

It's "March Madness" Time



Times Remembered
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It's March Madness time. Its the time of year when everyone is talking about their favorite teams and filling out brackets to predict the winners.

Kentucky fared much better in the SEC Tournament than I thought they would. But as most people

know, basketball games are unpredictable.

On Friday when UK played LSU, I thought that was their best showing. Cauley-Stein was remarkable. I think he should start instead of Randle. When Randle is in there he forces shots, throws the ball away, has too many turn overs and can't hit free throws. I cringe every time he has the ball inside because he seldom hits the shot. Oh! well, I suppose everyone has their favorites. Calipari definitely does.

I personally do not like the one and done theory; playing one year and entering the NBA draft. I think they should at least play for three years. You don't even get to know them or how they really play. There is no loyalty to UK or a strong will to win as teams have shown in the past. Most of their play is about themselves; it's the "I" "I" "ME" "ME" theory. Everyone has their opinions

and everyone is an arm chair coach.

Kentucky got a Number 8 seed in the Midwest and will play in St. Louis on Friday. They are in a killer bracket. Personally, I thought they should have received a Number 6 seed since they played such a great game against Florida. Louisville also got slighted; they should have been a Number 2 seed.

In 1985, Villanova received a Number 8 seed and won the national title. You just never can tell. I wish UK the best of luck in the tournament against Kansas State. They are a tough team. But if Kentucky can hold their own against Kansas State like they did Florida, they can beat them.

I'm looking forward to watching the NCAA women's selection tonight. I hope the Kentucky women get a good seed. We have tickets to see the 3rd and 4th round of the Women's NCAA Tour-

nament at the Yum Center in Louisville on March 31st and April 1st. I'm looking forward to going; hopefully Kentucky Hoops will play there. I'd like to see them do well.

Butler High School from the Louisville area won the Girls State Tournament Sunday in Bowling Green, defeating Elizabethtown 49-38. Clark County made a great showing and made it to the semi-finals on Saturday. Lafayette from the 11th Region won their first game but lost to Butler in the second game.

The rest of month will be all basketball, but that's ok with me because I love it. But some of my friends say they are sick of it. If you live in Kentucky almost everyone lives and breathes UK basketball and any other basketball. We are a basketball state. After all, we have won eight national NCAA titles.

THE ILLUSTRATED BIBLE

Fear not, O land; be glad and rejoice, for the Lord has done marvelous things! Do not be afraid, you beasts of the field; for the open pastures are springing up, and the tree bears its fruit; the fig tree and the vine yield their strength.

JOEL 2:21,22

Kitchen Diva

Eat Your Way to Good Health

by ANGELA SHELF MEDEARIS

"You are what you eat!" The phrase was coined in 1923 as part of an advertising campaign, but the idea that you need to eat good food to be fit and healthy has been around much longer.

Even simple diet choices can boost our immune system, said Susan Mills-Gray, Nutrition and Health Education specialist with University of Missouri Extension. Here are some simple things that can boost your immune system to work at peak performance.

- Get plenty of liquids to help prevent viruses and bacteria from taking up residence in your body. According to Dr. Riva Rahl of the Cooper Clinic in Dallas, "The mucus in your nose is actually one of the key physical barriers that keep germs out of your body. When you're not well hydrated, it dries up and doesn't provide that barrier."

- Protein is a building block for a healthy immune system. Choose lean red meats, poultry and fish, dried beans and soy. You also can choose protein-rich plant sources with heart-healthy fat, like peanut butter and nuts.

- Foods with antioxidant-rich vitamins C and E protect cells -- including those of your immune system -- from damage by toxins in the environment. Choose citrus fruits/juices, melons, mangoes, kiwi, peppers, tomatoes, berries, broccoli, cabbage, sweet/white potatoes, winter squash, leafy greens, almonds, hazelnuts, peanut butter, sunflower seeds, safflower oil, whole grains and fortified cereals several times a day.

- Eat probiotic foods to help build up the good bacteria in the intestines. These bacteria play a role in helping fend off illnesses. Any fermented food is rich in this type of good bacteria, so choose yogurt, sauerkraut, tofu, brine-treated pickles and aged cheese at least daily.

- Add a zinc-rich food to your daily diet to increase the production of white blood cells in your body. Research shows that this effect can reduce the number of days you'll suffer from a cold. Some foods rich in zinc are yogurt, lean red meat, poultry and fish, almonds, pumpkin seeds and fortified cereals.

This recipe for Slow-Roasted Salmon with Horseradish Yogurt Topping contains many of the foods that nutritionists recommend for a healthy immune system. Eat your way to good health!



SLOW-ROASTED SALMON WITH TOPPING

Slow roasting the salmon in a low-temperature oven gently melts the fat between the flesh and leaves the fillets incredibly moist and tender. The spicy horseradish and yogurt topping adds a punch of flavor to the mild fish.

- 1 1/2 tablespoons extra-virgin olive oil, divided
- 4 (6-to 8-oz.) boneless salmon fillets, skin on
- 1 tablespoon chopped fresh thyme
- 3 cloves garlic, minced
- Zest of 1 lemon
- 1/2 teaspoon ground sage
- 1 teaspoon salt
- 1 teaspoon freshly ground black pepper
- 4 lemon wedges (for serving)

1. Preheat oven to 275 F. Line a rimmed baking sheet with aluminum foil or parchment paper. Brush with 1/2 tablespoon oil. Place salmon fillets, skin side down, on prepared baking sheet.

