



Just Hunting

by Steve Brewer

Well, youth turkey season opened on Saturday. I hope the readers of this article will supply me with some exciting stories to write about. In the mean time, although every one of my hunts for this year have been cancelled, and this has been a terrible year thus far, if we look beyond the mist, we always see the sun shine. I looked behind that mist this week, and what I saw was hope once again.

I needed to install an electric fence to keep people's dogs out, that was chasing my chickens. One of my neighbors even got rid of his dog, rather than take a chance it would bother the neighborhood. I like people like that, people who do the right thing. Thank you.

Well, I am well into my seventies, my body knows that, my mind don't. I was doing some work on my chicken coop, and I strained my right arm. That hurts enough, but not being able to go to my doctor, makes it worse. I was doing my best to put up the electric fence, but just couldn't get it done, the pain was just too much.

It is always funny to me that the victim of any-

thing is always the one who ends up footing the bill. I am a victim of reckless neighbors who refuse to put their animals up and let them come into my property, and to destroy it, even knowing I will rid myself of such a blight when I can.

I bought the material to put up the fence; the people who let their animals (run loose) are not out one penny, but they are the cause of the problem; again I am the victim. Please don't take this as an invitation to say, 'Well, he has an electric fence up now, I will just let my dogs loose.'

Anyway, my arm is strained, my fence needs installed, what do I do? I called my friend Greenville Estes. I met Greenville when I first moved here, we were members of the National Wild Turkey Federation local chapter together, the Estill County Longbeards. We was a proud local chapter, and Greenville one of the proudest. Greenville and myself has done several projects together in the eight years I have been here, all good.

Greenville reminds me of friendships long gone. So I did what I always do when I am in a bind; called my friend Greenville to help me finish my fence. He was here Johnny-on-the-spot. He worked tirelessly to drive the T-Post on the corners, set the line post, and hook it up. I asked him several times if he would like something to drink; he declined and worked on. I have found something in Greenville that for some reason is missing in most people these days, "HONESTY". He has never told me something that he failed to deliver on. Tip of my hat to my friend Greenville Estes, for being a true friend and a man of his word. As my friend started to leave, he looked at me and said, 'by the way, no charge.' That made it even better.

You can email Steve Brewer at <News@Estill-Tribune.com> and we will forward message.

Kitchen Diva

Create a Family Plan for Coronavirus Crisis

Like many families, we've been trying to process all of the information about the coronavirus outbreak and stay in good health. The Centers for Disease Control and Prevention's website (www.cdc.gov/coronavirus/2019-ncov/index.html) contains guidelines and information to help your family through these tumultuous times. Here are some guidelines from the CDC:

CREATING A HOUSEHOLD PLAN:

The coronavirus outbreak could last for a long time in your community. Depending on its severity, public health officials may act to help keep people healthy, reduce exposures to COVID-19 and slow the spread of the virus. Creating a household plan can help protect your health and the health of those you care about. Your plan should be based the needs and daily routine of your household.

Practice everyday preventive action that can help prevent the spread of respiratory illnesses:

- Avoid close contact with people who are sick.
- Stay home when you are sick, except to get medical care.
- Cover your coughs and sneezes with a tissue.
- Clean frequently touched surfaces and objects using a regular household detergent and water.
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom, before eating and after blowing your nose, coughing or sneezing.

Choose a room in your home that can be used to separate sick household members from those who are healthy (if possible).

Avoid sharing personal items like food and drinks. Provide your sick household member with clean disposable facemasks to wear at home. Clean the sick room and bathroom, as needed, to avoid unnecessary contact with the sick person. Learn more about caring for someone with COVID-19 at home at the CDC's coronavirus website.

Plan ways to care for those who might be at greater risk for serious complications.

Data suggests older people are more likely to have serious COVID-19 illness. If you or your household members are at increased risk for coronavirus complications, consult with your health care provider for more information about monitoring for symptoms suggestive of COVID-19. The CDC will recommend actions to help keep people at high risk for complications healthy if a coronavirus outbreak occurs in your community.

Take care of the emotional health of your household members.

Outbreaks can be stressful for adults and children. Children respond differently than adults to stressful situations. Talk with your children about the outbreak, try to stay calm, and reassure them that they are safe.

Create an emergency contact list.

Ensure your household has a current list of emergency contacts for family, friends, neighbors and teachers. Create a list of local organizations that you and your household can contact in the event you need help, including mental health or counseling services, food and other supplies.

Here's a comforting recipe for Roasted Tomato Soup that uses canned goods and pantry items to create a delicious meal. During these challenging days, try to stay calm, take care of yourself and your loved ones, and remember, by the grace of God this too shall pass.



