

# 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>

**Mondays & Wednesdays at 10:00am**

## Body Fitness Exercise Classes

Body Fitness Exercise Classes instructed by Sister Loretta Spotila, RN, are being held on Monday and Wednesday mornings, 10-11 a.m. at the Estill County UK Cooperative Extension Service on Golden Court, off Stacy Lane in Irvine. These classes involve gentle exercise and movement and build strength and flexibility. They are helpful for persons with arthritis,

**Wednesdays, now at 5:30pm**

## Beginner Yoga at Marcum-Wallace

Beginner Yoga class at Marcum & Wallace Hospital is held in the Mercy Room each Wednesday from 5:30 to 6:30 p.m. with instructor Laritza Gomez. The cost is one non-perishable food item for Helping Hands Outreach Ministry.

**Thursday, February 27th at 5:30pm**

## Irvine-Ravenna Kiwanis Club

The Kiwanis Club of Irvine-Ravenna will meet Thursday, February 27, 5:30 p.m. at the Steam Engine Pizza. A devotional will be given by Suzanne Waite and the Board of Directors will meet and make plans for future activities. Kiwanis members work together to achieve what one person cannot accomplish alone. Make a difference in the community by getting involved with the Kiwanis Club that has 97 years of service to our community. New members are needed and welcomed. Anyone interested can contact any Kiwanis member.

**Thursday, February 27th at 6:00pm**

## River City Players Auditions

Are you a Sequined White Stretch Pants Elvis, or a Blue Hawaii Elvis. Our old Tuna, TX friends are back, with some new Vegas style characters added. River City Players will hold open auditions for "Tuna Does Vegas" on and Thursday, Feb. 27th, 6 p.m. till 7:30 p.m. Auditions will be held in the EDA building, 177 Broadway. This is an adult themed play, please be 18 years old to apply for auditions. We need actors, sound and light techs, a Stage Manager, and backstage workers. We look forward to seeing our returning cast members, and meeting new members. Please visit our FB page or call 502-810-7668 for more information.

**Friday, February 28th at 10:00am**

## Living With Alzheimer's & Dementia

In the late stage of Alzheimer's disease, caregiving typically involves new ways of connecting and interacting with the person with the disease. Join us and hear from professionals about resources, monitoring care and providing meaningful connection for the person with late stage Alzheimer's and their families. This program will take place February 28th from 10am-1pm at the Madison County Cooperative Extension Office located at 230 Duncannon Lane in Richmond. To register, call the Alzheimer's Association 24/7 Helpline at 1-800-272-3900. Registration is required. This program was created especially for family caregivers, so please no professionals.

**Saturday, February 29th at 8pm**

## Boone Alley Band at Post 79

Boone Alley Band will be performing American Legion Post 79 on Saturday, February 29, starting at 8 p.m. You are welcome to join the Legion members for great music and fun.

**Sunday, March 1st at 2:00pm**

## Amvets Post 67 in Clay City

Amvets Post 67, located at 99 Veterans Lane, Clay City holds its meeting monthly, 1st Sunday of each month at 2:00 p.m. Also, everyone is invited to Post 67 Clay City for Bingo every Monday. Doors open at 5:00 p.m. Bingo starts at 6:30 p.m. For more information, call 606-663-0071.

**Monday, March 2nd at 6:00pm**

## Mountain Mushroom Festival

"30 Years of Spore Lore" will be the theme of the 30th annual Mountain Mushroom Festival which will be April 25-26. The festival committee has been making plans. They invite anyone interested to attend the committee meeting on Monday, March 2 at 6 p.m. in Irvine City Hall, 101 Chestnut Street. More volunteers are welcome to assist in the events and activities. For further information contact Francine Bonny, chairman, at 606 723-1233.

**Tuesday, March 3rd at 6:00pm**

## Estill Historical Society Meeting

The Estill County Historical and Genealogical Society will meet at the Museum, 133 Broadway, at 6 p.m. on Tuesday, March 3rd. Potluck will be served. Anyone planning to attend the May meeting at Aldersgate will need to purchase their tickets by April 25th.

**Tuesday, March 3rd at 6:30pm**

## Estill County Lions Club

The Estill County Lions Club will meet Tuesday, March 3rd and on the first and third Tuesday of every month at the Irvine First Christian Church meeting room on Main Street at 6:30 p.m. Estill County Lions Club is part of Lions Club International, with 1.35 million members in 205 countries around the world.

