

Elisha Witt DAR Meets At Raders River Grill

The Elisha Witt Chapter, Daughters of the American Revolution, met for their regularly-scheduled meeting on November 16, 2013, at Raders River Grill with Regent Fredia Blackwell presiding.

The meeting opened with the traditional Rituals, the Pledge to the Flag, and the American's Creed. Faye Reece gave the devotion, and Regent Blackwell gave the Indian Minute.

The Chapter brought items to send to the Leestown Veterans Facility in Lexington. Eva Watson reported that the local American Legion had prepared lunch for a group of veterans from the Leestown facility and had sent food back to the hospital for other

veterans who could not make the trip to Irvine.

Cindy Hensley reported on her work for the D.A.R. in other counties.

Nelle Williams was in charge of the program. She spoke on "George Washington's Journal of Prayer." She told how he prayed before each battle and told of the well-known picture of Washington kneeling in the snow to pray at Valley Forge.

Mrs. Williams also played the keyboard and led the group in singing, "We Gather Together," and "God Is So Good." She went around the group and asked each person to tell about someone who had been a "Star" in their life. She said that the Rev. Billy Graham

had always been a "star" for her. Others told about the mothers, daughters, and other people that had been a great influence in their lives.

The meeting ended with a beautiful memorial service for Mildred Cook, who was a long-time D.A.R. member, both in Lee County and Estill County. The service was led by Janice Bush, Chaplain Faye Reece, and Nelle Williams, who provided the music. Mildred Cook passed away in Florida on May 14, 2013. Her cousin and best friend, Sally Lou Smithers Moore, represented Mrs. Cook's family at the meeting.

The next meeting was a Christmas party held at the home of Bobby Carol Noland on December 21, 2013.

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>

Daytime

Al-Anon Daytime Meetings

Al-Anon is a fellowship of relatives and friend of alcoholics who believe their lives have been affected by someone's drinking. Its single purpose is to help

families and friends of alcoholics.

If you would be interested in a daytime meeting, please contact Amanda Webb/West Care at 726-0385.

Now Available

Pet Spay & Neuter Assistance

The Humane Society's Angels of Estill County has acquired a grant to help reduce our pet overpopulation. If you have a cat or dog needing to be altered, please email Ellen Frederick at <ellenfrederick@windstream.net> to get a copy of the form.

Funds are limited and available to residents of Estill, Lee, Wolfe, Owsley and Jackson counties.

These funds were made possible from the KY spay/neuter licensing program.

Funds are independent of the Estill County Animal Shelter. Please do not call the Shelter about this program.

Thursdays @ 7:00pm

Estill Chorus Spring Rehearsals

Estill chorus rehearsals have begun for the spring semester! The Chorus is open to any singer who desires a high level of choral experience. There is no audition.

Rehearsals are held Thursday evenings from 7:00 to 8:30 at Irvine First Christian in the Fellowship Hall. The chorus especially is in need of more men, and high schoolers are also welcome.

Please, join us. For more information, e-mail <estillchorus@gmail.com>.

First Monday of the Month

Twin City Kruzerz Car Club

Twin City Kruzerz Car Club will be holding their monthly meeting on 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

day (Tuesday).

All members and anyone wishing to join the club are welcome. If you have any questions please call Loyd Flynn at 723-6776, or Kenneth Tipton at 723-7554.

Fridays, 6:00 to 8:00pm

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.

BODY FITNESS CLASSES

The BODY FITNESS EXERCISE CLASSES led by Sister Loretta Spotila, RN began the Winter/Spring Sessions on Monday, January 27, 2014

Classes are on Mondays and Wednesdays, 9:30 a.m. to 10:30 a.m. at the Central Office Building gym

For more information, call 723-8505.

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Tuesday, February 4th @ 7pm

Historical Society To Meet

The Estill County Historical and Genealogical Society will meet at 7 p.m. on Tuesday, February 4, 2014 at the Estill County Public Library. The speaker will be Joe Barnes and Jerry Rose.

The 2014 calendar is now available at the Museum on Saturdays. There should be

a correction in the calendar for the month of July: "Anne Rainey Clark" should be listed as "Nancy Ann Rainey Clark."

The Estill County Pictorial History, World War II Book, the School Book, and the two volumes of the Cemetery Books are still available.

Tuesday, February 11th, 6-8pm

Valentine's Day Ball For Special Needs Persons

Individuals with Special Needs can "dance the night away" at a Valentine's Day Ball with Berea Parks & Recreation on Tuesday, February 11th, 6-8

p.m. at the Russel Acton Folk Center! This is a free event and semi-formal attire is required! Snacks and a DJ will be provided! Call (859) 986-9402!

Tuesday, February 11th

Free Tax Prep In Estill County

The Eastern KY Asset Building Coalition is offering free tax preparation services on Tuesday, February 11, 2014 at the Estill County Public Library, 246 Main Street in Irvine.

Tax preparation at this site is by appointment only. Please call 502-209-5382 to schedule an appointment and mention that you would like to utilize the Estill County location.

Please bring with you . . .

- Picture identification for each taxpayer

- Social Security cards for self, dependents, and spouse, if applicable
- All forms, W-2 and 1099 statements
- Information on all other income
- Information for all deductions and credits (i. e., child care, education)
- A copy of last year's return, if available
- Checking and/or savings account information for direct deposit of refund (routing number and account number).

Tuesday, February 4th

Tai-Chi For Health & Balance

The Estill County Senior Center, located at 100 Golden Court, off Stacy Lane Road in Irvine, will be offering a new exercise program, Tai-Chi for Health and Balance, beginning in February.

