

# Mother's Day Is Sunday



**Times Remembered Betty A. Young**  
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I remember her saying, "Always do your best, if you do your best I'll be proud of you." "Treat all kids the same, no matter where they come from."

Seems I always want my mother by my side; no matter how old I get. . . . . when I get real sick I want my Mother. No one could soothe the pain, make the best chicken or potato soup like Mom. In fact, no one could cook like my Mother. She made the best fried chicken, country ham and butterscotch pies.

I suppose we all feel that way about our Mothers; but that is the way it is supposed to be. I'm including some Mother's Day poems in my article that touched my heart this week. So visit your Mother this week. . . . . you don't know how long you will have her.

Happy Mother's Day.

### A MOTHER'S WAY IS LOVE

A Mother's way is warm  
And gentle is her touch;  
With just a hug she says,  
"I love you very much."  
A mother's way is kind,  
Ever giving of herself;  
Her days are filled with riches,  
Her children are her wealth.  
A mother's way is wise,  
Her counsel from above  
The dearest gift God gives  
Is that of mother's love.

### A MOTHER'S LOVE

So tender is a mother's love,  
A love that can't be measured,  
A love we know, without a doubt,  
Is one that's to be treasured.  
For God instilled this special love  
Within a mother's heart  
For each of her dear children,  
Whether near or far apart  
Unchanging is a mother's love  
Throughout the fleeting years,  
A love that's wrapped with gentleness  
Which wipes away all tears.  
How precious is a mother's love;  
It lingers all the while,  
And keeps alive that heavenly bond  
"Tween mother and her child.

**Come help celebrate Dr Robert Lee Doty's 80th Birthday, at the fellowship hall of Station Camp Christian Church on Saturday, May 16, 2015 2-4pm!!!! Please, NO Gifts**

## Kitchen Diva

### Asparagus is perfect for spring recipes

by ANGELA SHELF MEDEARIS and GINA HARLOW

Nothing says spring is here like a beautiful bunch of crisp asparagus. While asparagus is available year-round, it's much better when purchased locally.

Asparagus is easy to select and prepare, and comes in a variety of vibrant colors, including green, violet, purple and white. It is commercially available fresh, frozen and canned. The stalks range in size from colossal to small. Different types and colors of asparagus can be used without any noticeable difference in taste, so mix and match colors and sizes for visual interest.

Asparagus should be crisp and firm, not limp or wrinkled, with tightly closed tips. Dull colors and ridges in the stems are an indication of a lack of freshness. The stalks should not be limp or dry at the cut and be of uniform thickness.

If you're planning to use the asparagus on the same day, rinse the stalks under cool water and pat dry with a paper towel. Smaller stalks can be broken or cut at the point where the stem naturally snaps. Peeling the end of thicker stalks with a paring knife or a vegetable peeler removes any woody stems and can be done up to 2 hours before cooking. Place the prepared asparagus in a plastic bag in the refrigerator to stay crisp until ready to cook.

Never wash or soak fresh asparagus before storing. If the asparagus is bound with a rubber band, remove it, as it will pinch and bruise the stalks. Asparagus can be stored for up to two days if the stalks are trimmed and placed upright in a jar with about an inch of water in the bottom. Cover the asparagus with a plastic bag and store in the refrigerator.

Asparagus cooks in minutes and can be prepared steamed or boiled in the microwave or oven. It tastes delicious hot or cold, and it also freezes well if blanched first in hot water.

Asparagus is a nutritional powerhouse. One-half cup of cooked asparagus contains significant amounts of folic acid, vitamin C, potassium and beta-carotene. It's also a heart-healthy food, and a natural diuretic. This versatile vegetable works well as a room-temperature appetizer, blended into a soup, as a flavorful side dish, the main ingredient in a colorful salad or as part of a main course like my recipe for Lemon Chicken With Asparagus. Preparing asparagus is a delicious and nutritious way to celebrate spring.



### LEMON CHICKEN WITH ASPARAGUS

- 4 chicken breasts, about 3 pounds, washed and fat trimmed and removed
- 1 1/2 tablespoons olive oil
- 1 teaspoon salt
- 1 teaspoon pepper
- 1 1/2 teaspoons poultry seasoning
- 4 garlic cloves, chopped
- 1 red bell pepper, chopped
- 1/2 pound asparagus, stalks trimmed and cut into 1 inch pieces
- 1 teaspoon lemon zest
- 1/2 cup chicken stock
- 3 cups cooked rice

1. In a large non-stick skillet, heat oil over medium-high heat. Season chicken pieces with salt, pepper and poultry seasoning. Place the chicken, skin-side down, and cook for 5 to 7 minutes. Turn the pieces skin-side up, and cook until golden brown and done, about 5 minutes.

