

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>

Fridays, 6:00 to 8:00 p.m.

Estill Appalachian Dulcimers

The Estill County Appalachian Dulcimer Club meets every Friday from 6 to 8 p.m. at the First Christian Church, Main Street, Irvine

Anyone who plays an Appalachian Dulcimer or anyone who is interested in playing one is welcome to attend.

Saturday, July 13th, 9am-2pm

Car & Bike Show, Dance

Post #79 American Legion is sponsoring a Car and Bike Show at the Legion on Millers Creek Road on Saturday, July 13, registration begins at 9 a.m., trophies at 2 p.m., followed by an added feature will be burnouts.

From 8 p.m. until midnight,

dance to oldies but goodies. There will be a dance contest and a contest for the best dressed. It's also Cruse-Inn night, downtown at 5:00 p.m. For more information, visit www.thecruisenightpage.com or www.bootscootin-music.com.

Friday, July 12th at 3:30 p.m.

Author visits with family stories from local American history

Estill County Public Library welcomes author Patricia Estep O'Neal on Friday, July 12 at 3:30 p.m. Mrs. O'Neal will share stories from her book at "Room at the Foot of the Bed," a delightful rendering of genealogical research combined with family tales.

The author spent over twenty years collecting true stories about her family and has managed to collect tales as far back as the Revolutionary War. The author's daughter, Jan O'Neal Chapman, assisted with the book's creation and has this to say, "My ancestors settled in the Commonwealth of Virginia in the 1700s and eventually ventured into Tennessee and

Kentucky. The (collected) stories aren't long but they are very good - some funny - some sad - kind of like the Waltson meet Andy Griffith meets Grapes of Wrath. A lot of stories came from my grandmother who died at the age of 101."

Both mother and daughter will be at the library to talk about how they collected the stories, and share a few of their favorites. Those interested in history, Kentucky tales or just a good story told well won't want to miss Patricia Estep O'Neal's Room at the Food of the Bed at the Estill County Public Library, July 12 at 3:30 p.m. The event is free and open to the public.

Saturday, July 13th @ 8am-1pm

Drive for Life This Summer! Summer blood donors can save lives, win big

Blood donors are not only able to save lives this summer, but they can also win a new car!

Everyone 18 and older who registers to donate blood with Kentucky Blood Center (KBC) is eligible to win a 2013 Toyota Prius.

Area donors can be part of KBC's Drive for Life by donating at the Estill County Community blood drive this coming Saturday, July 13, 2013, from 8:00 a.m. until 1:00 p.m. at the First Christian Church fellowship hall at 270 Main Street in Irvine.

Each time someone registers to donate, they will be

automatically entered to win the Toyota Hybrid. The Prius promotion runs through Sept. 13, and donors can give blood and be entered into the drawing more than once this summer.

To schedule a donation, visit kybloodcenter.org or call 800.775.2522.

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

Thursday, July 18th @ 6:00 p.m.

Garden Thyme Herb Club

The Garden Thyme Herb Club will meet at 6 p.m. on Thursday, July 18 in the fellowship hall of New Beginning Church.

Sandy Freyman will present fennel as the herb of the month.

A demonstration on canning and frying banana peppers will be given by Armada Sparkman. If you order fried banana peppers in a res-

taurant, they are likely to be canned instead of fresh.

Do you like tea? So does your plants. David Freyman will explain how to make compost tea and its benefits. The compost tea is not only a plant fertilizer, but it also helps to repel plant pests.

Members and guests are welcome to attend the meeting. For more information, call (606) 723-3096.

Friday, July 19th @ 6:30 p.m.

Madison Civil War Roundtable

The bi-monthly meeting of the Madison County Civil War Roundtable will be held on Friday, July 19, 2013 at 6:30 p.m. at the Dinner Bell Restaurant in Berea.

Civil War historian and researcher Joe Reinhart will

present a lecture entitled, "Kentucky's Federal Regiments."

The buffet meal is \$15.00. Reservations are necessary by calling (859) 623-8979 by noon on Wednesday, July 17th.

Enter by Tuesday, July 23rd

Four Seasons Garden Club's Business Beautification Awards

The 17th annual Beautification Recognition Awards by the Four Seasons Garden Club will honor the efforts of those who improve the appearance of the community by landscaping and beautifying their properties.

The goal of the program is to encourage and recognize those that help create a more beautiful county and encourage civic pride.

Winners will be selected in four categories: most improved property; best maintained; best floral display; and best color theme display. Judging will be based on appearance, neatness, and landscaping. Appearance includes maintenance of building, sidewalk, curbs, parking lot, and sign. Neatness includes

free of trash, weeds, and dirt. Landscaping includes use of flowers, shrubs, and/or trees.

Businesses, governmental agencies, community facilities, organization properties, public utilities, and industries are eligible to participate. Anyone may enter their own business or you can nominate a place worthy of recognition. The deadline for nominations and entries is July 23.

Winners will be given recognition by receiving a plaque to display on their property. Contact Francine Bonny at 723-5694 or Barbara Welch at 723-4493 to nominate an entry.

The Four Seasons Garden Club is a member of the National Council of State Garden Clubs, Inc.

Thursday-Saturday, July 25-27, 10am-4pm

Back Porch Homecoming

The Estill County Historical and Genealogical Society will have its annual "Back Porch Homecoming" from 10 a.m. to 4 p.m. daily, Thursday-Saturday, July 25-

27, 2013 at the Estill County Research Library and Museum on Broadway. This is an opportunity to have help looking up family history. Registration Fee is \$5.00.

