



## Times Remembered Betty A. Young

BYoung505@Windstream.Net

It's good to be able to write my article again. One doesn't realize how much we take our health for granted when we are well and feeling good. I am

# It's Good To Be Able To Write Again

feeling better but still very weak. But thank goodness I am not vomiting every day and my energy is slowly coming back.

For most of my readers who don't know, I have been sick since the 14th of December with stomach and ear problems. Actually, my ear problems began about a year ago; I begin having constant ear aches. At that time I had ear tubes put in my ears that helped for about six months and the pain began again.

In September -December time frame it just kept getting worse. I had taken so much ibuprofen for pain that I irritated my stomach, thus causing Gastritis and an ulcer that caused excru-

ciating pain, nausea and vomiting. I have lost 25 pounds during this process. No wonder, all I could eat was crackers and Gatorade.

I've had so many tests and blood work that I never want to go through any of this again. I had a CT scan of the abdomen, an EGD of esophagus, a Motility test of the stomach, CT scan of head and MRI of the brain. All were normal; I'm still waiting on the MRI results. Seen four specialists and two Internal Medical doctors.

The ENT doctor for my ears is saying there's nothing else he can do; he can't find anything wrong; I am now going to a Neurologist who thinks it may be

migraines?? I've never had headaches but my pain moves from my ears to the top of my head and all around my forehead and temples.

I know one thing it is the worst pain I have ever experienced and I've had seven surgeries and have gone through some painful procedures. I am on some medicine for migraines that seems to be helping a little bit. My stomach is feeling better and I actually ate a real meal this week-end. It was so good.

I want to thank everyone for all their prayers, phone calls, cards and concern for me during this time of sickness. God Bless you all. It is good to be back.

## BIBLE TRIVIA

by Wilson Casey

1. Is the book of Jeremiah in the Old or New Testament or neither?
2. The villains, Sanballat and Geshem, are mentioned in only which book (KJV)? 2 Chronicles, Ezra, Nehemiah, Esther
3. From Ephesians 5,

what did Paul recommend as a substitute for wine? Water, Laughter, Love, Holy Spirit

4. Who condemns drinkers who start early in the morning? Job, Isaiah, Ezra, Esther
5. Which king had 1,400 chariots and 12,000 horsemen? David, Jehoash, Solomon, Neco
6. Who wrote the book of Revelation? John, Jude, Matthew, Peter

**Bible Trivia Answers are at the bottom of Page 9**

# 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, February 5th @ 7pm

### Mountain Mushroom Festival

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, February 5 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 or 723-1233.

## Friday, February 6th, 6-8pm

### 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.

## Tuesday, February 10th, 10:30am

### GTE/Sylvania/Osram/UAW

The Winchester GTE/Sylvania/Osram/UAW retirees will meet for a regular business meeting, Tuesday, February 10th at 10:30 a.m. at the Union Hall.

Following the meeting, members and guests will travel to Kathy's Country Kitchen in Clay City for lunch about 11:30 a.m. with other members and guests.

## Tuesday, February 17th at Raders'

### Estill County Lions Club

The Estill County Lions Club will meet Tuesday, February 17th 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..."

## Thursday, February 26th @ 7pm

### Estill Community Chorus Meet & Greet Reception

Thursday February 26th at 7 p.m., the Estill County Community Chorus will hold a "meet and greet" for returning members and those interested in joining the chorus. The reception will be held in the basement of the First United Methodist Church, Main Street, Irvine.

This will be a time to rekindle old friendships and make new ones. Music folders will be ready to pick up and take home with you. Membership fees are \$25.00. There is a Couple's fee of \$35. Scholarships are available; please talk with Carol Anne during the reception.

Auditions are not required and new members are always welcome.

The Spring Concert will be held at the First United Methodist Church, Irvine on Sunday, June 7th, 2015 at 3 pm. This year's program will include some new music as well as familiar tunes. Carol Anne Wilson will be directing and Nancy Farmer will be the pianist/accompanist with Ann Siudmak assisting as needed.