Photo Credit: DepositPhotos

ROASTED TOMATO SOUP

After roasting the tomatoes, you can coarsely chop them to use as a sauce for pasta dishes instead of blending them into a soup.

2 (28-ounce) cans peeled whole tomatoes, drained, halved and seeded (such as Muir Glen, Hunt's, Contadina or Red Pack)

14 large fresh basil leaves, torn or 2 tablespoons Italian Seasoning

1/2 medium onion, cut into 1/4-inch dice

5 large cloves garlic, coarsely chopped or 1 teaspoon garlic powder

1/2 cup olive oil

1 teaspoon salt

1 teaspoon ground black pepper

1/8 teaspoon ground cloves or nutmeg

1/8 teaspoon ground cayenne pepper or red pepper flakes

1. Heat oven to 300 F. Spread out the tomatoes, basil, onion and garlic cloves in a large shallow pan with sides. Sprinkle with the oil and the spices, turning to coat the tomatoes evenly.

2. Bake 2 1/4 to 2 1/2 hours, basting and turning the tomatoes several times, until their color deepens to dark red. Don't let them brown; nor allow the garlic to brown, it will turn bitter.

3. Transfer the tomatoes and their juice, the oil, garlic and onions into a blender or the bowl of a food processor. Blend until smooth. Or mash the ingredients with a potato masher until smooth. Allow tomatoes to sit for 20-30-minutes to mellow.

4. Reheat soup on the stove or in a microwavable bowl for 2-3 minutes. You can freeze this soup for up to 3 months. Serves 4-6.

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Coronavirus Impacting Blood Supply; Healthy Donors Needed

Help with the urgent need for blood to support Kentucky hospitals

LEXINGTON, Ky. - As the spread of Coronavirus continues throughout Kentucky and the United States, Kentucky Blood Center is appealing to healthy individuals to donate blood to prevent shortages in the 70+ Kentucky hospitals it serves.

"Giving blood is a tangible way to take action in uncertain times," said Martha Osborne, Vice President of Marketing for Kentucky Blood Center. "Cancer patients, accident and burn victims and other neighbors continue to need blood products. We anticipate with school and business closings that a national blood shortage will continue for the foreseeable future. It is imperative that healthy individuals continue to donate blood as soon as they can and as often as they can."

Donors can help boost the blood supply at this upcoming blood drive: Estill County Community Blood Drive, Saturday, April 18, 9 a.m.-1 p.m. at the First Christian

Church fellowship hall, 270 Main Street, Irvine.

Blood donors must be at least 17-years-old (16 with parental consent), weigh at least 110 pounds, be in general good health, show a photo I.D. and meet additional requirements. Sixteen-year-old donors must have a signed parental permission slip, found at kybloodcenter.org.

Appointments only. To schedule a donation, visit kybloodcenter.org or call 800.775.2522. On the day of donation, donors can complete their health history questions on a tablet, computer or smartphone prior to coming to the blood drive by using QuickPass.

Kentucky Blood Center is celebrating more than 50 years of saving lives in Kentucky. KBC is the largest independent, full-service, nonprofit blood center in Kentucky. Licensed by the FDA, KBC's sole purpose is to collect, process and

distribute blood for patients in 90 counties in Kentucky.



How long do Coronaviruses live on surfaces?

The Estill County Health Department wants you to be aware of how long Coronaviruses have been known to live on different types of surfaces and the things you can do to protect yourself and your family.

WHAT CAN YOU DO: Disinfect all surfaces and objects in your home daily with a household cleaning spray or wipe. Wash hands for at least 20 seconds with soap and warm water, especially after visiting the supermarket or bringing in packages.

During this difficult time we encourage you to take the extra measures needed to keep everyone safe. This information on the Coronavirus is changing constantly. For accurate up-to-date information please follow www.kycovid19.ky.gov.

Sources: CDC, FDA.

SURFACE	EXAMPLES	DAYS/HOURS
Metal	Doorknobs, Jewelry, Silverware	5 Days
Glass	Drinking glasses Mirrors, Windows	Up to 5 Days
Ceramics	Dishes, Pottery, Mugs	5 Days
Paper	Newspaper, Magazines	Up to 5 Days
Wood	Furniture, Decking	4 Days
Plastics	Milk Bottles, Bus Seats Elevator Buttons	2-3 Days
Stainless Steel	Refrigerators, Pots/Pans, Sinks, Water Bottles	2-3 Days
Cardboard	Shipping boxes	1 Day
Aluminum	Soda cans, Tin foil, Water bottles	2-8 Hours
Copper	Pennies, Tea kettles, Cookware	4 Hours
Food/Water	*Doesn't seem to spread through food and has not been found in water	

TIGER

by BUD BLAKE

