalm 118:24

Kitchen Diva

Celebrate Peanuts!

by ANGELA SHELF MEDEARIS

March is National Peanut month! It's time to celebrate America's most popular nut.

The peanut plant probably originated in South America. European explorers first discovered peanuts in Brazil. Tribes in central Brazil also ground peanuts with maize to make a drink.

Peanuts were growing as far north as Mexico when the Spanish began their exploration of the New World. The explorers took peanuts back to Spain, and from there traders and explorers spread them to Asia and Africa. Africans were the first people to introduce peanuts to North America beginning in the 1700s.

Peanuts were grown in Virginia in the 1800s as a commercial crop, and used mainly for oil, food and as a cocoa substitute. At this time, peanuts were regarded as a food for livestock and the poor, and were considered difficult to grow and harvest.

Peanuts became prominent after the Civil War when Union soldiers found they liked them and took them home. Both armies subsisted on this high-protein food source. Their popularity grew in the late 1800s when PT Barnum's circus wagons traveled across the country and vendors called out, "Hot roasted peanuts!" to the crowds. Peanuts also became popular at baseball games.

In the early 1900s, peanuts became a significant agricultural crop when the boll weevil threatened the South's cotton crop. Following the suggestions of noted scientist Dr. George Washington Carver, peanuts served as an effective commercial crop and, for a time, rivaled the position of cotton in the South.

There is evidence that ancient South American Inca Indians were the first to grind peanuts to make peanut butter. In the United States, Dr. John Harvey Kellogg (of cereal fame) invented a version of peanut butter in 1895. Peanut butter was first introduced at the St. Louis World's Fair in 1904. It is believed that the U.S. Army popularized the peanut butter and jelly sandwich, using them for sustenance during maneuvers in World War II.

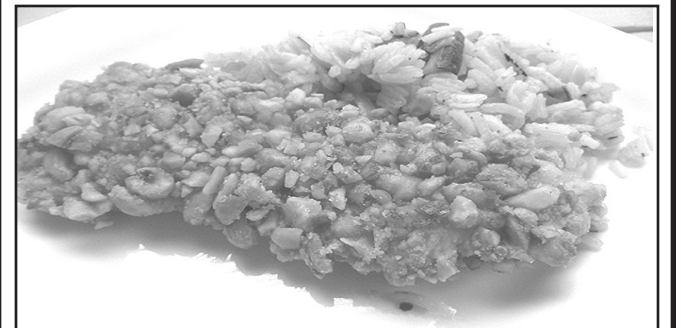
Americans average more than six pounds of peanut products each year. Peanut butter accounts for about half that total -- with \$850 million in retail sales each year.

Despite the fact that peanuts are high in fat, they are still an excellent food choice because they provide a variety of important nutrients. Peanuts contain protein, fiber and healthy monounsaturated and polyunsaturated fats, all of which improve health and lower the risk of chronic disease.

A study of more than 15,000 peanut consumers determined that they had higher levels of vitamin A, vitamin E, folate, magnesium, zinc, iron, calcium and dietary fiber than people who did not eat peanuts. These nutrients are needed by the body to function properly.

Peanuts play a role in lowering blood pressure and cholesterol, and improving longevity and performance. Peanuts help prevent chronic diseases such as heart disease, diabetes and cancer. Studies have shown they can decrease lipid levels and may reduce inflammation, a cause of chronic disease. Researchers also have found that mortality decreases as the frequency of eating nuts like peanuts increases.

In addition to all of these wonderful benefits, peanuts are affordable and easy to find, making them a great addition to a nutritious diet. This recipe for Spicy Peanut-Crusted Chicken adds a healthy crunch to boneless, skinless chicken breasts or thighs.