We will meet in the Sanctuary of the First United Meth-

odist Church for rehearsals every Thursday night at 7pm beginning March 4th. NO rehearsal Maundy Thursday, April 2, 2015.

All rehearsals as well as the performance will be held this spring at the First United Methodist Church, Irvine.

For more information contact Director, Carol Anne Wilson at 859-556-0163 or by email at cawilson44@gmail.com.

### top ten

Not-So-New Words\*

1. Hipster (1938)
2. Credit card (1888)
3. Rap (1787)
4. Ginormous (1942)
5. Irregardless (1795)
6. Online (1950)
7. Energy drink (1904)
8. Frieded (1200s)
9. D'oh! (1945)
10. Wiretap (1902)

\*Earliest known usage  
Source: Merriam-Webster

© 2015 by King Features Syndicate, Inc. World rights reserved.

### seeds of Hope



Knowledge is one thing. Knowing is quite another. We may know about someone and yet not know that one as a person. To know someone means taking a risk and becoming vulnerable. David wanted to know God. Really know Him. So he prayed, "show me, teach me, lead me." He was willing to take a risk! David wanted to come to know his Lord and the Lord of Life.

Notice how much there is in Psalm 24 verse four:

When he asked God to "show him," he was literally asking God to make Himself known to him. If we want to know God like David wanted to know God, it is necessary to begin with repentance and forgiveness. The gift of salvation is the first step in our

knowledge of God. As our knowledge of Christ grows, we will begin to understand the meaning of salvation, we will become more knowledgeable about God's love, mercy and grace.

Then he continued "teach me" Your paths. If we have repented, we will want God to show us the path that He wants us to take and follow Him wherever it leads. Jesus said, "I am the way." He is not a way, but is the way and is always willing to teach us His way but we must be willing to listen to Him speak to us.

Finally he said, "Lead me in Your truth." He realized that he was fallible - prone to making the wrong choices. So, he was willing to admit that He needed God's wisdom in place of his knowledge and that he needed His insights. He willingly begged God to equip him for the life that God had planned for Him.

PS050 - February 4, 2015  
Visit us at SowerMinistries.Org

## Misdirected Zeal

by BOB CASEY, Preacher

### Church of Christ, 262 Broadway, Irvine, KY

Did you know that in our nation consisting of 300 million people, that 86% of the adults are claiming an affiliation to some form of religion? And did you also know that in America alone that there is estimated to be at least 2400 different groups meeting under a name that is different from their neighbors, and also, that they teach a plan of salvation and worship that is much different? Can they all be right? Our Lord prayed for unity among His followers in **John 17**, saying in **verse 21**, that they all may be one. Folks, something is wrong with the religions of America! Our Lord said in **John 14:1-6**, "I am the way, the truth, and the life, no man cometh to the father but by me." Do you notice the singularity of this statement? Then the apostles preached in **Acts 4:12** saying, "Neither is there salvation in any other: for there is none other name under heaven given among men whereby we must be saved." Then again, in **Matthew 16:13-18** our Lord says He will build His church. So something is surely wrong, and I know by whom this error comes. In **John 8:44** Jesus says that there is no truth in the methods of the devil, and that he is the father of all liars.

Another thing that has always been terrible to realize is stated by Jesus in **Matthew 7:21-23**. Here He reveals the truth concerning religious affiliates saying: "Not everyone that says unto me Lord, Lord," (these are those claiming salvation in Christ), "shall enter into the kingdom of Heaven, but he that doeth the will of my father which is in Heaven." Notice in the two verses following that they will say: "We have prophesied in thy name, we have cast out demons in thy name, and besides these, we have done many wonderful works."

