

Bob Watkins' Sports In Kentucky

Rose on a ballot, Ken Burns-to-Kentucky, among like-to-see(s) in 2015



Bob Watkins

New year, new chance(s) to get it right.

Turning the sports calendar, a few things I hope we see this year.

1. A Pew Foundation two-question survey for fans across America:

√ Would you like to see Pete Rose's name on a Baseball Hall of Fame ballot?

√ If not, would you vote to eliminate other rascals, rogues, scoundrels, womanizers and cheats with plaques at Cooperstown? Another way of saying: Ty Cobb, Cap Anson, Leo Durocher, Gaylord Perry and, well, just say the list is long.

Rose will be 73 in April, is a confessed liar and cheat. Cobb was a violent loon, Anson a racist, Durocher suspended for gambling, and Perry an avowed cheat?

Truth is, Rose helped enrich MLB by millions of dollars in 23 seasons. He drew fans to see him play in 3,562 games; won three batting titles; had a 44-game hit streak; owns three World Series rings; had best ever 4,256 hits; and played in 17 all-star games.

To bring Pete Rose in from the cold would make MLB another mega-bushel of money, score public relations points, and give Americans a feels-good-to-

forgive moment.

2. Ken Burns documentary – Basketball in Kentucky. Start at Carr Creek, reel up a generous slice on personalities, pick the perfect narrator based on voice and understanding of every nuance in the material. Dan Manley in Mt. Sterling). Access a wealth of priceless photos. Voila! A five-night series, minimum.

3. Jake Bell, SEC coordinator for basketball officials, shows courage over political correctness insisting his designates do their jobs, demand coaches stay inside the coach's box.

4. Kentucky Wildcats travel to Nashville for SEC Tournament in March, 31-0.

5. Rick Pitino retires. A new career, before Da Coach pops a vein in his neck while verbally scalping an 18-year-old.

6. Elijah Sindelar, Kentucky Mr. Football 2015 becomes point man on revival of Boilermaker football, starting in 2017.

7. NBA Players Union drops age limit, let high school graduates do what most do, choose college or career.

8. NBA draft in June, second overall pick: Willie Cauley-Stein, after Duke's Jahliil Okafor.

9. Year III of Mark Stoops' football at Kentucky is a launch year. 1. Word inexperienced is deleted before it's a crutch; 2. With pay hike and contract extension last year translates into progress this fall for Big Blue Nation: Year three. Show us something!

10. Somebody gives UK director of athletics Mitch Barnhart a commendation, a medal, or at least a gift card to Wal-Mart. In two e-mails to UK fans, Barnhart crowed about his men's basketball team's 3.1 grade point average for fall semester. And, he said, "We

enter the New Year 26th in the latest Directors' Cup standings, which puts ahead of last year's record-setting pace heading into the spring semester."

A public commendation for a man who uh, doing his job.

11. Television sports executives end the mindless halftime on-the-run dumb question interviews with ball coaches headed to locker rooms.

12. Army-Navy game. For series sake, hope the Cadets end the Middies' 13 years win streak.

13. Hope the brainless cliché Tell it like it is, goes the way of Howard Cosell ... allowed to die and be buried.

14. When a college football player lingers over an opponent after a violent or unnecessarily brutal hit, 15 yard penalty, automatic ejection for player and position coach.

15. Statewide canvas of fans. "Would you like to see Western Kentucky and Eastern Kentucky compete in football and basketball annually?"

16. Will the sports guy confess who hatched the idea "... SEC West teams are strong and teams in the East are weak," identify himself? Maybe self-anointed genius Paul Finebaum in Alabama?

Sounded clever and SEC media herd bought it, incorporated it into daily/weekly renderings.

In January, reality showed up. SEC West teams played in seven bowls, lost five, including No. 1 ranked Alabama. Meanwhile, East Division teams ran the table, 5-0.

What's it mean in 2015? Advertisers touting SEC as best in America could take a hit in profits. A harder hit might be to Crimson Tide hearts.

17. Hope your favorite ball coach manages a sweet deal like Tony Barbee's at Kentucky. Titled special assistant, Barbee is not allowed to coach. A Louisville Courier-Journal report said, his "... is essentially a desk job and pays \$150,000 a year."

So, essentially Barbee is a fan still being paid by Auburn, and \$150,000 from UK ... to watch games from best seat in the house, free.

18. Double college football playoffs to eight teams.

19. Need inspiration? Try Sum-It-Up. Life story of college basketball's winningest coach, Pat Head-Summitt.

Hope we see ...

