



Marilyn Rogers, left, was recognized for being the Certified Mountain Mover for the month of April. She is presented a plaque by school board member Patty Hood.



Debbie Haggard, left, was presented a plaque by school board member Patty Hood in recognition for being the Classified Mountain Mover for the month of April.

Kitchen Diva Make Mother's Day Last All Year Long

by ANGELA SHELF MEDEARIS

Want to give Mom an unusual gift for Mother's Day this year? Why not give her a subscription for happiness all year long? Gift-box subscriptions can be ordered online, customized and arrive every week, month or quarter.

FOR THE HEALTHY HOME COOK
www.sheplansdinner.com

She Plans Dinner is a subscription menu plan that focuses on eating healthy. Its Fit and Healthy menu emphasizes proteins and fresh ingredients, and eliminates nearly all canned foods and starches. Most recipes are adaptable to gluten-free, Paleo or dairy-free diets, and includes a grocery-shopping list.

To gift a subscription, go to checkout and use Mom's name and email address, but your billing information.

FOR THE HEALTHY SNACKER
www.lovewithfood.com

The Love With Food subscription is \$10/box (three, six or 12-month gift subscriptions). Each box includes eight or more packaged snacks that are "either organic or all-natural, GMO-free, gluten-free or free of artificial junk." For every box purchased, the company will donate one meal to a food bank in the U.S.

FOR MOMS WITH A SWEET TOOTH
www.treatsie.com

Treatsie is \$20-\$23/box (three, six or 12-month gift subscriptions). Each box includes sweet treats like cookies, candy or chocolate from three different small-batch artisan brands every month, plus a "welcome" box of the most popular treats to start off the gift subscription. You can specialize and order a subscription that sends only chocolate bars.

FOR THE GLOBAL CONNOISSEUR
www.trytheworld.com

The Try the World gift boxes are \$33-39 each (one, six or 12-month gift subscriptions). Every other month, a package will arrive full of gourmet items selected by an expert chef. There's a new country each time. It could be Italian artichoke pate, Brazilian candy, or caramel and cookies from Paris.

FOR THE SAUCE, SPICE AND DIP LOVER
shipanddip.com

Ship and Dip is the perfect gift for a mom who loves chips, dips and nut butters. It costs \$30-35/box (one, three, six or 12-month subscriptions). Each order contains three full-size bottles of "the best up-and-coming condiments from across the nation." It could be mustard, hot sauce, jam, salad dressing, nut butters, chocolate sauce, spice rub -- almost anything. You also can order individual products and create your own gift box.

If you prefer a "do-it-yourself" gift box, why not give Mom a casserole that you make yourself? Try my recipe for Chicken Tetrazzini with Spring Peas Casserole, and give your Mom a night off from the kitchen.



Chicken Tetrazzini with Spring Peas Casserole

- 1 (7-ounce) package vermicelli
- 1 tablespoon olive or vegetable oil
- 1/2 cup fresh, sliced shiitake, Portobello, cremini (or porcini) mushrooms
- 3 ounces finely chopped prosciutto
- 3 cups chopped cooked chicken
- 1/2 cup (4-ounces) shredded Parmesan cheese
- 2 cups Alfredo and Parsley sauce (recipe follows)
- 3/4 cup chicken broth
- 1 teaspoon salt
- 1 teaspoon freshly ground pepper
- 1 cup fresh or frozen baby English peas, thawed
- 1/2 cup slivered almonds

Alfredo and Parsley Sauce

- 1/2 cup butter (1 stick)
- 2 cloves garlic, minced
- 18 tsp. cayenne pepper
- 1/8 tsp. grated nutmeg
- 2 c. heavy cream
- 2 c. grated Parmesan cheese
- 1/2 c. chopped fresh parsley

1. To make sauce: Melt butter in a medium saucepan over medium low heat. Add garlic, nutmeg and cayenne pepper. Add cream and simmer for 5 minutes, then add cheese and whisk quickly, heating through. Stir in parsley, and set aside. Makes 2 cups.

2. Heat oven to 350 F. Prepare pasta according to package directions.

3. Heat oil in a large pan over high heat. Sauté mushrooms in oil 3 minutes. Add prosciutto and cook until crisp, about 3 to 4 minutes.

4. Stir in chicken, 1/2 cup Parmesan cheese, the Alfredo and Parsley sauce, chicken broth, salt and pepper until well-combined. Stir in the peas and pasta.