But, then our Lord will say: "I don't know whom ye are, depart from me, ye that work iniquity." This work means you have not done these within my law. You have worked in lawlessness. Sadly, our Lord has said in **Revelation 22:15**, "that whosoever loveth and maketh a lie shall not enter into his heaven." So it is sad to see so many millions of zealous people who will not go to Heaven because the devotion was misdirected. Even Paul who said he was very zealous toward God in **Acts 22**. But in his zeal he thought within himself that he might do many things contrary to the name of Jesus. So his zeal was misdirected by his own ideas. Then after he became a preacher, he said this same sin is being done by his Jewish brethren in **Romans 10:1-4**. Here he said that their zeal was not according to knowledge. So what were they doing within their misdirected zeal? They were going about to establish their own ways of worship, not submitting themselves unto the righteousness of God.

So right today, millions are doing this same sin, attempting to worship outside the law of Christ Jesus. I hope you are not one of them. Open and read your Bible, and you will see the truths of Jesus clearly for yourselves. If we can help, call 1-859-369-4165.

Sincerely, Bob Casey

## Kitchen Diva

### When You Give Your Heart

by ANGELA SHELF MEDEARIS and GINA HARLOW

It seems that everything we eat and drink these days wants a piece of our heart. There are the bad-for-us foods like addictive chips, irresistible burgers, gorgeous steaks and seductive fried chicken. They're so easy to see coming, but we fall for them anyway.

Then there are the good guys, who have their charms and who claim to give us what's good for us, like red wine and chocolate. It's so easy to commit to one of them because they have what we want! But the truth is that when it comes to our heart, there are only a few true-blue choices we should stay with for the long haul. As confusing and abundant as the information is that says this or that is good for us, it all boils down to a few simple qualities that make a good match for heart health.

1. Omega-3s: These are the fatty acids that possess a good kind of fat that helps prevent clogging of the arteries. These are found in fish, such as salmon, albcore tuna, herring and trout. However, Omega-3s can be found in tofu, nuts and flaxseed, and canola oil as well. Incorporate these foods into your weekly menus every chance you get.

2. Fruits and Vegetables of All Kinds: Most people don't come close to the recommended amounts suggested by the American Heart Association, which is four to five 1/2 cup to 1 cup servings per day. Try declaring one day a week a vegetarian day where all meals will be meatless, or look for meal ideas where the vegetable is the main player, like in stir-frys and salads, or bowls of fruit with grains and berries for breakfast.

3. Choose Healthy Fats and Cooking Methods: Fats are not all bad, but the most important thing you can do is limit your fat intake and keep your fats to those found in Omega-3 foods and vegetable-based oils. When cooking your food, avoid frying in large amounts of fat. Baking, steaming, grilling or sauteing in small amounts of vegetable oils or water will give you delicious food that is good for you too.

This recipe for Tofu Creme au Chocolate is a wonderful way to incorporate healthy ingredients into a romantic Valentine's holiday.



Tofu Creme Au Chocolate with Raspberries

Coffee enhances the flavors of chocolate and makes this heart-healthy dessert taste far more decadent than it really is!

- 4 ounces dark chocolate, broken into pieces
- 1 tablespoon softened butter
- 1 (14-ounce) package soft, silken tofu, drained
- 1/2 cup stevia or agave syrup
- 1/4 cup cold, strong brewed coffee
- 1 1/2 teaspoons vanilla extract
- 1/8 teaspoon salt
- 1 1/2 cups raspberries, washed and dried
- 1 1/2 cups vanilla Greek yogurt

1. Melt chocolate in microwave on medium power, or in double boiler. Stir in butter until no lumps remain. In blender or food processor, blend tofu, stevia or agave syrup, coffee, vanilla extract and salt for 1-2 minutes, or until smooth and creamy.

2. Add chocolate to tofu mixture, and blend 30 seconds, or until smooth and creamy. Transfer to bowl; cover with plastic wrap, pressing firmly on the top of the pudding. Refrigerate 2 hours, or until set.

3. Serve pudding topped with a dollop of Greek yogurt and sprinkled with the raspberries. Serves 8.

\*\*\*

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.divaapro.com](http://www.divaapro.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](http://www.peachesandprosciutto.com). Recipes may not be reprinted without permission from Angela Shelf Medearis.

(c) 2015 King Features Synd., Inc., and Angela Shelf Medearis