

Bob Watkins' Sports In Kentucky

Kentucky has markings of Secretariat on way to Belmont Stakes II



Bob Watkins

Mixing metaphors. If there is a Secretariat out there today – talent, poise, flowering personality and national attention it's housed in Lexington,

Kentucky's basketball team is big, powerful, smart, showy, with a heart two lions large, and can run too, ten-at-a-time, on 20 legs, all day.

That ESPN analysts declared to the world in the last week-or-so that Kentucky has quality enough to win its own triple crown (SEC, SEC tourney and NCAA), is johnny-come-lately. Folk in Big Blue Nation "saw it right off."

If you're still with me here, you've probably seen every SEC team play at least once this season. Says here, Gainesville, Tuscaloosa to Baton Rouge, pick one, I've seen nary a platoon to match Kentucky's two. Add in the hostile home crowd factor at SEC stops (see poise against UofL), and Kentucky still looks like Secretariat out of the gate. With due respect to Duke fire power, Virginia defense and Arizona teamness, we could be witnessing the unfolding of narrative for another Belmont Stakes (1973).

The ingredients and personality elements for legend are all there.

TO THE UK ARCHIVES!

Having steam rolled its non-SEC schedule 12-0, let us open the UK basketball archive which, in this case has the heft of Smithsonian and is reverential history to Big Blue Nation.

√ 1966. Last time a Kentucky team had the magical mix of skill, size, savvy and likability to march to March. On the way to No. 1 in the rankings, Rupp's Runts finished pre-SEC 9-0. By March 5 and a trip to Knoxville the Wildcats were 23-0. We know what happened then.

√ 1954. If the 2015 Wildcats flatten the SEC they will reach a pinnacle not seen in Big Blue Nation in 61 years. The 1953-54 team won its first seven by double-digits through December and ranked first in all national polls. Adolph Rupp's only unbeaten team was on its way to 25-0.

Then, in a decision that, if made today would cause riot and ruin and a lawsuit, SEC schools voted to let Kentucky participate in the NCAA Tournament, but without it's three leading scorer-rebounders, Cliff Hagan, Frank Ramsey and Lou Tsioropoulos.

Disqualify the core of Rupp's team because? They were graduate students who had exhausted their eligibility, the league ruled. Irrelevant, they said, the three had not played at all the year before since Kentucky had been suspended as punishment for the point shaving scandal in 1949.

Without his Terrible Trio, Rupp declared his

No. 1 ranked and unbeaten team, would not accept the NCAA bid. In the end 1954's national champion was LaSalle. Kentucky had coasted by the Explorers 73-60 in December.

The decision to ban Hagan, Ramsey and Tsioropoulos was, many believed, linked to football dominate SEC bosses who wanted to punish Rupp again for the 1949 scandal.

And so, another record is up for re-set for the 2015 Kentucky Wildcats, 25-0 and beyond.

OBSERVATIONS: UK-LOUISVILLE

√ Tyler Ulis. Beyond his remarkably timely shooting in face of 22,000 hostiles, was the rookie's poise and, with blood running down his face, tenacity to carry on. Good news: Kentucky fans can spend a few dollars on a No. 3 jersey for the kid. Better news: Ulis will likely be around awhile.

√ Not a good sign. Louisville forced a visiting foe into 10 turnovers in 20 minutes, still trailed at half.

√ Chris Jones open shot from the left ... clang! Wayne Blackshear open from base line ... clank!

√ Montrezl Harrell blocked a Willy Cauley-Stein shot early. His emotional outburst after one play cost energy and did nothing to help his team.

√ An All-American, Harrell cleared himself for just nine shots in 40 minutes.

√ Passionate Rick Pitino had his team wound tight enough to fight the Taliban, the Cardinals were so emotionally taut they couldn't calm down and shoot straight, 15 of 58 (eight more tries than Kentucky), was a Junior Pro-like, 25 per cent.

√ This was no game for Pitino. The normally effervescent coach's jaws were so tight afterwards, he told media he would answer three questions, only.

√ One assist (Chris Jones)? The Cardinals attempted 58 shots, 35 by guards and had one pass-for-a-basket. What sort of team preparation was this?

√ Blocked shots. A brag-rights element in Louisville's swarm defense. Against Kentucky, the Cardinals logged two.

√ Defense can't win every game, say some experts? Yes, it can. Poor shooting nights happen to teams, but defense, underpinned by extraordinary depth, can be sustained all night every night.

√ Offense option: Teams on UK's schedule face same bad option: What do do when the Harrisons twins checked out and freshmen Devin Booker and Ulis check in. Booker and Ulis swished eight of 13 shots, including three triples, 23 points.