**Wednesday, March 4th at 1:30pm**

## Ky. Chemical Destruction Meeting

Mark your calendar for the Kentucky Chemical Demilitarization Citizens' Advisory Commission and Chemical Destruction Community Advisory Board Meeting on Wednesday, March 4 at 1:30 p.m. at E-K-U's Carl D. Perkins Building, Rooms A and B. This meeting is a good opportunity to learn more about the Blue Grass Chemical Agent-Destruction Pilot Plant at the Blue Grass Army Depot. For more information, call 6-2-6-8-9-4-4.

**Friday, March 6th - 7:30am to 1:30pm**

## Basement Sale at St. Elizabeth

St. Elizabeth Catholic Church, 322 5th Street in Ravenna, will be having a Basement Sale on Friday, March 6, 2020, from 7:30 a.m. to 1:30 p.m. There will be a sale on all winter wear; lots of nice clothes (including children's clothes), scarves, gloves, jackets and coats. Also, books, toys, some kitchen items, and so much more.

**Friday, March 6th at 9:00am**

## Retired Co. C Guard Breakfast

Attention: All retired and former National Guard members of Charlie Company 1/149th, there will be a breakfast at Cracker Barrel, in Richmond, on Friday, March 6th, and on the first Friday of each month at 9:00 a.m. All are invited and welcome. Hope to see you there!

**Friday & Saturday, March 6th & 7th**

## Everybody's Favorite Yard Sale

Come on out to 11400 Irvine Road, Winchester KY (former Trapp School) for a huge sale of electronics, housewares, hardware, cleaning supplies, new beauty and health supplies, adult clothing, baby items and a large assortment of kids clothes, on Friday and Saturday, March 6 & 7, 2020, 8:00 a.m. to 3:00 p.m. All proceeds benefit non-profit Lady Veterans Connect. Credit & Debit accepted!

**Tuesday, March 10th at 5:30pm**

## Estill Democrat Woman's Club

Estill County Democrat Woman's Club will meet on Tuesday, March 10th and the second Tuesday of each month at the Estill County Golf Club from 5:30-7 p.m. Come, join us. Together we can make a difference.

**Tuesday, March 10th at 7:00pm**

## Estill DAV Chapter 94 to Meet

DAV Chapter 94 will be meeting at 7:00 p.m., Tuesday, March 10th and the second Tuesday of each month at Estill County Senior Citizens Center, off Stacy Lane. If you are a veteran with 10 percent or more service connection, you are welcome. Call 1-606-663-2504 for more information. We are veterans and we would appreciate your attendance. Veterans from surrounding counties are also welcome.

**March 10th & 11th - 1:30-3:30pm**

## March EMS Listening Tour

The Kentucky Office of Rural Health will host a statewide Emergency Medical Services (EMS) Listening Tour in March, making stops in Berea and Morehead to better gauge the current state of rural EMS services. Tour sessions will allow EMS professionals, hospital and clinic administrators and staff, health department staff, state and local government officials, community members and other interested parties the opportunity to share their insights about the strengths, challenges and

**Thursday, March 12th at 7:00pm**

## Estill County Community Chorus

Come out and join the Estill County Community Chorus as we learn our foot stompin', soul stirrin', mountain/ bluegrass music. We practice each Thursday night from 7-8:30 p.m., starting March 12 at the Irvine United Methodist Church. It's lots of fun as we get ready for our Spring Concert in May. Come and bring a friend.

**Monday, March 23rd - 6:30pm**

## Democratic Executive Committee

The Estill County Democrat Executive Committee will be meeting Monday, March 23rd at 6:30 p.m. and the 4th Monday of every month at the Estill County Public Library, 246 Main Street. For additional information you can email [Estillcountydemocrats@gmail.com](mailto:Estillcountydemocrats@gmail.com).

**Tuesday, March 24th at 5:30pm**

## Alzheimer's Community Forum

The Alzheimer's Association is holding a community forum in Richmond, on Tuesday, March 24th from 5:30 p.m.-7:00 p.m. at the Madison County Public Library located at 507 West Main St. in Richmond.

**Request booths by Friday, March 27th**

## Kickin' It For The Kids Festival

West Irvine Intermediate is working with all schools in the District and our very own Byron Roberts to organize a great event! Kickin' it for the Kids is a music festival to nurture the love of Appalachian music in our community. Some of our wonderful Estill County restaurants will be represented with food trucks. This is also an opportunity for our schools to raise money for various programs. There are limited spaces for other community members to host booths at the event. If you are interested in hosting a booth, please contact West Irvine Intermediate for more information at 606-723-4800 or at 155 River View Road, Irvine. Booth requests must be submitted by March 27, 2020. We hope to see you at Kickin' It for Kids!!

## Kitchen Diva

# Got Goat?

Animal protein staples in America have traditionally been beef, pork and poultry. Until now, that is! American consumers are warming up to goat meat. It's a healthy protein choice that 75% of the world has been enjoying for a very long time.

