



We are in a kind of time-out, as far as our hunting season is concerned. Except some rabbit, grouse, and fur bearing. I have decided to feel you in on some hunts from my past, that I think you will enjoy.

In the early years, before deer, and turkey was reintroduced, and times our young hunters will never recall, hunting was done for a reason, other than a trophy on the wall. Many of my meals while growing up were squirrel, rabbit, grouse, ground hog, and a raccoon every now and then. We all had coon hounds, rabbit dogs, and ground hog dogs. Each a different type, and different breed. As a youth, we hunted every chance we got, and

the next day, if we got anything, it was on the table. We all had our favorite dogs, for rabbits, my favorite was Ben Blue. Ben was a blue tick beagle, him and me hunted together for many years; he passed away at the age of 12, while running a rabbit.

Some of our gang, the Sheriff, the District Judge, and a couple of Federal Mine Inspectors, were rabbit hunting on the Knott, Letcher county line. We were having a good day, when all of a sudden we heard, and saw, another dog running with our pack. It was old, but never overshot the track, and wasn't long till the rabbit was down. That old dog had out run ours. When I got to the dog, I noticed it had a collar, with a name tag. The tag read of a friend of ours that lived in Red Fox, a community on the line of Knott, and Letcher. We listened, looked, and then decided it had gotten loose and was on its own. I told the boys, I would take it to our friend, and locked it up in my dog box. The old champion would have nothing of that, so we turned her back loose to finish our hunt.

At the bottom of the hill, the dog in tow, they went right, I went to our friend's house, to give him back his dog, and the rabbit that his dog had bagged. He was a fine old, black fellow that I had known for years, that I had traded dogs and guns with and hunted with for years. He met me with a smile, and a hug in his front yard. I said, Paul we

found your beagle, and I am bringing her home. Here is a rabbit we killed off her also.

Paul looked at me and said, Steve how do you know it is one of mine? Looking somewhat shocked, I said, because Paul, it has a collar on with your name tag. He said, well alright. I gave him his rabbit, and of course his dog. I asked Paul how old she was, he said 14, but is on her last legs. She has been a good one. By him speaking of his dog in the past tense, I knew he was wanting to get rid of her. I said nothing, and left.

About three weeks later, the same gang of us, was hunting the very same spot; we heard the same voice joining our dogs, and sure enough, here was the same dog.

The Sheriff said, man, this is strange, Ground Hog Day, over again, referring to the movie. I noticed she had lost her collar, but no doubt who she belonged to. After the hunt, back to Paul's.

Here comes Paul, I said, here is your beagle again. Paul said, Steve how do you know it is mine. I almost passed out. I said, it is the same dog I brought you a few weeks ago. Paul grinned, and said, did it have a collar with a name tag???? I left the dog, it was heading into the kennel, with Paul cussing every breath. Years gone by, memories stored forever.

**You can email Steve Brewer at <Steve@EstillTribune.com> and message is automatically forwarded.**

## Daniel Boone National Forest Announces Fee Waiver Dates



Winchester, Kentucky – The Daniel Boone National Forest has announced recreation fee waiver dates for 2021. These “fee-free” dates apply to the Daniel Boone National Forest recreation areas as listed below.

### Martin Luther King Jr. Day: January 18, 2021

Fees are waived at all Daniel Boone National Forest recreation areas, except concession-operated sites and reserve group-use areas.

Day-use sites – no recreation fee is required on **Monday, January 18** at the following locations:

- Cave Run Lake boat ramps
- Laurel River Lake boat ramps
- Natural Arch Scenic Area – McCreary County
- Appletree Shooting Range – McCreary County
- Keno Shooting Range – Pulaski County
- Clear Creek Shooting Range – Bath County
- Redbird Crest Trail – Clay and Leslie counties

Campgrounds – camping fees are waived for Sunday evening, January 17 at the following locations:

- Backcountry camping in the Red River Gorge – Menifee, Powell and Wolfe counties
- Koomer Ridge Campground – Wolfe County
- White Sulphur Horse Camp – Bath County
- Claylick Boat-in Campground – Rowan County

### President's Day Weekend: February 13-15

Fees are waived at all Daniel Boone National Forest recreation areas, except concession-operated sites and reserve group-use areas

Day-use sites – no recreation fee is required on Saturday, February 13; Sunday, February 14; or Monday, February 15 at the following locations:

- Cave Run Lake boat ramps
- Laurel River Lake boat ramps
- Natural Arch Scenic Area – McCreary County
- Appletree Shooting Range – McCreary County
- Keno Shooting Range – Pulaski County
- Clear Creek Shooting Range – Bath County
- Redbird Crest Trail – Clay and Leslie counties

Campgrounds – camping fees are waived for Friday evening, February 12; Saturday evening, February 13; and Sunday evening, February 14 at the following locations:

- Backcountry camping in the Red River Gorge – Menifee, Powell and Wolfe counties
- Koomer Ridge Campground – Wolfe County
- White Sulphur Horse Camp – Bath County
- Claylick Boat-in Campground – Rowan County

## Kitchen Diva by Angela Shelf Medearis

### Help for the Common Cold

Like many others, I try different methods to avoid catching a cold or flu during the winter months. Despite my best efforts, I often get a little “under the weather” during the month of January. This year I've decided to work on ways to boost my immune system before the worst part of the cold and flu season hits.

“One thing to remember is that simple diet choices can boost our immune system,” said Susan Mills-Gray, Nutrition and Health Education specialist with University of Missouri Extension.

Here are a variety of ways to help your immune system to work at peak performance.

-- Get plenty of liquids to help prevent viruses and bacteria from taking up residence in your body. According to Dr. Riva Rahl of the Cooper Clinic in Dallas: “The mucus in your nose is actually one of the key physical barriers that keep germs out of your body. When you're not well-hydrated, it dries up and doesn't provide that barrier.”

-- Protein is a building block for a healthy immune system. Choose lean red meats, poultry and fish, dried beans and soy. You also can choose protein-rich plant sources with heart-healthy fat, like peanut butter and nuts.

-- Choose foods rich in vitamins C and E. These antioxidant-rich vitamins protect cells -- including those of your immune system -- from damage by toxins in the environment. Choose citrus fruits/juices, melons, mangoes, kiwi, peppers, tomatoes, berries, broccoli, cabbage, sweet/white potatoes, winter squash, leafy greens, almonds, hazelnuts, peanut butter, sunflower seeds, safflower oil, whole grains and fortified cereals several times a day.

-- Eat probiotic foods to help build up the good bacteria in the intestines. These bacteria play a role in helping fend off illnesses. Any fermented food is rich in this type of good bacteria, so choose yogurt, sauerkraut, tofu, brine-treated pickles and aged cheese at least daily.

-- Add a zinc-rich food to your daily diet to increase production of white blood cells in your body. Research shows this can reduce the number of days you'll suffer from a cold. Foods rich in zinc include yogurt, lean red meat, poultry and fish, almonds, pumpkin seeds and fortified cereals.

### THAI HOT AND SOUR SOUP

Thai hot and sour soup contains spicy hot chile and a burst of citrus to provide a boost to your immune system and some relief for cold and flu symptoms.

- 1/4 pound small (30-35 count) shrimp, peeled and butterflied
- 2 ounces thin vermicelli noodles
- 2 quarts chicken broth
- 1 stalk fresh lemon grass, cut into 2-inch pieces, smashed
- 1/4 cup Thai fish sauce (also called Nam Pla)
- 2 tablespoons olive oil
- 1/4 teaspoon red pepper flakes
- 2 teaspoons lime zest
- 1/2 small pickled or fresh jalapeno chile pepper, seeds and ribs removed
- 2 slices fresh ginger, chopped, or 1 teaspoon powdered ginger
- Juice of 1 lemon
- Juice of 1 lime
- 1/3 cup fresh, or drained canned straw mushrooms
- 1/4 cup chopped cilantro or parsley
- 2 green onions, green and white parts chopped, roots discarded

1. Bring a medium-sized pot of water to a boil. Add the shrimp and boil until cooked through, about 3 minutes. Use a slotted spoon to transfer the shrimp

to colander. Rinse under cold water, drain and set the shrimp aside.

2. Cook the noodles in the same pot of boiling water until tender, 2 to 3 minutes. Drain, rinse under cold water and drain again. Set aside.

3. Combine the broth with the lemon grass, fish sauce, oil, red pepper flakes, lime zest, chile pepper and the ginger in a wok or soup pot. Bring to a simmer and cook for 10 minutes. Strain or use a slotted spoon to remove the lemon grass pieces. Stir in the lemon and lime juice.

4. Distribute the rice noodles, shrimp and mushrooms between 8 heated soup bowls. Pour in the broth and

sprinkle with the cilantro or parsley and green onions evenly between each bowl, and serve. Makes 8 servings.

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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. Recipes may not be reprinted without permission from Angela Shelf Medearis.