RSVP by Friday, August 2nd

Estill Class of 1983 Reunion

The Estill County High School "Class of 1983" is planning a 30-year-reunion for Saturday, August 17, 2013 with a picnic at Estill Springs and the reunion at the Estill

County Golf Club. Please send an email to <EstillClass1983@Yahoo.Com> by Tuesday, August 2nd to receive more info. and so that we can get a count.

Monday, August 5th @ 7:00 p.m.

Twin City Kruzerz Car Club

Twin City Kruzerz Car Club will be holding their monthly meeting on Monday, August 5th, 2013 and the first Monday of each month at Irvine City Hall at 7:00 p.m. If the meeting falls on a holiday it will be held

the following Monday. All members and anyone wishing to join the club are welcome.

If you have any questions please call Loyd Flynn at 723-6776 or Parnell Todd at 723-2326.

Tuesday, August 6th @ 7:00 p.m.

Estill Historical Society Meeting

The Estill County Historical and Genealogical Society will meet at the Estill County Public Library on Tuesday,

August 6, 2013, at 7:00 p.m. Jeff Hix will be the guest speaker.

Everyone is welcome.

Kitchen Diva

The Real Truth About MSG

by ANGELA SHELF MEDEARIS

Monosodium glutamate, commonly known as MSG, is used as a flavor enhancer in many recipes. It's made from starch, corn sugar or molasses from sugar cane or sugar beets. MSG is produced through a natural fermentation process, much like that used to make beer, vinegar or yogurt. There's a lot of controversy -- both pro and con -- about using MSG. The following information may help you decide that you want to start using MSG in your dishes.

MSG is the sodium salt of glutamate. Glutamate is an amino acid essential for metabolism and brain function and is manufactured by the body. It occurs naturally in almost every protein-containing food we eat -- foods such as cheese, milk, mushrooms, meat, fish and many vegetables like tomatoes. When MSG is added to foods, it provides a similar flavoring function as the glutamate that occurs naturally.

The MSG added to food is handled in the body the same way as natural glutamate found in foods. MSG contains only one-third of the sodium as table salt and is used in much smaller amounts. When MSG is used with table salt, it actually can help reduce the total amount of sodium by 20 percent to 40 percent. In addition, MSG can be helpful to the elderly, who may experience a decline in smell and taste. Adding MSG may make eating more enjoyable for older adults.

Some people feel they are sensitive to MSG, and attribute headaches and other symptoms to eating it. However, current research has not found a link between MSG and these reactions. MSG is safe for consumption, as stated by the U.S. Food and Drug Administration. It is even safe for infants, as human breast milk contains glutamate.

Flavoring your dishes with MSG can enhance their taste. As a general guideline, about half a teaspoon of MSG per pound of meat or per four to six servings of vegetables should be sufficient. Overall, MSG helps make good food taste even better.

Adding MSG to my recipe for Swedish Meatballs and Gravy enhances the spices and flavors of this familiar comfort food dish.

(Additional information provided by Tammy Kliethermes, Dietetic Intern, Missouri Department of Health.)



PHOTO CREDIT: stock.xchg photo

SWEDISH MEATBALLS AND GRAVY

- 1 cup breadcrumbs
- 2 tablespoons unsalted butter
- 1/3 cup minced white onion
- 2 cloves garlic, minced
- 1/4 teaspoon ground allspice
- 2 teaspoons Kosher salt
- 1/4 teaspoon ground white pepper
- 1/2 teaspoon MSG
- 1/2 cup milk
- 1 teaspoon Worcestershire sauce
- 3/4 pound lean ground beef
- 1/2 pound lean ground pork
- 1 large egg plus 1 egg white, beaten
- Vegetable oil, for brushing

Swedish Gravy:

- 2 tablespoons unsalted butter
- 2 tablespoons flour
- 1 1/2 cups low-sodium beef broth
- 1 teaspoon Worcestershire sauce
- 1/4 cup heavy cream
- 1/2 teaspoon Kosher salt
- 1 teaspoon ground black pepper
- 2 tablespoons chopped fresh parsley
- Lingonberry jam, for serving (optional)

1. Place breadcrumbs in a large bowl. Heat butter in a skillet over medium heat. Add onion, garlic, allspice, salt, white pepper and MSG, and cook, stirring, until soft, about 5 minutes. Add milk and Worcestershire sauce and bring to a simmer. Pour the milk mixture over the breadcrumbs and stir to make a thick paste; let cool. Add the beef, pork, egg and egg white to the bowl and mix until combined.

2. Brush a baking sheet with vegetable oil. Roll the meat into 1-inch balls and arrange on the prepared baking sheet. Cover with plastic wrap and refrigerate at least 1 hour.

3. Preheat oven to 400 F. Bake meatballs until cooked through, about 20 minutes.

4. Meanwhile, to make gravy, melt butter in a large skillet over medium heat. Add flour and cook, whisking, until smooth. Whisk in beef broth and Worcestershire sauce, and bring to a simmer. Add the cream and meatballs. Reduce the heat to medium low and simmer until the gravy thickens, about 10 minutes. Season with salt and black pepper. Transfer to a serving dish; sprinkle with the parsley and serve with lingonberry jam, if desired.

Angela Shelf Medearis is an award-winning children's author, culinary historian and 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 and go to Hulu.com. Recipes may not be reprinted without permission from Angela Shelf Medearis.

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