20. Bill Walton guests on CBS's The Late Show when Stephen Colbert takes over this year, could be classic.

21. Television sports network executives cut back on talking heads. Guys and girls in 2014 analyzed everything they saw and too often were so busy blabbing we saw things they didn't see.

22. Pittsburgh Pirates go to the World Series.

23. Tribute. Stuart Scott, personality at ESPN more than two decades, died last Sunday. In 2015 someone will sit in his chair knowing he or she cannot fill it. Boo-Yah!

24. Talk show viewers/listeners experience more classics like tweets from two Alabama fans to talk host Paul Finebaum after Ohio State dumped the Crimson Tide.

√ Fan 1. "(It) Wasn't over when the Germans bombed Pearl Harbor."

√ Fan 2. "Germans? Are you actually comparing Bama's loss to the bombing of Pearl Harbor?"

And so it goes.

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Kitchen Diva

World of Flavor: What's Hot in 2015

by ANGELA SHELF MEDEARIS and GINA HARLOW

Unlike yoga pants, white trainers and fake fur, the food we eat might be considered more classic than trendy. The fact is, we all need to eat. Basic and vital as it seems though, food, like fashion, is not without its fads.

More than a succession of fads however, is the history behind what and how we eat. In this column we've talked about the how and why of certain foods we've grown up eating, and other foods we've grown to love. Now, more than ever, our cuisine choices reflect our vast multicultural population and the willingness of many of us to try something new. Even children, known for their fussy palates, are trying more complex flavors like macaroni and cheese with truffle oil -- probably due to their forward-eating parents.

In 2015, there is a high-pitched buzz about food. Heat and spice will be hot, a trend that has been growing steadily and now is predicted to explode. Ethnic cuisines from all over the world, with a focus on new and exotic flavors, will take the stage.

Is it because we are just bored and want something else for dinner? Or is it because we now work and live with people from all over the world and, like people do, we share our food, and in the process discover something new that tastes delicious? It's probably all these things, and something more. The health of our nation is a growing concern. In our desire to eat for wellness, we've discovered many elements of global cuisines that possess health benefits we need while keeping our diets interesting and tasty.

Also on the rise are recipes highlighting umami vegetables, which exhibit the "fifth taste" that gives food a pleasant, desirable flavor. Our taste buds are naturally attracted to these foods, which include sweet potatoes, mushrooms and nori. This year, try using a Japanese Seven Spice mixture in your recipes, or a flavorful Middle Eastern Shawarma Spice Blend.

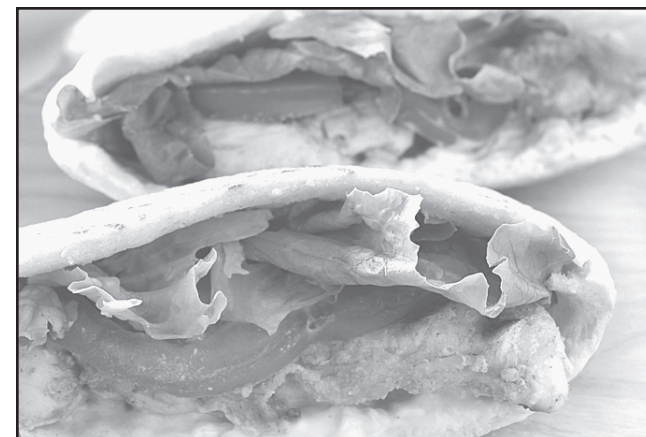
My recipe for Chicken Shawarma converts what has been a restaurant recipe into a dish that can be prepared at home. The Shawarma spice blend is a cure for taste buds that are tired of the same old chicken dish. It's an adventurous way to kick off a new year.

SHAWARMA SPICE MIX

Toasting the spices in a dry pan for 1 minute before using them in a recipe enhances the flavors.

- 1 tablespoon cumin
- 1 tablespoon ground coriander
- 1 1/2 teaspoons salt
- 1/2 teaspoon ground oregano or thyme
- 1 teaspoon paprika
- 1 teaspoon turmeric
- 1/2 teaspoon ginger
- 1/4 teaspoon cayenne pepper
- 1/8 teaspoon nutmeg

Mix all ingredients together. This spice mix will keep in an airtight container for about 4 weeks. Makes about 1/4 cup.