WORTH REPEATING DEPT.

Karl Anthony-Towns:

• "It was very physical, but they let a lot go. It was one of those games you had to keep playing through the fouls. Don't worry about it. Don't complain. Just keep playing."

• "It's going to be one time in my life I'll be able to play with a person like Willie Cauley-Stein. It's a blessing and I just want to enjoy all the time I have with him. ... Possibly one of the best defenders I'll ever play with."

And so it goes. You can reach me at bob.Watkins24@aol.com

Kitchen Diva

Something Old, Something New for New Year's

by ANGELA SHELF MEDEARIS and GINA HARLOW

For thousands of years, people have marked the start of the new year. The new year is a new beginning ... a time when we honor the past and look forward to what will come. This also is a time for ceremony and celebration. In 1904, the first-ever celebration of New Year's Eve in Times Square took place. For more than 100 years, New Yorkers have continued this famous party, while across the nation, countless other festivities, big and small herald a new year. Whether it is a quiet night of prayer, reflection and reverence or a rowdy affair with fireworks, we see New Year's as a time to feel hopeful and inspired.

Cultures around the world use different calendars to determine the start of the new year, but all have traditions that celebrate the event. New Year's customs range from the Japanese tradition of sending thank-you cards to friends and relatives, to Estonia's fabulous feast of 12 meals on New Year's Eve. Each meal is believed to impart strength for the following year.

There are customs around the world that express our human desire for good fortune or special blessings in the coming year. In Ireland, single women place springs of mistletoe under their pillows in hopes of finding a husband. The Chinese and Japanese perform a special cleaning of their homes, to rid themselves of bad luck. Some cultures burn effigies that represent the misfortune of the previous year.

There also are traditional foods that are prepared on New Year's Eve and New Year's Day. Many of these dishes symbolize prosperity and fortune. Foods such as pig and fish are eaten in hopes of having a bountiful future. Many New Year recipes have cakes or puddings with some kind of treasure buried within. Some cultures put special significance on round food or baked goods because the shape represents a completed circle or course of time.

In the United States families celebrate in countless ways with food and drink customs handed down from one generation to the next. My recipe for Slow Cooker Country Pork Ribs with Sauerkraut and Apples is popular in the Northeast, while in the South, black-eyed peas and greens are often served on New Year's day.

Of course, there is absolutely nothing wrong with starting new traditions that symbolize all the hope and gratitude we all feel at beginning of another year. Happy New Year!



Slow Cooker Country Pork Ribs with Sauerkraut & Apples

A modern slow cooker provides a delicious twist on this classic Alsatian choucroute garnie recipe. The seasoned layers of tender pork, potatoes, apples and vinegary sauerkraut, coupled with a variety of flavorful spices, makes this the perfect dish to welcome in the New Year.

- 1 large yellow onion, cut into thick rounds
- 4 large garlic cloves, sliced in half
- 1 1/2 tablespoons salt, divided
- 2 teaspoons freshly ground black pepper
- 2 pounds prepared or homemade sauerkraut, drained and excess liquid squeezed out
- 2 teaspoons dark brown sugar
- 1 tablespoon caraway seeds
- 1 pound Yukon Gold potatoes or redskin potatoes, scrubbed and cut into roughly 1 1/2-inch chunks
- 2 pounds boneless country pork spareribs, cut crosswise into 3-inch pieces
- 1 tablespoon dried rosemary
- 1 tablespoon fresh thyme
- 1/4 teaspoon cayenne pepper
- 3 Golden Delicious apples, peeled, halved and cored
- 2 bay leaves
- 1/2 cup low-sodium chicken broth
- 1 tablespoon apple cider vinegar
- Dijon or whole-grain mustard, for serving

1. Place the onions and garlic in a large bowl; season with 1 teaspoon salt and 1/2 teaspoon pepper, toss to coat, and place in the slow cooker. Place the sauerkraut, brown sugar and caraway seeds in the bowl, season with 1/2 teaspoon ground pepper, toss to combine and lay evenly over the onions.

2. Place the potatoes in the bowl, season generously with 2 teaspoons of salt and 1/2 teaspoon of pepper, toss to coat, and place in an even layer over the sauerkraut.

3. Generously season spareribs all over with remaining salt and pepper, the rosemary, thyme and cayenne pepper.

4. Arrange pork over the potatoes in an even layer. Place apples and bay leaves over the pork. Pour chicken broth and apple cider vinegar around the edges of the food in the slow cooker.

