

This 'N That



Times Remembered Betty A. Young
BYoung505@Windstream.Net

I am happy to say that I am really proud of the way Kentucky has played in the NCAA Tournament. Defeating Wichita was a major accomplishment. It was a nail biting game with the score going back and forth. Thank goodness we got the run at the right time and also hit the foul shots.

Come Friday, we will be facing the Louisville Cardinals again. Seems the NCAA committee has all the Kentucky teams in the same bracket as always. We definitely overcame being the #8 seed and we are anticipating winning again on Friday. GO BIG BLUE!

Eastern was very im-

pressive and gave Kansas a scare; I wanted them to win so badly. They played awesome. We are proud of ECU!

Many of my friends have texted me or called me about seeing my kids on TV last week in St. Louis. Tara, Steve and Colton were there on Thursday watching practices and three TV stations interviewed them; which aired on the local 6 o'clock news. Colton even got to yell GO BIG CATS on Channel 27.

Meanwhile, March is a fine time to start gardening and for getting the garden plowed, provided the weather gives a break with a sufficient period of time without rain to allow tilling and planting of early crops. Now is the time to plant cool weather vegetables which should go into the soil before the month is out. Among them are potatoes, green peas, onions, lettuce, cabbage, broccoli, radish, greens (mustard, turnip, Swiss chard and kale) and the like. Just the thought of a mess of new potatoes and sugar snap peas is enough to set my salivary glands into action.

Even if it's too wet to get the garden plowed, there are always outdoor chores a plenty demanding atten-

tion— picking up downed limbs and trash from the yard, spreading some rotted wood chips in several places, Already the first daffodils are in bloom, bringing a bright and most welcome splash of yellow to the landscape, and you can see color on Forsythia bushes.

I cherish March, never mind that it is a temperamental and often a tempestuous month. After all, it brings greening-up with all of its promise of renewal and earth's rebirth. There are buds on a number of trees and bushes have swollen. We'll have another spell (or maybe two or three) of rough weather, but that's fine with me. Like Grandpa used to say, "Once you've got February licked it may not be smoothing sailing but you know warming days and growing things are on the way."

In Kentucky the latter half of March brings glories without number in terms of blooming wildflowers. The forest takes advantage of every bit of spring warmth prior to trees leafing out fully, and as a result the observant eye sees beauty at every turn. The purple and white hues of violets and the yellow of buttercups, dandelions, jack-in-the-pulpits; and maybe early blooming wild strawberries and dewberries; and the deep purple of paw paws (which seem to bloom too early about every other year, only to get nipped by a late frost). The end of the month brings a warm rain followed by a few days of sun, the morel mushrooms could pop up like magic.

Speaking of mushrooms . . . remind yourself the Mountain Mushroom Festival is coming up the last weekend in April!

Is Anyone Listening?

by BOB CASEY, Preacher
Church of Christ, 262 Broadway, Irvine, KY

I am now in the middle of my forty-fourth year of attempted gospel preaching, and at this time my observation concerning the spiritual interest among people is not a good one. A few years back I heard a preacher, now deceased, say these words: "I used to preach a week full of sermons and was seeing ten to 15 people respond in one way or another. Now, if I preach 50 sermons and just one responds, it is not unusual.

How sad it is for all gospel preachers to see a present trend constantly deteriorate. In **Isaiah 49:1-7**, "Listen, O isles, unto me; and hearken, ye people, from far; The LORD hath called me from the womb; from the bowels of my mother hath he made mention of my name. And he hath made my mouth like a sharp sword; in the shadow of his hand hath he hid me, and made me a polished shaft; in his quiver hath he hid me; And said unto me, Thou art my servant, O Israel, in whom I will be glorified. Then I said, I have laboured in vain, I have spent my strength for nought, and in vain: yet surely my judgment is with the LORD, and my work with my God. And now, saith the LORD that formed me from the womb to be his servant, to bring Jacob again to him, Though Israel be not gathered, yet shall I be glorious in the eyes of the LORD, and my God shall be my strength. And he said, It is a light thing that thou shouldst be my servant to raise up the tribes of Jacob, and to restore the preserved of Israel: I will also give thee for a light to the Gentiles, that thou mayest be my salvation unto the end of the earth. Thus saith the LORD, the Redeemer of Israel, and his Holy One, to him whom man despiseth, to him whom the nation abhorreth, to a servant of rulers, Kings shall see and arise, princes also shall worship, because of the LORD that is faithful, and the Holy One of Israel, and he shall choose thee."