5. Spoon mixture into a lightly greased 11-by-7-inch baking dish. Sprinkle with almonds and remaining 1/2 cup Parmesan cheese. Bake for 35 minutes or until bubbly. Serves 6.

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

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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!

- Pattern
- TOULAY
- Blast
- STURB
- Pester
- HOTBER
- Object
- POTTERS

TODAY'S WORD



"No wonder you're bored!"

What you need is a _____!"

seeds of Hope



One day, John promised us, "God will wipe away all tears." Sickness and sadness, sorrow and suffering - whatever causes people pain or problems - will be gone, banished forever. We all look forward to that special day!

So it is strange that David said that "God will record my sorrows, and list my tears on His scroll and in His record." Whatever could be God's reason for doing this to David? And might He do the same for us? Does it make sense that God would make a permanent record of grief - David's grief and our grief as well?

God knew of David's suffering and He knows when we suffer. Our God is a God who cares

for us and has compassion for us when we are gripped with grief. Why keep such a record?

Because God will respond to our suffering!

Too often when we are overcome with illness or are struggling with sickness, we turn to the products we have stored in our medicine cabinet or to the countless remedies on the shelves of our pharmacies. And if and when they do not work we turn to a physician and seek his counsel and cure. It is the normal thing to do.

Unfortunately, all too often we only pray when all else fails. It is as if God was not aware of our sickness or had no time to be concerned with our health.

Not so, says David. God has a permanent record of each and every tear that falls from our eyes because they matter to Him. This is His way of saying, I do care!

Visit us at: SowerMinistries.org
EPS 129

BIBLE TRIVIA

by Wilson Casey

1. Is the Book of Titus in the Old or New Testament or neither?

2. From Joshua 10, the sun stood still while Joshua's army destroyed what people? Amorites, Midianites, Egyptians, Philistines

3. Who had 300 concubines or secondary wives? Pharaoh, King Solomon, Saul, Adam

4. From Genesis 9, who saw a rainbow in the sky? Adam, Moses, Noah, Abraham

5. Who was David's oldest brother? Jonah, Eliab, Joel, Agrippa

6. From 1 Samuel 2, how many children did Hannah have? 5, 10, 15, 20

Answers on bottom of Page 13

Wilson Casey's mainstream UFO book, "Swamp Gas & High Hopes 101," is now available from TouchPointPress.com

I Love America

Calling ALL NATIONAL GUARD AND JR ROTC SINGERS IN ESTILL County - This CONCERT is for You!!!!!!

REQUESTING ALL PEOPLE OF ESTILL COUNTY! TIME IS RUNNING OUT! COUNTDOWN - THE TIME IS TICKING AWAY!

The Mountain Mushroom Festival is over, the historical Arts Council Pay is over, so NOW'S your opportunity to showcase your talent - your singing ability to this community.

The Estill County Community Chorus meets every Thursday evening at 7:00 p.m. at Irvine United Methodist Church-243 Main St., Irvine, KY. We rehearse for about 1 hour & 15-30 minutes, maximum. It's really not that long to make your Community of Estill County, and America PROUD!!!!

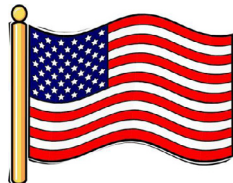
We've been eagerly practicing an exciting and beautiful Patriotic selection of music, which is from our Theme: "I LOVE AMERICA," for the Spring Session and Concert. We have added new singers, (including a few from High School, and we have even recruited some singers and musicians from Winchester, KY, who will be joining us for this Concert.)

We are extending this invitation to ALL Active and Veteran Military. This is a chance for the Men and Women, Boys and Girls, young and not so young, who are in our area, to show their musical talents and abilities, and represent our country, The United States of America.

Come commit (6) weeks to make this the BEST BLENDING OF PATRIOTIC Sopranos, Altos, Tenors and Basses. We'll find a place for you, even if you don't know what part you sing. Don't worry if you can't read music, because we have FUN and Learn together!

NO AUDITIONS! We look forward to seeing YOU, and hearing YOUR VOICES!!!

We will be performing this Concert on Sunday, June 5, 2016, at 3:00 p.m. Our Director is Carol Anne Wilson. Our Accompanist will be Nancy Farmer, and our Assistant Accompanist is Ann Sudmak. There will be other instruments and instrumentalists that will make it more full and embodied.



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