



Times Remembered
Betty A. Young
BYoung505@Outlook.co

There are hunters, gatherers, and grillers. My husband, Bob likes to hunt, fish and grill; but I don't know about the gathering side of him? I have to give him credit; he is a fantastic griller.

He has guns, but no dogs, nor the wife who don't mind if he's gone a day or two. In fact, I used to hunt as much as he did, but honestly I just grew tired of hunting. I'd rather be napping in a hammock than traipsing through underbrush. Guess I'm getting old; I just like the comforts of my house, but I sure like to eat the days' catch.

Bob likes to grill which makes me happy. Over the years he has grilled several wild game meats; such as trout, venison, rabbit, quail and Cornish Hens. Quail population is down in the last few years, but larger supermarkets have quail and they always have Cornish Hens.

There are Hunters ...

Chicken and Cornish Game Hens are my favorite on the grill when they are marinated properly. Quail marinated overnight in buttermilk makes the meat velvety and tender and much juicier than regular grilled chicken, probably because they don't need to be cooked as long.

The recipe for marinade for tender-grilled **Cornish Game Hens:**

- 1 quart of buttermilk
- 1/4 cup olive oil
- 4 cloves garlic
- 1 teaspoon dried thyme
- 1 teaspoon red pepper flakes
- 1 1/2 teaspoon salt
- 1/2 black pepper
- 2 Cornish Hens (1 1/2 pound each or close)

Mix all ingredients except hens, and marinade in zip lock bag overnight in refrigerator. When ready to grill, remove the birds from marinade, turn grill to medium, place breast side up over indirect heat. Cover the grill and cook 45-60 minutes until a meat thermometer in the thigh reads 165 degrees F. Assume that one hen will serve two people, but hefty eaters may want one apiece! Serves 4.

Spicy Grilled Quail with Bacon:

- 2 cups orange
- 1/2 olive oil
- 2 garlic cloves, minced
- 2 tablespoons chopped thyme

- 1 tablespoon smoked paprika
- 8 whole quail
- Salt and pepper to taste

8 slices thick-cut bacon
Mix above ingredients except quail and bacon, add the quail, turning to coat in casserole dish, Marinate for 1 hour. When ready to cook, prepare a medium hot grill or preheat gas grill for 10 minutes, lid closed. Remove the hens from marinade and wrap each one with a slice of bacon. Pull the bacon tight and overlap and fasten with toothpick.

Place breast side up over direct heat and grill, turning frequently. Move them around to prevent charring, for about 6 minutes or until bacon is crisp. Flip the quail and cook for another 5-6 minutes on the other side, just until the drumstick moves easily. Don't overcook; the quail should just be cooked through. Remove from grill and serve immediately. Serves 4.

Be sure to thaw quail thoroughly before cooking, if frozen and purchased from supermarket. A quail is not quite enough food for one person; only light eaters get by with one. Wrapped with bacon, they're so moist and flavorful that you will find yourself nibbling the tiny drumsticks looking for more meat. It's best to plan on two quail apiece and nobody will run short.

Better to swat flies with newspapers than iPads



America's Heartland

Roger Alford
RogerAlford1@GMail.Co

I got quite a laugh out of the joke about the old man who was visiting his daughter one evening when he asked to borrow a newspaper.

"This is the 21st Century," she told him. "We don't waste money on newspapers. Here, use my iPad."

"I can tell you this," the old man said, "that fly never knew what hit him."

Flies have been a nuisance to mankind since ages old. In fact, the Bible tells us that God used flies as one of the plagues on Egypt when He was convincing Pharaoh to release

His people from slavery. "Thick swarms of flies went into Pharaoh's palace and his officials' houses. Throughout Egypt, the land was ruined because of the swarms of flies" (Exodus 8:24).

If you've ever been pestered by a single fly, you could certainly understand how bothersome a huge swarm of flies would be. It's why we invest in window screens to keep flying pests outside. It's why we provide fly tags or rubs for our livestock throughout America's heartland. The fact is, people don't like being pestered, and will go to great lengths to avoid it.

It's hard to imagine, but Americans spend more than \$11 billion a year on pesticides. That's a lot of money just to keep pests at bay. It reinforces what we all know about ourselves: we'll go to great lengths to avoid being pestered.

Jesus told a parable once about an unjust judge who was being pestered by a widow who wanted justice in some kind of dispute.

She kept going to this unjust judge, asking over and over again, for justice. He finally gave in, saying "because this widow keeps pestering me, I will give her justice so she doesn't

weary me with her persistence" (Luke 18:5).

So, it seems flying insects aren't the only pests in this world. We learn from Jesus in that parable that people can be pests, too, at least to other people. We also learn that people are never pests to God, and that He will swiftly intervene on our behalf. That parable ends with these questions: "Will not God grant justice to his elect who cry out to Him day and night? Will He delay to help them? I tell you that He will swiftly grant them justice."

