

Letter To The Editor

Help The City of Ravenna With Volunteer Picnic

Dear Friend,
Under the leadership of Mayor Estine Tipton and Fire Chief David Harvey the City of Ravenna is planning a "Thank You Picnic" to honor all Ravenna, Irvine and Estill County Fire Volunteers, Rescue Squad members and their families, dispatchers and all our Ravenna, Irvine and Estill County Law Enforcement Personnel. This much anticipated event is scheduled for Saturday, September 12th, 2015. This picnic is made possible by the generosity of our local businesses and private citizens.

These volunteers are always there when you need them. The only pay that they receive is the "Thank You" that you give them when they work diligently to try to save your home, family and loved ones. I doubt if there is a family in this county that has not at some time needed these dedicated young men and women. If there is a fire, storm, flood, wreck, or any crisis they seem to appear out of no where. They do what they have to do to help you return your life to normal. A volunteer is a special kind of person. Volunteers are not

made; they are born with a deep sense of caring and unconditional love. These special people are backed up by families that understand them and are willing to share them with those of us who are in need. This would be a better world if more of us had that gift.

Please help the City of Ravenna make this picnic a huge success for our wonderful VOLUNTEERS, families and friends. They deserve at least one special day to let them all know that they are appreciated and that we all really care. Thank

you in advance for you gifts and donations. We need to make this a very special day for the ones who are never too busy to come to us in our time of need.

Please drop off your donation to the city of Ravenna or call 723-3332 or 723-4166 and we will gladly pick up any donation or gift.

Sincerely,
Mayor of the City of Ravenna, Estine Tipton
Fire Chief of the City of Ravenna, David Harvey
Fund Raiser and City Council Member, Beverly Thompson

Kentucky Department of Agriculture

Farmers' markets expand access for low-income Kentucky families

Low-income families can use their SNAP benefits to buy fresh, nutritious local foods at more Kentucky farmers' markets than ever before, Agriculture Commissioner James Comer said.

Up to 225 farmers' markets and individual producers now use Electronic Benefit Transfer (EBT) equipment – a more than 10-fold increase from 21 markets in 2010. The EBT equipment enables customers to buy foods at farmers' markets with Supplemental Nutrition Assistance

Program (SNAP, formerly known as food stamps) benefits and to pay with debit or credit cards.

"The EBT equipment helps farmers' market customers buy nutritious local foods to serve to their families," Commissioner Comer said. "It also helps Kentucky farmers make a better living and stay on the farm. I'm grateful to our farmers' market vendors for adopting this technology and to our partners who helped make it possible." Sharon Spencer, the de-

partment's farmers' market specialist, began promoting the SNAP program to Kentucky markets in 2013.

Spencer worked with MarketLink, the U.S. Department of Agriculture's Food and Nutrition Service, the National Association of Farmers' Market Nutrition Programs, and WorldPay to give markets and vendors the opportunity to sign up for free EBT equipment at the Kentucky Fruit and Vegetable Conference in January. Subsequent sign-

ups and trainings were offered in Bowling Green, Louisville, Manchester, and Morehead.

Nationwide, farmers' markets redeemed \$16.6 million in SNAP benefits last year, compared with \$4.2 million five years ago. To find a Kentucky farmers' market, go to www.ky-agr.com or www.kyproud.com. For more information about Kentucky farmers' markets, contact Spencer at (502) 782-4127 or sharon.spencer@ky.gov.

Kitchen Diva

Jerk Pork Fires Up The Grill

Caribbean dishes reflect the influence of a wide variety of cultures and cuisines, including British, Dutch, French, Spanish, East Indian, West African, Portuguese and Chinese. The cooking technique that made Jamaica famous is the spicy jerk marinade that's used for both meats and vegetables. The name is derived from the way the meat is poked or "jerked" with a sharp object to create the holes where spices are inserted.

Jerk cooking dates back to the Carib-Arawak Indians who inhabited Jamaica in the 1600s. After capturing an animal and thoroughly cleaning it, the carcass was "jerked" and the resulting holes were stuffed with spices. Hot peppers and herbs were plentiful on the islands and were used as a preservative before refrigeration was available. The spices also acted as a marinade and a way to tenderize tough cuts of wild game.

To cook the jerked meat, the Indians dug a deep pit and lined it with stones. The pit was filled with green pimento wood, which when burned would smoke heavily and add to the flavor. The holes in the meat also allowed heat to escape without loss of moisture.

Marinades based on hot peppers and herb combinations were created by the Indians and the West African Cormantee to flavor and preserve a variety of meats. Jerk marinade has four main ingredients: Scotch bonnet peppers, whole allspice berries, scallions (also called green onions or spring onions) and thyme. For best results, the meat should marinate in the refrigerator for 12 to 24 hours.

After marinating, the meat should slowly be smoked over a low fire. Using pimento (allspice), apple, mesquite or hickory wood chips provides an intense smoke that will permeate the meat and create an authentic jerk flavor. The wood chips should be soaked in water for at least 30 minutes before placing them on the coals. This slow-smoking method also makes the meat moist and tender.

Jerk marinades are a wonderful way to add spice and a touch of the Caribbean to your barbeque menu. This recipe for Jerk Pork uses the traditional marinade recipe; however, other spices can be incorporated to create your own variation.