CHICKEN SHAWARMA

- 1 1/2 pounds thinly cut skinless, boneless chicken breast
- 1 pound thinly cut skinless, boneless chicken thighs
- 1/2 cup lemon juice
- 2 tablespoons tomato sauce
- 4 tablespoons plain, Greek yogurt
- 3 tablespoons white vinegar
- 1 head of garlic, crushed
- 2 tablespoons olive oil
- 1 1/2 tablespoons Shawarma Spice Mix
- 3 Roma tomatoes, sliced into thick rounds
- 4 pita bread rounds

1. Rinse chicken pieces with cold water, then cut horizontally into thinner cuts of about 1/2 inch (each piece could possibly be split into 2 slices depending on thickness). Place chicken pieces in large bowl.

2. In a blender, mix lemon juice, tomato sauce, yogurt, vinegar, garlic, oil and spice mix. Add the mixture to chicken and mix well. Cover and let marinate in refrigerator at least 4 hours, or overnight.

3. When ready, grill marinated chicken and some sliced tomatoes using grill pan on stovetop. Heat grill pan and add 2 tablespoons oil. Or alternately, grill using Panini grill or George Foreman grill for about 15 minutes on medium heat. You also can cook the chicken on a BBQ grill. Baking or broiling in the oven will dry out the chicken.

4. Once cooked, allow chicken to cool, and then shred as thinly as possible. Traditionally, the pita bread is spread with Lebanese Garlic paste, or you can use a good-quality mayonnaise mixed with 1/2 teaspoon garlic powder and 1/2 teaspoon of lemon juice.

5. Spread the chicken shreds along diameter of a piece of pita bread. Some restaurants place French fries inside the sandwich. Others add a cabbage and mayo salad, along with salty Middle Eastern cucumber pickles. You can substitute shredded coleslaw and sliced dill pickles, if desired, and grilled or fresh tomatoes. Makes 4 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. To see how-to videos, recipes and much, much more, Like Angela Shelf Medearis, The Kitchen Diva! on Facebook. Read Gina Harlow's blog about food and gardening 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>

Thursday, January 8th @ 6pm

Irvine-Ravenna Kiwanis Club

The Kiwanis Club of Irvine-Ravenna will meet Thursday, January 8, 2015 at 6 p.m. at Michael's Restaurant. Danny Click, Director of Transportation of the Estill County Schools, will present the program.

Donations made by the Club in December were Kids Christmas gifts, Estill Ministerial Association, Special

Olympics, Salvation Army, Early Childhood books, KET KY River Documentary, and ECHS Key Club dues.

Kiwanis is a global organization of volunteers dedicated to improving the world one child and one community at a time.

Any man or woman interested in becoming a member may call 606 723-5694.

Thursday, January 8th @ 7pm

Mushroom Festival Planning

The 25th annual Mountain Mushroom Festival will be April 25-26, 2015. You're invited to come and be a part of the planning on Thursday, January 8, 2015 at 7

p.m. in Irvine City Hall, 101 Chestnut Street. Anyone interested in assisting with the festival is welcome to attend. For further information contact City Hall at 723-2554.

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.

Saturday, January 10th 8am-1pm

Life-Saving Opportunity

Area residents are invited to be life-savers at the upcoming Kentucky Blood Center blood drive for the Estill County Community on Saturday, January 10, 2015, 8 a.m. - 1 p.m. at the First Christian Church in the Fellowship Hall at 270 Main Street in Irvine.

To schedule a donation or for more details, visit kybloodcenter.org or call

800.775.2522.

Blood donors must have a photo I.D., be 17-years-old (16 with parental consent), weigh at least 110 pounds, be in general good health and meet additional requirements. Sixteen-year-old donors must have a signed parental permission slip, which can be found at kybloodcenter.org.

Tuesday, January 13th @ 6:30pm

Estill Relay For Life Meeting

Relay For Life of Estill County will meet on Tuesday, January 13th at 6:30 p.m. in

the Fellowship Hall of South Irvine Baptist Church.

Tuesday, January 13th @ 10:30am

GTE/Sylvania/Osram/UAW

Winchester GTE/Sylvania/Osram/UAW retirees will meet 10:30 a.m. at the Union Hall on Bloomfield Road, Tuesday, January 13, 2015, for a short meeting.

After the meeting, members and guests will gather

at Ramsey's in Lexington for lunch. Ramsey's is located off Man-O-War and Liberty Road, just beyond Hamburg.

All Winchester Sylvania retirees and former employees are welcome for lunch.

First and Third Tuesdays at Raders'

Estill County Lions Club

The Estill County Lions Club will meet Tuesday, January 20th 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..."