The gentle movements of Tai-Chi reduce stress and provide other health benefits. Tai-Chi covers five different important kinds of exercise in one - aerobic, strength training, core stability, flexibility and balance. It improves

physical condition, confidence in movement, stress reduction, increased body awareness, balance and decreases pain.

Classes begin Tuesday, February 4th at 1 p.m. Classes will be offered every Tuesday and Thursday at 1 p.m. and Saturday February 8th and 22nd at 9 a.m. There is no charge for the class and it is open to anyone age 55 or older.

For more information please call 723-4787.

Food Court Applications

Food Court applications for the 2014 Mountain Mushroom Festival are now available at Irvine City Hall located at 101 Chestnut St. Food vendors must carry vendor liability insurance. Application, fees and proof of liability insurance must be submitted by deadline date of Friday, January 31, 2014 at 4:00 p.m. Mailed applications must be post-marked by the deadline date. No late entries will be accepted. The application fee is \$150 per food booth space plus a \$75.00 Early Departure/Closing fee if applicable. For more information, you may call Kim Williams at 723-4235. The 2014 festival dates are Saturday, April 26th & Sunday, April 27th.

Kitchen Diva

Not Your Mama's Pressure Cooker

by ANGELA SHELF MEDEARIS

The recent cold weather sparked a yearning at my house for a nice pot of pinto beans with a side of spicy, jalapeno combread. The problem was that I hadn't pre-soaked my beans. The solution -- my new Fagor pressure cooker.

Previously, I had been afraid to use a pressure cooker, mainly because of the way the older models were designed. My mother's pressure cooker rattled, hummed and blew out fragrant puffs of hot steam like a metal dragon. I've heard numerous urban legends about pressure cooker explosions, food-splattered ceilings and ruined dinners. Fortunately, the newer models are virtually fool-proof, sleekly designed and easy to use.

The modern pressure cooker is a hermetically sealed pot that heats water or other liquids to a temperature of about 250 degrees F. This is a far higher temperature than you can reach by cooking in an ordinary pot, because the temperature of food is limited by the boiling point of water (212 F). A pressure cooker can reduce cooking time by a factor of three to four.

Here's how it works: The liquid starts boiling and some of it changes to steam, which causes a mixture of air and steam to be released via the safety valve. Once all the air is released, pressure builds up in the pot. When the desired pressure is reached, the heat is turned down to a level where it maintains the proper pressure, and no more steam will be released. If the pressure gets too high, the valve will release steam to prevent the pot from exploding. Modern pressure cookers have a back-up pressure release, which comes into action if the safety valve gets obstructed by the contents of the pot, such as soup or stew.

The secret of the modern pressure cooker is in the lid, which usually is fitted to the pot by a bayonet lock. It contains a rubber ring and at least one safety valve. The safety valve not only releases air and steam, but has an indicator that shows the built-up pressure. Usually, there are two pressure levels to choose from: The first mark for foods that don't need much pressure, such as vegetables and fish; the second, more commonly used, is for practically anything else, such as potatoes, curry or meat.

My recipe for Risotto with Mushrooms and Peas combines traditional risotto cooking techniques with the speed and efficiency of a pressure cooker. For more information about pressure cookers, go to www.fagor.com.



RISOTTO WITH MUSHROOMS AND PEAS

If you use one of the other types of Italian risotto rice -- Baldo, Violone Nano or Camaroli -- instead of the traditional Arborio, you'll need to cook it for 5 to 6 minutes under pressure rather than 4 to 5 minutes.

- 1 tablespoon olive oil or butter
- 3 slices bacon, diced
- 1/2 cup finely chopped onions
- 1 teaspoon salt
- 1 teaspoon freshly ground black pepper
- 2 cloves garlic, diced
- 1 1/2 cups Arborio rice
- 1/2 cup dry white wine, sherry, dry vermouth or aged white balsamic vinegar
- 3 1/2 cups chicken or vegetable broth
- 8 ounces sliced portabella mushrooms
- 8 ounces white mushrooms
- 1 cup frozen sweet green peas
- 1/2 cup grated Parmesan, plus more to pass at the table
- 1/8 teaspoon ground nutmeg
- 2 tablespoons chopped parsley, for garnish

1. Heat oil or butter in a 2 1/2-quart or larger cooker. Add bacon and cook over high heat until bacon is crispy, about 3 to 4 minutes. Remove bacon to paper towels to drain. Add onions, salt and pepper to oil and cook over high heat for about a minute, stirring frequently. Stir in garlic and the rice, taking care to coat the rice with the oil. Cook for 30 seconds, stirring constantly.

2. Stir in wine or balsamic vinegar. Cook over high heat until rice has absorbed the liquid, about 30 seconds. Stir in 3 cups of broth and the mushrooms, taking care to scrape up any rice that might be sticking to the bottom of the cooker. Lock the lid in place. Over high heat, bring to high pressure. Reduce heat just enough to maintain high pressure, and cook for 4 minutes.

3. Turn off the heat. Quick-release pressure by setting the cooker under cold running water. Remove the lid, tilting it away from you to allow the steam to escape.

4. Set cooker over medium-high heat, and stir vigorously. The risotto will look fairly soupy at this point. Boil while stirring every minute or so, until the mixture thickens and the rice is tender but still chewy, 1 to 4 minutes. Stir in the peas when the rice is almost done. (If the mixture becomes dry before the rice is done, stir in the extra 1/2 cup of broth.) The finished risotto should be slightly runny; it will continue to thicken as it sits on the plate.

5. Turn off the heat. Stir in the bacon, Parmesan and nutmeg. Serve immediately, garnished with a little parsley, if desired. Pass extra Parmesan at the table.

(Additional pressure cooker information provided by the Encyclopedia Britannica, www.britannica.com.)

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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