



### Times Remembered Betty A. Young

How the wrens know March has arrived is beyond me, but they have returned on schedule and are busy building a nest in the longneck gourd we hung a few years ago from the limb of a tree in the backyard. We cut a small hole in one side of the gourd and added a tiny perch just below the opening to entice the dainty migrants to set up housekeeping. They are chatting and going about their business of finding nesting materials.

## Wrens Return On Schedule In March

as the seasonal malady known as spring fever. The air smells faintly of flowers and I wander across the yard to see if the forsythia bush is blooming. I planted the bush the first year we built the house and it is now over eight feet tall. It brings the first yellow blooms of the season; a welcome sight after a hard winter.

In a sunny patch at the edge of the woods, golden-yellow daffodils bloom faithfully each March. We never tire of anticipating their dependable, perky beauty. These delightful flowers need no arranging. Just put them in a water-filled pitcher or vase to create an unmistakable message: Spring has arrived.

Here and there, a few tulips and crocuses lift their heads . . . a scraggly reminder that squirrels did not take up the bulbs this past winter.

I look for dandelion leaves as they begin peeping through the soil. I pick two leaves but note they are still too small to add to a salad. Dandelions are looked upon as a troublesome weed by many but the

strained juice of the leaves and roots can be used on the face to promote a youthful appearance.

Before the days of pharmacies, mountain people used the ingredients they found around them. Over the generations, different remedies were found to work for various conditions. The 12 most commonly used herbs were burdock, calendula, chamomile, dandelion, echinacea, lemon balm, licorice, ginseng, nettles and valerian.

Wild lettuce and greens were used in salads, and cooked with a piece of fat back served with a little oil and vinegar that were delicious.

In the spring, children were given sulfur mixed with molasses or a dose of castor oil as a tonic to rev up their blood after the long cold winter months.

Several kinds of flowers were used for skin eruptions and to dispel melancholy. Many flowers and herbs were used fresh or dried for culinary purposes. Herbal ointments, teas and syrups were used for cosmetic applications. Old tim-

ers even filled pillows with herbs. Then these cushions were held close to the body, the warmth released the plant's fragrance . . . a practice the early colonists thought helped relieve the symptoms of rheumatism, gout and headache. Thyme; most established for its medicinal power, was a favorite filler for herbal pillows and old records note that it helped relieve facial neuralgia.

I stand twiddling the small dandelion in my fingers and wishing for an herb garden of my own. I believe I will try to plant one in a window box outside the kitchen door this year.

All this woolgathering in the sunshine gives me pleasure, but it does not tend to household matters. The wrens sound as though they are scolding me for daydreaming. I stop fantasizing about an herb garden and go to see if the mint is up. It hasn't sprouted yet, but through the trees I hear a faint sound of a garden tiller. My neighbors down the road must be preparing their garden to plant peas.

## Sowing of Seed

by **BOB CASEY**, preacher  
Cornerstone Church of Christ

In **Matthew 13**, our Lord teaches the parable of the sower and then teaches that the reception of the seed and the success of it depends upon the places where it is sown. Now, this is one thing that I have learned from experience, "one can never have a harvest, unless the seed is sown." I also believe it is the duty of every Christian to be a sower of the good seed of the Gospel. Now, I grant you, that not all are able to stand before a congregation and attempt to preach, and not everyone is able to publicly teach. But, all should study to be approved of God if any should ask us about Bible topics. This can be done within a general conversation with a friend, or, even in a grocery line.

**II Timothy 2:15** commands all to study up, speak up when the opportunity arises. My favorite verse is found in **1 Peter 3:15**, "But sanctify the Lord God in your hearts: and be ready always to give an answer to every man that asketh you a reason of the hope that is in you with meekness and fear." So, in the sense of sowing the seeds, "**silence is not golden.**" Again, I grant you this: that every correct answer you may cite will not be acceptable or pleasing; still, we must sow the seed of truth anyway.

Not all the seed sowed by our Saviour was accepted by men. The rich young ruler in **Mark 10:17-22** received a correct answer concerning entering the Kingdom of Heaven, but he rejected the answer; many still are doing this today. When the seed of Salvation is sown, many will not receive it; why? Because many like to offerings of Satan more than Christ. Again, many want to, but are not willing to endure any tribulation at all. Then, there are those that will not place their devotion to God ahead of all the cares and pleasures of this world. But, **thanks be unto God**, there are some that will **hear the Gospel, believe and obey the Gospel** unto death. And, while they are doing so, they will sow the seed every time they can. These are the elite of God and it is good to know them.

In closing, there is a good reward awaiting in Heaven for the sower of good seed; are you one of them? You can be by obeying our Lord.

### Just a note in closing:

Due to some unforeseen circumstances, we are not meeting with the West Irvine Church, but we have established a meeting place nearby at 1212 West Irvine Plaza. Our meeting times are 9:45 a.m. for Bible study; and 10:45 a.m. for the worship hour. We welcome all to come and grow with us. Our present phone number is still 1-859-369-4165. Open Bible study is Wednesday evening at 6:00 p.m.