JERK PORK

Jerk marinades typically use Scotch bonnet peppers, one of the hottest peppers in the world. Remember to always wear gloves when preparing fresh peppers. It's best to remove the stems and seeds with your gloved fingers or paring knife. Removing the seeds doesn't affect the flavor, but greatly decreases the heat. Afterward, always wash your hands thoroughly with soap and cold water and clean any utensils or surfaces you have used.

- 1/3 cup vegetable oil
- 1/3 cup distilled white vinegar
- 4 green onions, chopped
- 2 cloves garlic, chopped
- 2 to 5 Scotch Bonnet peppers, seeded and minced, to taste
- 3 bay leaves
- 3 peppercorns
- 1 tablespoon dried ground cinnamon
- 3 to 4 whole allspice berries, lightly crushed
- 1 teaspoon freshly ground black pepper
- 1/2 teaspoon ground nutmeg
- 3 pounds pork chops, about 1 inch thick

1. Combine oil and vinegar in a small bowl. Stir in green onions, garlic, peppers, bay leaves, peppercorns, cinnamon, allspice, pepper and nutmeg.

2. Trim any excess fat from pork chops. Place pork chops in a re-sealable plastic bag. Pour spice mixture over them, coating each chop well. Place bag of pork chops in a baking pan and refrigerate to marinate up to 24 hours, turning once or twice every four hours.

3. Allow chops to come to room temperature before grilling. Heat grill until coals are somewhat white with ash; the flame should be low. Place chops on grill and cover with lid. Grill 5 to 10 minutes per side, until the chops are no longer pink in center. Serves 4 to 6.

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.divaapro.com. To see how-to videos, recipes and much, much more, Like Angela Shelf Medearis, The Kitchen Diva! on Facebook.

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Community News

Friday, July 31st, 6-8pm

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, for anyone who plays an Appalachian Dulcimer or anyone

who is interested in playing one is welcome to attend.

The Appalachian Dulcimer was designated as the official state instrument of Kentucky in 2001.

Saturday, August 1st @ 12:30 pm

The Lamb Family Reunion

The annual Lamb reunion for the families of James W. and Agnes Gross Lamb will be held on Saturday, August 1st at the Irvine Masonic Lodge at 221 Broadway, Ir-

vine, Ky. The meal will be served at 12:30 p.m. Bring a covered dish and join us.

All family and friends are invited.

Saturday, August 1st, 6 & 8

Steak Dinner and Dance

American Legion Post #79 will have their annual steak dinner on Saturday, August 1, starting at 6 p.m.

There will be a dance from

8 p.m. to midnight. Music will be provided by Thirsty Thursday.

All members and their guests are invited to attend.

Tuesday, August 4th @ 6:30pm

Estill County Lions Club

The Estill County Lions Club will meet Tuesday, August 4 and on the first and third Tuesday of every month at Raders' River Restaurant. The meal is at 6:30 p.m. and business meeting begins at 7 p.m.

Estill County Lions Club is part of Lions Club Inter-

national, with 1.35 million members in 205 countries around the world. We invite those who feel a call to make our community a better place through service to attend and learn about how Lions around the world earn our motto, "We Serve..."

Tuesday, August 4th @ 7pm

Estill Historical Society To Meet

The Estill County Historical & Genealogical Society will meet at 7 p.m. on Tuesday, August 4, 2015 at the Estill County Public Library,

246 Main Street in Irvine. The speaker, Susan Dick, will give a presentation on the Food Bank.

Book for Sale

60 Page Historical Book about Tipton Ridge, Fitchburg, Cob Hill, Furnace, and surrounding communities from the 1980s.

For more information, Call Madalene Wasson (606) 726-9705

Saturday, August 15th @ 12 Noon

Dickerson-Patrick Reunion

The descendants of Sanford and Dora Ann Dickerson Patrick will have their annual reunion on Saturday, August 15, 2015, starting at 12:00 Noon at the Ravenna National Guard Armory located on KY-52 West just

outside of Ravenna. Lunch will be at 1:00 p.m.

Please bring food, soft drinks, water, etc. for your family and we'll all share our food in potluck style.

Inform all friends and relatives that they are welcome.

Highway Contracts Awarded

Estill Bridge To Be Replaced

The Kentucky Transportation Cabinet recently awarded contracts totaling more than \$11 million for 12 highway projects within the Department of Highways District 10 including a \$495,725.95 project to replace a bridge on KY 594 in Estill County. Work is to be completed by Nov. 1.

The Department of Highways District 10 consists of 10 counties – Breathitt, Estill, Lee, Magoffin, Menifee, Morgan, Owsley, Perry, Powell and Wolfe – in east-central and southeastern Kentucky. The district office is located in Jackson.

Construction activities are scheduled on a tentative basis and are subject to change depending on weather condi-

tions. Motorists are asked to drive with caution in work zones and be aware of workers, traffic control devices and construction equipment when traveling in areas where projects are ongoing.

Significant traffic impacts resulting from construction and maintenance projects are posted on District 10's website (<http://transportation.ky.gov/District-10>), the district's Facebook page (<http://www.facebook.com/KYTCDistrict10>) and also on the district's Twitter feed (<http://www.twitter.com/KYTCDistrict10>). Drivers can check these sites prior to traveling to determine if there will be traffic delays for which they should be prepared.

Jack Walling
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