Isaiah must have felt at this time like many preachers have felt in times past, that no one wasn't very interested in what he or God has to say anymore. Because if people really listened to the gospel, then they would really hear it and would obey it. But today this does not seem to be the case. But even if no one seems to be listening or hearing, does our Lord's command to go and preach the gospel cease? Jeremiah the prophet had that feeling in his heart one day, saying: "I was deceived, I am in a derision daily everyone one mocketh me. For since I spake, I cried violence and spoil, because the word of the Lord was a reproach unto me. Then I said, I will not make mention of him, not speak anymore in his name, but his word was in mine heart as a burning fire shut up in my bones, and I was weary with fore-aring, and I could not stop," (**Jeremiah 20:7-9**). I suppose that many preachers have at one time or another felt the same as Jeremiah, but after being commissioned by the Lord to preach the gospel there really is not retirement in that enlistment. Only ill health or death will bring it to an end. So if one preaches, and no one seems to listen, what should a preacher do? Be thou faithful unto death and keep on preaching. Even if maybe just one hears and obeys, it will be worth it all. Paul the apostle knew some things about preaching. In **I Corinthians 15:58**, "therefore my beloved brethren, be ye stedfast, unmoveable always abounding in the word of the Lord, forasmuch as ye know that your labour is not in vain in the Lord." Also in Philippians 2:16 he wrote: "Holding forth the word of life; that I may rejoice in the day of Christ, that I have not run in vain, nor laboured in vain." So friend, you may be struggling in this life, but don't quit, it will be worth it all when Jesus returns. **Revelation 22:12**. Our Lord says so.

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

THE ILLUSTRATED BIBLE

...If a woman has long hair, it is a glory to her; for her hair is given to her for a covering.

1 CORINTHIANS 11:15

Francoise by Pablo Picasso (1946)

Kitchen Diva

Fast Freezer Food

by ANGELA SHELF MEDEARIS

I consider my freezer my cold pantry. I keep it stocked with individual, quick frozen (IQF) fish, shrimp, beef and pork that I wash and season immediately after coming home from the grocery store. (This marinates the meat and saves time). I also stock frozen vegetables - both pre-packaged and blanched veggies from spring and summer months -- "planned ahead" casserole meals for busy days, leftovers in old-school "TV dinner" plastic containers (perfect for the microwave), extra loaves of bread and sale items that are too much for the two of us to eat, but too good to pass up.

I also prepare and freeze appetizers for unexpected company, strawberries macerated in sugar, balsamic vinegar, vanilla and cinnamon to spoon over warm pound cake, and cookie and cake crumbs to sprinkle on ice cream for quick desserts.

Frozen food is a delicious way to capture the best flavors of each season. Although many people developed innovative food-freezing techniques, it was Clarence Birdseye who in 1924 invented the quick freezing method known as IQF that produces the frozen foods that we know today.

While working as a fur trader in Labrador, Canada, Birdseye discovered that the fish that he and the local Inuit caught froze almost immediately after being pulled from the water. He was delighted to discover that the fish was just as delicious when thawed out months later.

From this experience, he theorized that food must be frozen very quickly in order to retain its taste and texture. Birdseye was right. Before quick-freezing came along, foods were frozen at a fairly slow rate. This caused large ice crystals to form, which ruptured the cell membranes of the food. When the food was defrosted, the ice crystals melted and water would leak out, taking with it the food's flavor and texture.