SPICY PEANUT-CRUSTED CHICKEN

- 1/2 cup flour
- 1 tablespoon poultry seasoning
- 1 tablespoon garlic powder
- 1 teaspoon cayenne pepper
- 1 teaspoon salt
- 1 teaspoon black pepper
- 1/2 cup prepared mustard
- 2 tablespoons honey
- 2 cups dry roasted peanuts, finely chopped
- 4 boneless skinless chicken breasts or thighs, or a combination of both
- 2 tablespoons butter
- 2 tablespoons olive oil

1. In a pie pan or shallow bowl, combine flour, 1/2 tablespoon poultry seasoning, and a 1/2 teaspoon each of garlic powder, cayenne pepper, salt and pepper; mix well. In a second dish, combine mustard and honey with remaining 1/2 teaspoons of garlic powder, cayenne pepper, salt and pepper.

2. Place the chopped peanuts in a third dish. Dip each piece of chicken in the flour mixture, then in the honey-mustard mixture, and finally in the peanuts to coat.

3. Heat butter and the olive oil in a 10- to 12-inch skillet; until butter is melted and foamy. Add the chicken and cook over medium-low heat until cooked through and golden brown, 4 to 5 minutes per side. Makes 4 servings.

(Additional information provided by Christeena Haynes, MS, RD, LD, Nutrition and Health Education Specialist, Dallas County, University of Missouri Extension.)

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 and go to Hulu.com. Recipes may not be reprinted without permission from Angela Shelf Medearis.

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Citations by IPD, KSP & ESCO

Derek Tipton, 26, of Lynch Road, Irvine was arrested March 6 by Irvine Officer John Sturniolo for alcohol intoxication and disorderly conduct.

The officer wrote in the citation that Tipton was using profanity and yelling at two women and a child at the Estill County Courthouse.

Sturniolo said that Tipton was unsteady on his feet and had a strong odor of alcoholic beverage.

A bench warrant was issued for Karl Baker, 23, of South Madison, Irvine.

The warrant, signed by District Judge Bo Leach,

says that Baker had failed to appear in court to show completion of drug and alcohol counseling.

Baker had been found guilty on May 8, 2013 of fourth degree assault during domestic violence.

A 21-year-old man from Pea Ridge was arrested on a bench warrant last Wednesday, March 5, by KSP Trooper Robinson.

The warrant charges Aaron P. Riddell, 21, of Pea Ridge Road, Irvine with making false statements to prevent reduction of benefits.

KSP Trooper Z. Penning-

ton charged Kristen Earlene White, 21, Dug Hill Road, with assault third degree of a police officer, assault second degree - domestic violence, menacing, disorderly conduct second degree, and resisting arrest.

KSP Trooper Pennington was dispatched March 3 to White's residence on Dug Hill Road.

The citation states a male, James Sparks, had a laceration on the top of his head.

Sparks was transported to Marcum & Wallace Hospital to receive medical treatment.

Deputy Randy Farthing

arrested Abraham Jeremiah Martin 36, of Alabama for alcohol intoxication in public, two counts of third degree assault of police officer, possession of marijuana, and menacing.

Jeff S. Henry, 41, of Wagersville Road, Irvine was charged by Officer Michael Gross with a misdemeanor, theft by unlawful taking or disposition under \$500 from a hospital vending machine.

Derek Tipton, 26, of Lynch Road, Irvine was arrested March 6 by Irvine Officer John Sturniolo for alcohol intoxication and disorderly conduct.

Great Plainness of Speech

by BOB CASEY, Preacher

Church of Christ, 262 Broadway, Irvine, KY

In II Corinthians 3:12 the apostle Paul uses this term (great plainness of speech). Here he was teaching that the law of Moses cease. After the death of Jesus, and through his death we have the only hope available to mankind. Sadly, he went on to say that the attempting the keeping of the Law of Moses was likened unto the veil which hid the truth. Again many are attempting to hide the truth that will save them through the philosophies of men. He warns each of us in Colossians 2:8 saying: "Beware lest any man spoil you through philosophy and vain deceit, after the tradition of men, after the rudiments of the world and not after Christ."