2. Mix remaining oil, thyme, garlic, lemon zest, sage, salt and pepper in a small bowl. Spread thyme mixture over salmon fillets, dividing equally. Let stand 10 minutes to allow flavors to meld.

3. Bake salmon until just opaque in center, 15-18 minutes. Serve with lemon wedges. Serves 4.

HORSERADISH YOGURT TOPPING

- 1/2 tablespoon prepared horseradish
- 1/2 cup Greek yogurt
- 2 teaspoons capers
- 1/2 teaspoon salt
- 1 teaspoon freshly ground pepper

In a small bowl, mix together horseradish, yogurt, capers, salt and pepper. Refrigerate 15 to 20 minutes to allow flavors to combine. Place a tablespoon on each piece of cooked salmon.

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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Do Words Mean Anything?

by BOB CASEY, Preacher

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Someone has correctly said that words are vehicles upon which thoughts travel. So then we can only reveal our thoughts except by the words we use. Who can doubt that a road sign that says "Stop" especially at a busy intersection means what it says. Occasionally we will hear that someone ignored the stop sign, and in so doing may have lost their lives, or even caused the death of some others as well. So to any rational person, words do mean something.

Then in the same time, in matters of religion many act as if words don't really have any true meanings, such as the words of Jesus in **John 3:16**, "For God so loved the world that he have his only begotten son, that whosoever believeth in him should not perish, but have everlasting life." Sadly, I recently heard a preacher use the word should not, to shall not. Then after a few minutes he must had some eyes and ears upon him, because he quoted again the same passage with an invented word and I quote what he said, "whosoever believeth in him shusold not perish." Sadly, what he was doing was choking on the plainness of God's words. I believe the reasons that he did this reveals his disdain for the plan of redemption Christ has clearly given to save mankind. Preaching such a plan as his leaves out the commandment to hear the gospel, such as **1 Timothy 3:16**, "All scripture is given by inspiration of God, and is profitable for doctrine, or teaching truths." Also the apostle Paul says in **1 Timothy 6:3-5**, "If any man teach otherwise and consent not to wholesome words, even the words of our Lord Jesus Christ, and to the doctrine which is according to godliness." The next two verses say, "One who does this is proud, knowing nothing, perverse, disputings of men of corrupt minds, and destitute of the truth," and adding a warning, "from such withdraw thyself."

But if you fail to read and study the scriptures for yourselves you may be easily read from the truth. **II Timothy 2:15** says: "Study to shew thyself approved unto God."

Again there are men out there who do not believe that it is necessary to confess one's faith that Jesus is the Christ in order to be saved. This they teach in spite of **Matthew 10:32** and **Luke 12:8-9**, "Whosoever therefore shall confess me before men, him will I confess also before my father which is in Heaven." Again just any old confession will not do. It has to be based upon the inspired example in **Acts 8:37**. Have you read this confession? Also, men choke themselves on the command of Jesus to be baptized for the remission of sins (**Mark 16:15-16**, **Acts 2:38**, and **Acts 22:16**). These words are so easily understood that even a child in elementary education can understand them. Why then do men not believe them? Simply because men have always taken the easiest road to attempt to reach their goal, but in matters of salvation, this is the most dangerous way to live, because one's hope of heaven is based upon obedience. **Hebrews 5:8-9** says so!

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

Seeds of Hope



The school of suffering has many graduates. It seems that most of them provide insight into the grace and mercy of God for those willing to hear them speak.

King David was a graduate of this school. What he learned about suffering is revealed in the sixth Psalm. He begins by describing his pain and the fear he has of his enemies. He shares with us a list of symptoms that most of us have experienced at one time or another: emotional stress, crying, sleepless nights, being attacked by others. However, when he cried out to God for help, God heard him and healed him.

Whatever brought about the distress of David was relieved when he called on God for His

mercy. Here we find a pattern for us to follow when we need God to rescue us from our sin and suffering. First, he asked God not to abandon or punish him. Then he asked for God's compassion and care, admitting that he was weak, "sick at heart" and could not handle the situation by himself. He described his weeping as so intense that "my bed is wet with tears." He was remorseful for what he had done and what God might do to punish him. So, he cried out for God's "unfailing love" and knew that God heard him and he was able to declare with confidence: "The Lord has heard my crying and my plea (and) the Lord will answer my prayer."

God always hears and answers the prayers of anyone at any time who asks for His forgiveness. There are no limits to His love or conditions for His grace.

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BIBLE TRIVIA

by Wilson Casey

1. Is the book of Jonathan in the Old or New Testament or neither?
2. Who escaped Damascus when the disciples took him by night, and let him down by the wall in a basket? Naboth, David, Saul, Peter
3. From Luke 23, what

does Pilate suggest be done to Jesus, that he be chastised and ...? Hung, Stoned, Crucified, Released

4. When Abraham dwelled between Kadesh and Shur, where did he sojourn? Gerar, Nimrod, Aj, Tarsus
5. From Genesis 41, what Egyptian woman was the wife of Joseph? Euodia, Syntyche, Asenath, Gomer
6. Whose mother-in-law was Naomi and sister-in-law, Ruth? Deborah, Orpah, Adah, Rizpah

Bible Trivia answers are at the bottom of Page 12

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