

Winter Solstice



Times Remembered Betty A. Young
BYoung505@Windstream.Net

Winter solstice . . . the traditional first day of winter . . . was December 21, the shortest day of the year, (at least in the Northern Hemisphere). You sure couldn't tell it was winter here for the past week or so . . . we are thankful for the nice weather, but it was difficult to believe it was Christmas with such warm weather and no snow.

The sun, after a six-month trek southward, begins its journey back north, bringing longer days and the promise of spring.

An old saying goes, "As days lengthen, winter strengthens." It is a way of saying, "It's going to be a long winter, so get used to it." Meteorologist Chris Bailey predicts we will have winter weather more in January, February and March, the end of winter.

I sure remember the days and weeks around winter solstice growing up on the farm. Chores were pretty much done in the dark, morning and evening. I still believe that the definition of cold is a milking stool on a morning in late December with the north winds whistling through the cracks in walls of our barn.

My hands were so cold . . . it's no wonder the cows protested by flicking their tails. I figured the only warm

thing in the whole barn was the milk streaming into the bucket.

Carrying the slop bucket up to hog trough was never my favorite chore either, and cold December evenings made it worse. I'd heard my Mother often say, "Don't eat like a pig at the supper table." I never had to conjure up an image of what she meant; I was faced with it every day as I fed the squealing, grunting mass of pig flesh.

Water was an added chore since we had to carry water to the barn for the animals. We carried it in cream cans since we didn't have running water in the barn. Winter nights meant cans cold enough for your fingers to stick to as you knocked off the lid and tilted it to fill the bucket. Many times I've went to the creek with Daddy and broke the ice that was froze over, so the cows could get water.

We always had running water in the house as long as I can remember, but we didn't get an inside bathroom until I was about 6 years old. The toughest part of not having a bathroom was the winter trips to the "necessary" house across the way for our "necessary chores." I would rather deal with a nest of wasps or a snake on the outhouse floor in the summer than the cold, dark trip followed by a frigid seat. I'm glad the seat was wooden . . . at least you didn't have to worry about sticking to it. Even the Sears Roebuck catalog pages were frozen!

But the shortest day of the year and the strengthening days of winter that followed taught me a valuable lesson. Like darkness before dawn and clouds with silver linings, December 21 was always followed by days steadily lengthening . . . the sun strengthening the hope and promise of a warm spring.

Wanderings from the Woods & Water

by Jay Bicknell
CorridorHR@Gmail. Com



New Year 2016!

So this column is going to be a little different. I am going to list my New Year Resolutions. This way all my readers can hold me to them or at least some of them.

Here we go!

12. MAYBE try to lose a few pounds MAYBE!
11. Take more time to look up at the stars.
10. Put out some awesome food plots.
9. Get a 300 Win Mag.
8. Kill an Elk in Colorado.
7. Kill a Big Buck
6. Get a Lab puppy
5. Hunt and Fish with my boys a lot more.
4. Run a half marathon with my daughter.
3. Tell my family how much I love them every day.
2. Study the Bible a lot more.
1. Work on a closer walk with Jesus.

(I know some of you might be surprised that having baby #7 is not on list. That will be 2017's resolution!)

It has been a great year. I am truly blessed to write this column. I want to say THANK YOU to all my readers. You make writing so much fun. I appreciate your kind words over the past year. Please keep reading in 2016.

I am looking forward to 2016 and what the good Lord gives me to write about. I can guarantee several columns on the adventures of my boys. I am sure I will have several highly opinionated columns. You can mark your calendar for a bigger and better Wounded Warrior turkey hunt.

In 2016 I wish you the best year of your life. If you don't know Jesus, then I urge you to get to know him in 2017. Jesus will make all your years great. Know Jesus Know Peace! No Jesus No Peace!

Happy New Year!

Until next week, get out and enjoy God's creation!

Visit Our Website At
<EstillTribune.Com>
For Up-To-Date Obituaries

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>

Closed December 23rd thru January 3rd

Health Department Holiday Schedule

The Estill County Health Department will be closed on December 23rd for a staff meeting. In observance of Christmas and New Year the Estill County Health Department will be closed December 24, 2015 through January 3, 2016. We will re-open on January 4, 2016 at 8:00 a.m.