Goat meat is a staple in Asia, Latin America, the Mediterranean, Caribbean and the Middle East. Here in the U.S.A., the popularity of goat meat is growing by leaps and bounds.

Goat's profile as a sustainable and lean meat choice is no doubt contributing to interest in this healthy protein. Since the molecular structure of goat meat is different from that of beef or chicken, it is easier to digest. Goat meat is leaner than beef and has just as many grams of protein per serving. It also is lower in saturated fat than chicken.

A 3-ounce portion of goat meat has 122 calories, considerably less than beef's 179 and chicken's 162. In terms of fat, goat is a much leaner and more readily available meat. It's 2.6 grams of total fat per 3-ounce serving is about one-third of beef's 7.9 grams and less than half of chicken's 6.3 grams. A serving of goat meat represents just 4% of your daily value of total fat, based on a 2,000-calorie diet. Goat meat also has more iron per serving than beef, pork, lamb or chicken.

"Consuming goat meat hasn't been part of our culture, but its popularity is rising as people search for healthy, lean, hormone-free sources of protein," said Lindsey Stevenson, a University of Missouri Extension nutrition and health education specialist.

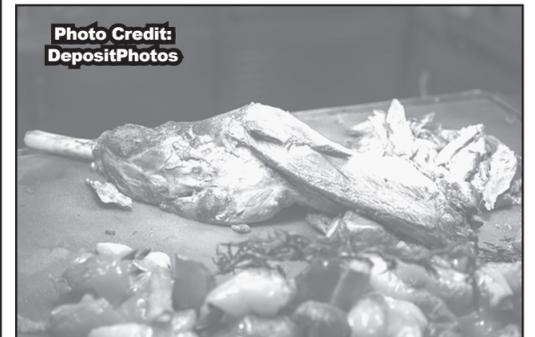
Goat meat may sound exotic, but it can be prepared much like lamb. The cuts are very similar: leg and leg cuts, sirloin, loin, rack of goat and shoulder cuts. Diced and ground goatmeat also may be available.

For consumers in the U.S. and Canada, look for goat meat at traditional grocers or in specialty markets. Goat meat also can be ordered online. Ethnic stores or specialty butchers may have goat on hand or be willing to order some for you.

You might be surprised to learn that much of the goat consumed here in the U.S. comes from Australia. Imports of goat meat to the U.S. have more than doubled in the past 10 years, and 98% of that imported goatmeat comes from Australia.

Because Australian goats are pasture-raised in a natural environment and are not given any additives or added hormones, Aussie goat meat is lean and healthy, and has a natural flavor. Much like its beef and lamb, Australian goat is a safe choice, as Australia is internationally recognized as free of all major livestock diseases. And because Australia is one of the world's largest exporters of goat meat, you can count on its long-term commitment to food safety.

Because it's very lean and low in fat, goat meat is particularly well-suited to slow cooking methods such as braising and stewing, and in flavorful, spicy dishes like this Australian recipe for goat chops. It's a delicious way to warm up on a cold winter day!



**Goat Chops with Tomatoes and Chickpeas**

- 4 goat chops, bone-in
- 4 tablespoons vegetable oil
- 1 1/2 teaspoons salt
- 1 1/2 teaspoons ground black pepper
- 1 1/2 teaspoons paprika
- 1 1/2 teaspoons ground oregano
- 1 onion, finely chopped
- 3 cloves garlic, crushed
- 1 (15-ounce) can chopped, peeled tomatoes
- 1/8 teaspoon crushed red pepper flakes
- 1/8 teaspoon sugar
- 1/8 teaspoon cumin
- 1/4 cup white wine or beef broth
- 1 (15-ounce) can chickpeas or butter beans, drained

1. Rinse and dry the chops on both sides. Sprinkle the chops on both sides with 1 tablespoon of the oil, 1 teaspoon each of the salt, black pepper, paprika and the oregano. Heat oil in a large frying pan and brown the chops, about 2 minutes per side. Remove and set aside.

2. In the same pan, fry the onion until soft. Add the garlic. Cook for 2 minutes, stirring occasionally.

3. Add the tomatoes, and the remaining 1/2 teaspoon each of the salt, pepper, paprika and oregano, along with the red pepper flakes, cloves and the sugar. Cook for 2 minutes. Add the wine or broth and bring to a boil. Lower the heat and simmer 5 minutes.

4. Add the chops and simmer over low heat for 30 minutes. Add the chickpeas or butter beans, simmer 10 minutes. Serves 4.

\*For recipes and more about Australian meats, visit [trueaussiebeefandlamb.com](http://trueaussiebeefandlamb.com).

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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](http://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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