2. Stir in garlic and red bell pepper. Add asparagus and cook for 1 minute. Stir in zest and chicken stock and bring to a simmer. Cover and cook for 3 minutes. Serve immediately over hot rice.

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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](http://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](http://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>

**Friday, May 8th, 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.

**Saturday, May 9th @ Your Mailbox**

## Letter Carriers Food Drive

Every year the National Association of Letter Carriers (NALC) and the United States Postal Service conduct a food drive to supplement the food banks in the local area. There are many families located throughout the country who depend on these food banks

for help. Please help us make 2015 the best year ever for food collection here in Estill County, and to help our neighbors in their time of need. The NALC Letter Carrier's food drive is Saturday May, 9th this year. Please plan to join us in this very important endeavor.

**Monday, May 11th @ 6pm**

## MS Support Group To Meet

"Myelin Matters," a multiple sclerosis support group will meet Monday, May 11, 2015 at 6 p.m. at the Estill

County Public Library. For more info, contact: Lisa Combs-- Facilitator 606 560-9240.

**Tuesday, May 12th**

## Retired Teachers Shaker Village Tour

The Estill County Retired Teachers, along with spouses and friends, will be visiting Shaker Village at Pleasant Hill near Harrodsburg on Tuesday, May 12, 2015.

The group will be carpooling from West Irvine Plaza at 10:00 a.m. for the 90 minute

drive.

Lunch will be \$12-\$18, but discounts may be available for a group of 15 or more.

Call Robert Smith at (606) 723-3728 or Floretta Arthur at 723-4479 by Wednesday, May 6th if you're planning to go.

**Tuesday, May 12th @ 10:30am**

## Winchester UAW Retirees Meeting

The Winchester GTE/Sylvania/Osram/UAW retirees will meet 10:30 a.m., Tuesday, May 12, 2015, at the Union Hall for a short business meeting.

After the meeting, they will

travel to Stanton for lunch about 11:30 a.m. at Bruen's Restaurant.

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

**Friday, May 15th @ 10am**

## Bluegrass Honor Flight Program

Bluegrass Honor Flight representative, George Campbell, will give a presentation on the Honor Flight program at the Estill County Senior Center on Friday, May 15th at 10 a.m. at the Center.

Honor Flight Bluegrass flies veterans to Washington, DC for a one-day all expenses paid trip to visit the me-

morial that have been built to honor their Service and sacrifices.

In 2015 Honor Flight Bluegrass will fly three missions to Washington - May 16th flown out of Louisville, June 6th also flown out of Louisville, and Sept 26 flown out of Lexington KY.

**Sunday, May 17th @ 6:30pm**

## Estill High School Class of 1985

The Estill County High School Class of 1985 is planning it's 30th year class reunion. The reunion will be held on Saturday, July 25th at Gillum's in the Richmond Mall from 5:00 p.m.-9:00 p.m. The cost of the reunion will be \$5.00 per single or \$10.00 per couple. There will no charge for children, if any attend.

To help with the cost of the reunion, please mail your payment and the names of those that will be attending to Rebecca Click at 260 Sandhill Road in Irvine, KY 40336 as soon as possible to pay for the rent-

al fee of the room and such.

For more information check out our Facebook page called Estill County High Class of 1985. We are also on Classmates.com and Alumniclass.com. Our planning committee's next meeting will be Sunday, May 17th at 6:30 p.m. at Hardee's on Richmond Road in Irvine. Everyone is welcome to help!! If you have any other questions or want to help call 606-643-5569.

We are also looking for several classmates. If you know of any classmate who has not been informed of the reunion, please let them know.

**Tuesday, May 19th @ 6pm**

## Hospice Care Plus Memorial Service

Hospice Care Plus will be having its May Memorial Service on Tuesday, May 19, 2015, starting at 6 p.m. at Eastside Community Church, 2010 Catalpa Loop (off Irvine Road) in Richmond, for

family members of former hospice patients and anyone who's lost a loved one. No RSVP required. Contact Hospice Care Plus for more info: [hospice@hospicecp.org](mailto:hospice@hospicecp.org) or 859-986-1500.

**Tuesday, May 19, 6:30pm at Raders'**

## Estill County Lions Club

The Estill County Lions Club will meet Tuesday, May 19th 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..."

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