5. Cover and cook on low heat until pork is fork tender and almost falling apart, about 6 to 8 hours. Remove and discard bay leaves. Arrange meat, apples, potatoes, sauerkraut, onions and garlic on a serving platter and drizzle with any remaining juices. Serve with Dijon or spicy whole grain mustard, if desired. Makes 4 to 6 servings

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. Read Gina Harlow's blog about food, gardening and horses at www.peachesandprosciutto.com. Recipes may not be reprinted without permission from Angela Shelf Medearis.

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Community News

Mail announcements to The Estill Tribune, 6135 Winchester Road, Irvine, KY 40336 Call (606) 723-5012; Fax to (606) 723-2743; or E-mail it to <News@EstillTribune.Com>

Fridays, 6:00 to 8:00pm

Estill Appalachian Dulcimers

The Estill County Appalachian Dulcimer Club meets every Friday from 6 to 8 p.m. at the First Christian Church, Main Street, Irvine, for anyone who plays an Appalachian Dulcimer or anyone

who is interested in playing one is welcome to attend.

The Appalachian Dulcimer was designated as the official state instrument of Kentucky in 2001.

Friday, January 2nd, 9am-3pm

Yard Sale at WestCare

WestCare will be having an indoor yard sale at 108 Main Street in Irvine, on Friday January 2, 2015, from 9:00

a.m. until 3:00 p.m. Everything will be \$1.00, and all the proceeds will be used as donations.

Saturday, January 3rd @ 6pm

Masonic Lodge Annual Fish Supper

Irvine Masonic Lodge #137 F & AM will be having their annual fish supper on Saturday, January 3, 2015 at the Lodge building located at the corner of Lilly Avenue and Broadway in Irvine.

puppies, dessert and drinks will be served.

The public, all Masons, their families and friends are invited to attend.

The cost of the supper will be \$10 and includes all you want to eat. Children 12 and under eat for free.

Monday, January 5th @ 7pm

Twin City Kruzers next meeting

Twin City Kruzers would like to wish everyone a Merry Christmas and a Happy New Year!

Twin City Kruzers would also like to Thank everyone that helped support us this past year. We are looking forward to the New Year.

Our first meeting for 2014 will be Monday, January 5 at

7:00 p.m. at Irvine City Hall. All meetings are over around 8:00 p.m.

Anyone interested in joining Twin City Kruzers needs to come to our meeting or call for more information.

President Kenneth Tipton 723-7554

Vice President Darrell Hall 723-3612

Tuesday, January 6th @ 6pm

Estill Historical Society Meeting

The Estill County Historical and Genealogical Society will meet at 6 p.m. on Tuesday, January 6, 2015 at the meeting room of the Estill County Library for a business meeting. The 2015 Calendar is now available at the Museum on

Saturdays between 10 a.m. and 4 p.m. or see a member.

The Estill County Pictorial History, WW II Book, the School Book, and the two volumes of the Cemetery Books are still available.

First and Third Tuesdays at Raders'

Estill County Lions Club

The Estill County Lions Club will meet Tuesday, January 6th and on the first and third Tuesday of every month at Raders' River Restaurant. The meal is at 6:30 p.m. and business meeting begins at 7 p.m. Estill County Lions Club is part of Lions Club Inter-

national, with 1.35 million members in 205 countries around the world. We invite those who feel a call to make our community a better place through service to attend and learn about how Lions around the world earn our motto, "We Serve..."

Now Available

"Save the Mack" T Shirts

"Save the Mack" T-shirts are now available.

Short Sleeve XL & smaller sizes: \$15. 2XL & larger sizes: \$20. Long Sleeve: \$20.

Visit our booth at the EAC Arts and Crafts show December 6th to buy a T-shirt, a RCP Refrigerator Magnet, or

a "share" on a set of Longaberger Santa Belly baskets.

Shirts will be sold at both RCP performances December 13th & December 14th.

Visit Citizen's Guaranty Bank if you would like to order T-shirts in sizes we do not have readily available.

2015 Mountain Mushroom Festival

Food Court Applications Are Now Available

Food Court applications for the 2015 Mountain Mushroom Festival are now available at Irvine City Hall located at 101 Chestnut Street.

Food vendors must carry a minimum \$500,000 commercial vendor liability insurance. Application, fees and proof of liability insurance must be submitted by deadline date of Friday,

January 30, 2015 at 4:00

p.m. Mailed applications must be postmarked by the deadline date. No late entries will be accepted. The application fee is \$150 per food booth space plus a \$75.00 Early Departure/Closing fee, if applicable. For more information, you may call Kim Williams at 723-4235.

The 2015 festival dates are Saturday, April 25th & Sunday, April 26th.