Now, that's good news. When we're facing difficulties, hardships, trials or tribulations, we should feel free to pray to God for His help, and we should never feel like we're being pests to Him. In fact, he tells us to pray without ceasing. He loves to hear from us.

We can be assured God will never feel like swatting us with a newspaper or an iPad. He loves us so much that He's always glad when we reach out to Him.

Roger Alford offers words of encouragement to residents of America's heartland. Reach him at rogeralford1@gmail.com.

Miss Estill County Fair Beauty Pageants

Starting on June 2 applications will be taken for:

Miss Estill County Open Beauty Contest – Ages 16-21

Miss Estill County Open Teen Beauty Contest – Ages 13-15

Miss Estill County Pre-Teen Pageant (Closed) – Ages 8-12

Date for all three (3) pageants is Saturday, July 1, 2017

Pageant entry deadline for all 3 pageants – Friday, June 30, 2017, 4:00 p.m.

For more information or an application call or email Gina Flynn (606) 975-5851, gina.flynn@estill.kyschools.us or Cheryl Stepp (606) 723-8546, cjstepp@windstream.net Applications will also be available at the Farmers Market located at the fairgrounds starting June 2nd.

The Estill County Tribune

Estill County	Adj. Counties	Kentucky	Out of State
1 year \$16.04	1 year \$26.42	1 year \$30.19	1 year \$32.00
Sales Tax 0.96	Sales Tax 1.58	Sales Tax 1.81	Sales Tax 0.00
Total \$17.00	Total \$28.00	Total \$32.00	Total \$32.00

**Seniors, 65 and older, may deduct \$2.50 from above totals

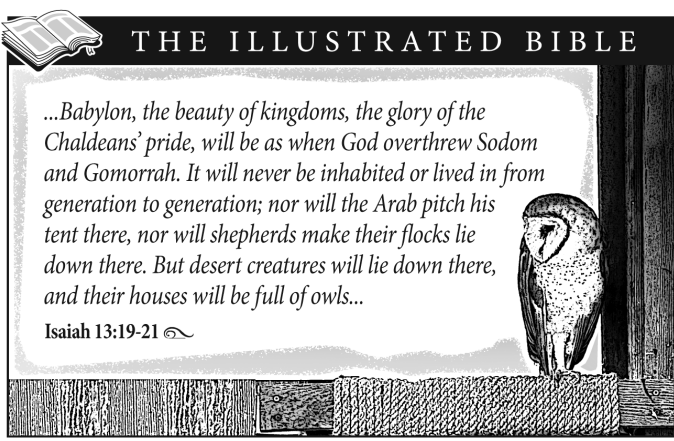
Name _____

Address _____

City, State, Zip _____

Send this form with proper payment to:

The Estill County Tribune
6135 Winchester Road
Irvine, Kentucky 40336-8517



WE VALUE YOUR FEEDBACK!

The Estill County School System and Community have been working hard on developing Core Belief and Core Value statements. Your feedback is highly appreciated as we move forward to ensure *Every Child Succeeds!*

Please go to www.estill.k12.ky.us and complete the survey any time from June 12th through June 16th.

WE the Estill County School System and Community BELIEVE:

- Teachers, staff, students, parents, and community need to feel valued.
- IF schools, students, parents and community work together, ALL students can achieve a high level of success!
- In fostering a safe and nurturing environment.
- Everyone has potential; it is up to US to develop that potential.
- Everyone should develop a growth mindset to promote confidence and hard work.

WE the Estill County School System and Community VALUE:

- Attendance being a priority.
- Promoting citizenship through a positive work ethic.
- Determination and perseverance in all WE do.
- Stakeholders working together to prepare ALL students for life beyond high school.
- Teachers providing high quality instruction in which all students are actively engaged.

11th Annual Holes for Hoops Golf Scramble
Saturday, June 17, 2017
Estill County Golf Club

The 11th Annual Holes for Hoops Golf Scramble will be held on Saturday, June 17, 2017, at the Estill County Golf Club. This is sponsored by and all proceeds are given to the Estill County High School boys basketball team.

Scramble format will be played from four-somes with a 1:00 p.m. shotgun start. Cost is \$50.00 per player, \$200.00 per team. Fee includes 18 holes of golf, use of cart, lunch, excellent prizes, and an opportunity to support the young men of ECHS. Extras include: mulligans \$5.00 each (2 maximum).

For additional information contact Coach Bentley at (859) 200-3704 <Jon.Bentley@Estill.KySchools.us> or Coach Benton at (859) 248-7335 <Rick.Benton@Estill.KySchools.us>.