I have reached the point in my life that I have very little tolerance for false teachers who desire to elevate the ideas of men above the truths of the gospel. When men extend their names above the Biblical name (Christian - Acts 11:26) and attempt to attach some other name with it, then they have more baggage than the Lord intended for them to have, and besides this, when they do so they elevate a doctrine of man above the Lord's teaching, thereby robbing the Lord the respect I give him, another thing I will not tolerate is the misrepresentation of the plan of salvation. Many will teach that baptism in water yields no benefit to the one who receives it. To this I say read carefully, Acts 2:38. Here the Bible plainly says repent and be baptized, every one of you in the name (authority) of Jesus Christ, and ye shall receive the gift of the Holy Spirit. Where is the benefit? When it says here that baptism is for - unto the remission of sins.

Some have said, yea, I have read it, but I still do not believe it. What will one say unto the Lord at the great day of judgment? Again if one does not believe in baptism for the remission of sins, they are just as likely to disbelieve Romans 6:3-5 where it says they are baptized unto his death. I asked, can one go to heaven without being washed in the blood of Jesus? So if you answer no, then I asked when did Jesus shed His blood? Of course to be honest, the Bible reader will say at his death. John 19:32-34 reveals the truth. In Matthew 26:26-29 our Lord puts his endorsement upon these facts that only come into contact with the shed blood of Jesus can one have their sins remitted. There are some other things I won't tolerate in religion, but I will mention one other theory, and this is consistent weekly church attendance. Some scriptures that will validate the first day of the week assembly can be found in Acts 7:20 when the disciples came together to eat the Lord's supper, as in 1 Corinthians 16:1-2. Here every member is instructed to give financially, as they have been prospered the past week. Both of these say (upon the first day of the week). I ask how many weeks do we have in a year? Also Hebrews 10:25-27 says concerning the weekly meeting, not forsaking the assembling of yourselves together. Verse 26 says, "If you do, you are sinning willfully." This is knowing better. In closing, what will you say to the Lord at the judgment? II Corinthians 5:10, "So everything we do, whether good or bad will appear before us in the books of God." Don't fiddle around with the truth, you will lose every time.

Sincerely, Bob Casey, 1-859-369-4165

seeds of Hope



Fear comes from many difference sources. It can be a person or a place. Sometimes it erupts when everything seems calm and serene. Often it seems to grip us when we know we are in the center of God's will, doing God's work and trusting that we are doing it in His way. All of us have those moments of being jolted by uncertainty and feelings of insecurity.

It was no different with David. In Psalm 6 it begins with a statement that suggests that he is trying to deflect God's wrath. "Oh Lord," he cries, "do not rebuke me in your anger!" Does this suggest that he is afraid of being punished for some sin he has committed? Or might he fear God's judgment for

something he did in the past while he was still a sinner? Could it be that he is afraid to ask for healing as he was going through a time of sickness?

He admits to "being weak," his "bones being troubled" and his soul being "greatly troubled." He really needed help as all of us do from time to time. But notice what he did: he did not focus on his pain and problems, he focused on the mercy of God!

"Have mercy on me!" he cried. He needed God's help! And in the midst of his fear - whether it was his sickness or some sin from the past that haunted him - he had full confidence in God's mercy and believed that He would hear him and heal him.

When we are overwhelmed by the issues of life, only our faith in God's mercy and power can restore us.

PS009 - March 5, 2014

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THE ILLUSTRATED BIBLE



Detail of "Tröstung," 1920, by Georg Ehrlich

*Behold, you are fair,
my love! Behold,
you are fair!
You have dove's eyes.*

SONG OF SOLOMON
1: 15

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BIBLE TRIVIA

by Wilson Casey

1. Is the book of Noah in the Old or New Testament or neither?
2. Who opened a bottle of milk, giving an enemy soldier drink, and then killed him? Barak, Jael, Esther, Anna
3. From Numbers 6, what group of consecrated

men never cut their hair? Lepers, Demoniacs, Priests, Nazarites

4. As king of Israel, Ahab reigned in what place 20 and two years? Canaan, Raamah, Samaria, Nubia

5. From 2 Kings 23:34, what was the original name of Jehoiakim? Jedidiah, Eliakim, Laban, Ahaziah

6. Unto which land's mountains did Abraham take Isaac to be sacrificed? Moriah, Carmel, Sinai, Harmon

Bible Trivia answers are at the bottom of Page 12