Thursday, December 31 @ 8 p.m.

New Year Eve's Party

American Legion Post 79 will have a New Year Eve's Party on Thursday, December 31, starting at 8 p.m. Music will be provided by Thirsty Thursday. All members and guests are welcome.

Friday, January 1 @ 9 a.m.

Retired Co. C Guard Breakfast

Attention: All retired and old National Guard members of Charlie Company 1/149th. There will be a breakfast at Cracker Barrel, in Richmond, on the first Monday of each month at 9 a.m. All are invited and welcome. Hope to see you there!

Tuesday, January 5th @ 7pm

Estill County Historical Society

The Estill County Historical and Genealogical Society will meet at the Estill County Public Library on Tuesday, January 5, 2016 at 7 p.m. This will be a business meeting.

Before Thursday, January 7th

FREE Computer Training

FREE Computer Training your seat before January 7th! Call 606-723-7323 to reserve EstillCountyAdultEducation

Friday, January 8th, 6-8pm

Estill Appalachian Dulcimers

The Estill County Appalachian Dulcimer Club meets Friday, January 8th and 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 9th, 6pm

Annual Masonic Fish Supper

Irvine Masonic Lodge #137 F & AM will be having their annual supper on Saturday, January 9, 2016 at the Lodge building located at the corner of Lilly Avenue and Broadway in Irvine. The supper will be served at 6:00 p.m. Fried fish, shrimp, French fries, cole slaw, hush puppies, dessert and drinks will be served. The public, all Masons, their families and friends are invited to attend. The cost of the supper will be \$10 and includes all you want to eat. Children 12 and under eat for free.

Tuesday, January 12th @ 11:30am

GTE/Sylvania/Osram Retirees

The Winchester GTE/Sylvania/Osram/UAW retirees will meet for lunch at 11:30 a.m., Tuesday, Jan. 12 at the Broadway Cafe in Winchester. The Cafe is located at 26 East Broadway, between Main and Highland Streets.

Tuesday, January 5th @ 6:30pm

Estill County Lions Club

The Estill County Lions Club will meet Tuesday, January 5, 2016, 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 International, 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..."

False Teachers Will Be Judged...

2 Peter 1:19-21 We Were Eyewitnesses

¹⁹We have also a more sure word of prophecy; whereunto ye do well that ye take heed, as unto a light that shineth in a dark place, until the day dawn, and the day star arise in your hearts: ²⁰Knowing this first, that no prophecy of the scripture is of any private interpretation. ²¹For the prophecy came not in old time by the will of man: but holy men of God spake as they were moved by the Holy Ghost.

"Wishing all a Happy and Blessed New Year"
Sponsored by Crooked Creek Christian Church Inc.
1980 Crooked Creek Road, Irvine, KY

Kitchen Diva

High-Tech Health

by ANGELA SHELF MEDEARIS

If you've resolved to take charge of your health in the new year, why not explore the numerous technological, food, health and fitness advances available? There are many new high-tech devices and apps for you to explore. Here are a few suggestions for ways to use technology to improve your health:

* Being physically active has a positive influence on health in a number of ways. For example, physical activity can lower the risk of heart disease and stroke, high blood pressure and cholesterol, Type 2 diabetes, and colon and breast cancer. It also can help maintain a healthy weight. Being active helps older adults prevent falls, reduce depression and maintain cognitive function.

* Walking is an easy way to meet fitness goals and a pedometer is one way to get motivated to walk more. Pedometers with apps come in an assortment of styles from simple and inexpensive to elaborate ones that can be worn as a bracelet and measure steps, heart rate, miles and location. Some have other useful features like a timer and music player. There also are apps for a mobile device that maps out your route and time and maintain a digital record of your goals and accomplishments.