Sincerely, Bob Casey



### Chelsea K. Bicknell Estill County Extension Agent for Family and Consumer Sciences

If you care for someone with dementia or Alzheimer's disease you may notice that they get increasingly agitated, anxious, more confused or aggressive as the sun begins to set. These symptoms may be associated with sundowner syndrome. Sundowner syndrome causes people to be confused at the end of the day and into the night. It is common for individuals

## Sundowner Syndrome

who are sundowning to pace, wander, ignore directions and not sleep well.

While the cause of sundowner syndrome is not fully understood by scientists, theories to its cause include changes in a person's internal biological clock, which is controlled by circadian rhythms; changes in body temperature; sleeping disorder; inadequate exposure to light and a side effect to some medication. The shorter and sometimes grayer days of winter can sometimes exacerbate these symptoms; thankfully we are getting out of those days now that spring has arrived.

As a caregiver, various environmental or behavioral changes can help alleviate some of the symptoms associated with sundowning. For example, morning light therapy may help alleviate restlessness, sleeplessness and agitation. Researchers

suggest trying to shine a full-spectrum fluorescent lamp on the individual while they are participating in morning activities such as eating breakfast or watching television. Pulling the blinds and turning regular lights on earlier in the evening may also help alleviate stress associated with the sun setting. When possible, it can be helpful to organize daily events and activities, including doctor's appointments, visits and outings early in the day. Exercise during the day can even increase evening tiredness and lead to a more restful night. A supplement of melatonin has also shown promise in helping individuals cope with sundowner syndrome.

For more information about life changes as we age, contact me at the Estill County Extension Office. Or, join me at my workshop on Alzheimer's titled, "Know

the 10 Signs: Early Detection Matters." Early detection of Alzheimer's disease gives you or your loved one a chance to begin drug therapy, enroll in clinical studies and plan for the future. This interactive workshop will feature video clips of people with Alzheimer's disease, as well as common myths and facts about the disease. It will be on Tuesday, April 14th at 10:00am at the Adult Education Center on Wallace Circle and 6:00pm at the Mountain Crest Community Room. This class is open to anyone interested. For more information call the Estill County Extension Office at (606) 723-4557 or email chelsea.bicknell@uky.edu.

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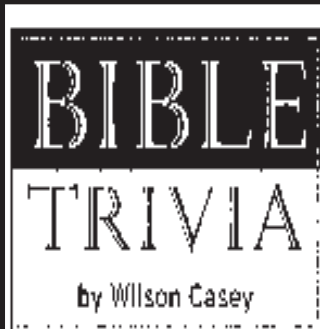
## The Beattitudes

(Matthew 5:9-10, See also Psalm 1:1-6 and Luke 6:20-23)

*<sup>9</sup>Blessed are the peacemakers: for they shall be called the children of God.*

*<sup>10</sup>Blessed are they which are persecuted for righteousness' sake: for theirs is the kingdom of heaven.*

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of the creation week, what did God do? Created man, Divided the oceans, Named the animals, Rested

4. From Ecclesiastes 4:9, two are better than "what" because they have a good reward for their labor? None, One, Few, Many
5. On which "Mount" did Moses receive the Ten Commandments? Sinai, Zion, Carmel, Pisgah
6. Whose two sons were Hophni and Phinehas? Ichabod, Eli, Jehoiada, Mattan

Bible Trivia Answers are at the bottom of Page 13



"It seems I'm always writing checks for the beauty parlor—when are they going to the job?"

### SCRAMBLERS

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

Bustle

SHEAT

Mute

LISTEN

Display

UNFLAT

Easy

LIMPSE

### TODAY'S WORD

### top ten

WINE-PRODUCING STATES

1. California
2. Washington
3. New York
4. Texas
5. Oregon
6. Kentucky
7. Florida
8. New Jersey
9. Michigan
10. Virginia

Source: Department of Commerce

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### seeds of Hope



The second grade teacher stood before her noisy class, raised her voice and shouted, "I want you to be so quiet that you can hear a pin drop!"

Silence suddenly prevailed. When Danny could no longer contain himself, he shouted, "Let 'er drop!"

It's not unusual to have an attitude like that toward God. We pray and wait. Then pray again. Then wait a little longer. Still, nothing happens. It seems as though we are waiting for "the pin to drop."

Psalm 28 begins with the "silence of God." In fact, He is so silent that the Psalmist becomes impatient and shouts, "If you don't answer soon, I will be like those going down to their grave

- abandoned!"

The subtle message from David was that if God did not answer his prayer his enemies would rejoice. "They," he reminds God, "care nothing for what the Lord has done or what His hands have made." In other words, "God, I don't want You to be embarrassed. I don't want people to ridicule You. I've laid my life and Your reputation on the line and if You are silent, if you let me down, they will believe that You are untrustworthy!"

David was not afraid to present his case to God and demand help. He did not want "unbelievers" to look at his situation and say, "I told you so. Your God is no more dependable than ours. He's not even listening!"

Not so. David looked at them and said, "Praise the Lord! For He has heard my cry for mercy." David prayed. God answered. And everyone saw God "at work."

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