Birdseye developed two methods for quick freezing foods, both of which employed the innovation of packaging the food beforehand. In the more popular technique, the packaged food was held under pressure between two hollow metal plates that were chilled to -25 F by the evaporation of ammonia. Using this method, a 2-inch-thick package of meat could be frozen to 0 F in about 90 minutes, while fruits and vegetables took about 30 minutes.

Birdseye's quick-freezing process ended up creating 168 patents! These covered not only the freezing technique, but also the packaging, type of paper used and related innovations.

Frozen foods are a delicious way to prepare a variety of dishes using fruits and vegetables that have been frozen at their peak of freshness. This recipe for Veggie Breakfast Cupcakes is the perfect "on the go" breakfast. It's also a delicious way to incorporate vegetables into a breakfast dish.



VEGGIE BREAKFAST CUPCAKES

- 1 can (16.3 ounces) refrigerated biscuits (8 biscuits)
 - 1 bag (12 ounces) Steamfresh Broccoli Florets, cooked according to package directions
 - 1 bag (12 ounces) Steamfresh Mixed Vegetables, cooked according to package directions
 - 3 ounces cream cheese, softened
 - 1/2 cup plain yogurt or sour cream
 - 1 1/2 cups shredded Swiss cheese
 - 2 eggs
 - 1/2 tablespoon garlic powder
 - 1 teaspoon salt
 - 1 teaspoon black pepper
 - 1/2 teaspoon honey
 - 1/4 teaspoon cayenne pepper
1. Preheat oven to 375 F.
 2. Evenly press biscuits into bottom and up sides of a 12-cup muffin pan; set aside.
 3. In large bowl, combine the cooked vegetables with cream cheese, yogurt, 1 cup shredded cheese, eggs, garlic powder, salt, pepper, honey and cayenne pepper.
 4. Evenly spoon vegetable mixture into prepared muffin cups. Bake 15 minutes. Evenly sprinkle with remaining cheese and continue baking, 5 minutes or until golden brown. Serves 4.
- Tips:** Try substituting Birds Eye Steamfresh Baby Broccoli, Italian or Broccoli Cauliflower blends in place of Mixed Vegetables.

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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seeds of Hope

No one is or ever has been immune from being hurt or harmed by arrows of anger that come from those we thought were our friends. Sometimes the statements that shame and slam us even come from members of our own family. And, unfortunately, some of us may even be guilty of doing to others what they have done to us and caused them pain and sleepless nights. We all know the feelings of pain and panic that come from "word wounds" and the problems they have caused us.

David faced the same issues. He spoke of those who persecuted him and wanted to tear him to pieces as a lion destroys its prey. They rage and do wickedness, bring iniquity and bear falsehood and

caused him trouble. Those powerful words leave very little to the imagination. He was not reporting any second-hand observations or reporting what others told him of their experiences. People were out to get him and he knew it.

And he responded to them in a way that sets the Christian standard for revenge. He turned the matter over to God! He began by affirming his relationship to God by declaring, "I come to you for protection, O Lord my God. Save me from my persecutors."

He knew exactly where to go and what to do to solve his problem and heal his wounded heart: He went to His Lord knowing that only He could save him from the harm that others would do to him if they could.

We must do as David did. We must call upon the Lord to be our Defense and Defender in times of need.

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BIBLE TRIVIA
by Wilson Casey

1. Is the book of Deuteronomy in the Old or New Testament or neither?
2. In which book's 10:30 does it say that God keeps numbered the very hairs of your head? Genesis, Exodus, Matthew, Mark?
3. From Leviticus

11, which of these were Israelites permitted to eat? Camel, Hare, Swine, Cow?

4. Who tried to take a Beersheba well away from Abraham? Abimelech, Samson, Ezekiel, Pekahiah?
5. From biblical and current times, what type of creature is a coney? Donkey, Rabbit, Viper, Locust
6. According to Proverbs 16, what is it better to get than gold? Mate, Health, Wisdom, Saved

Bible Trivia answers are at the bottom of Page 9

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