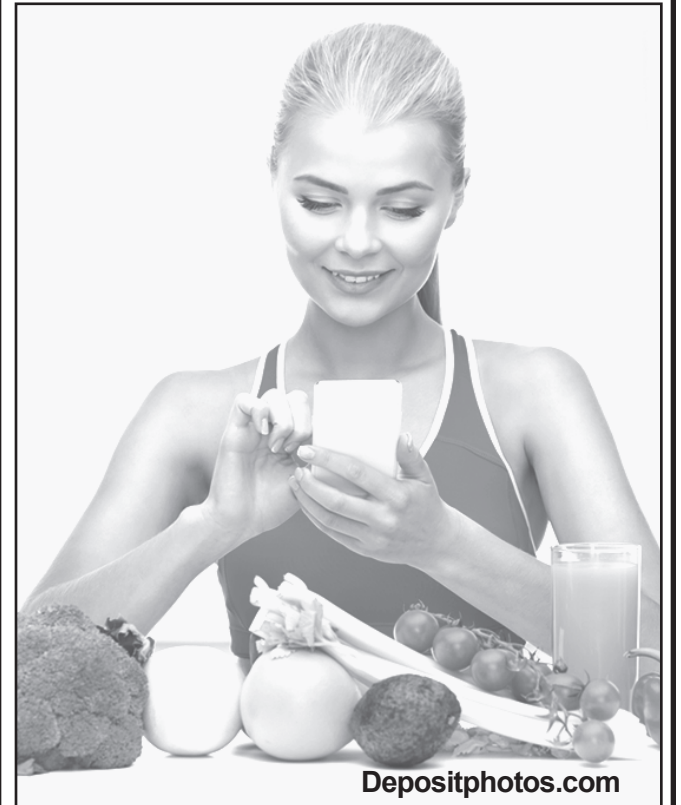
* If you or your loved ones take vitamin supplements or a daily prescription, technology can save you money! GoodRx, a free website and iOS/Android app, is designed to help users find the lowest prescription prices at nearby pharmacies. Simply type in the prescription and ZIP code to see a list of prices at nearby pharmacies and gain access to free GoodRx coupons.

Eating well is another part of a healthy lifestyle. Here are some suggestions for a healthier way to shop and eat by using technology to make better choices:

* Fooducate (iOS and Android): Scan groceries and choose the healthier options. The app also allows you to scan a barcode to see the product highlights, good and bad.

* Interested in trying a new diet? The Paleo diet is based on the types of foods presumed to have been eaten by early humans, consisting chiefly of meat, fish, vegetables and fruit, and excluding dairy or grain products and processed food. PaleoCentral (iOS and Android) has been touted as the "perfect" app for Paleo beginners. It helps you know what you can and can't eat on this lifestyle plan. It also includes a beginner's guide for getting started and understanding how the diet works.

Try this Paleo diet recipe for Bacon, Egg and Spinach Quiche with a Sweet Potato Crust, and stay healthy the high-tech way this year!



Depositphotos.com

PALEO DIET QUICHE

4 sweet potatoes, peeled and sliced into thin rounds (rounds should be thin enough to bend easily)

- 2 tablespoons olive oil
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 1 garlic clove, minced
- 1 small onion, diced
- 2 cups baby spinach
- 1/4 teaspoon ground nutmeg
- 1/8 teaspoon cayenne pepper
- 5 large eggs, beaten
- 3 bacon slices, cooked and crumbled

1. Heat the oven to 400 F.
2. Place sweet potatoes in a 9-inch pie dish. Drizzle with 1 tablespoon of the olive oil. Season with 1/2 teaspoon salt and 1/2 teaspoon black pepper. Toss everything together until coated. Arrange the sweet potato slices in the pie dish in an overlapping circular pattern to form a "crust" for the quiche. Place in oven and bake 15 to 20 minutes or until sweet potatoes are tender when pierced with a knife. Set the crust aside to cool. Lower the oven heat to 375 F.

3. Meanwhile, place 1 tablespoon of oil in a skillet over medium heat. Add garlic and onion. Cook until the onion and garlic are soft and fragrant, around 5 minutes.

4. Add the spinach, the remaining salt and pepper, nutmeg and cayenne pepper. Saute until wilted, 2-3 minutes. Set aside to cool.

5. In a bowl, combine beaten eggs with the spinach mixture and bacon. Pour over the sweet potato crust, and place in the oven. Bake 30 to 35 minutes, or until the eggs are set; serve warm. Serves 4.

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.

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