

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>

Entire Month of February

Hearts for Hospice at CGB

Throughout February, Citizens Guaranty Bank in Irvine will offer customers Hearts for Hospice. For a donation, customers will receive a memorial heart, which will be displayed at the bank throughout the month. All proceeds support Hospice Care Plus.

Wednesdays @ 5:30pm

Beginner Yoga at Marcum & Wallace

Beginner Yoga Class at Marcum & Wallace Hospital is held in the Mercy Room each Wednesday from 5:30-6:30 p.m. with instructor Laritza Gomez. The cost is one non-perishable food item for Helping Hands Outreach Ministry. The instructor will guide the class through basic poses focused on relaxation, building core strength, and flexibility. Regularly practicing yoga has many health benefits!

Thursday, February 25th @ 5:30pm

Irvine-Ravenna Kiwanis Club

The Kiwanis Club of Irvine-Ravenna will meet Thursday, February 25 at 5:30 p.m. at Michael's Restaurant. The devotional will be given by Kyle Knight, pastor at Providence Baptist Church. Plans will also be made for upcoming projects and activities. "Persons dedicated to improving the world one child and one community at a time" are welcome to become members.

Tuesday, March 1st @ 6:30pm

Estill County Lions Club

The Estill County Lions Club will meet Tuesday, March 1, 2016, 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 International, 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, March 1st @ 7pm

Estill Historical Society

The Estill County Historical and Genealogical Society will meet at the Estill County Public Library on March 1, 2016 at 7 p.m. Retired Estill County baseball coach and presently assistant fastpitch softball coach Danny Wood will be the speaker. He was recently inducted into the Kentucky Baseball Coaches Hall of Fame.

Thursday, Mar. 3 @ 7:00pm

Calling All Estill Co. Singers

The Estill County Community Chorus will be starting back up on Thursday evening, March 3, 2016 at 7:00 p.m. We are SO EXCITED!!! We are inviting and encouraging ALL SINGERS - ALL AGES - Middle School, High School and Up, to join us. We welcome you to come and be a part, no matter whether you are a soprano, alto, tenor or bass. NO AUDITIONS! Just bring your VOICES!!! We have FUN singing familiar songs and learning new songs. We meet every Thursday night - except for Maundy Thursday (which is March 24th, this year) from 7:00 p.m. - 8:30 p.m., at Irvine United Methodist Church-243 Main St., Irvine, KY. Our Theme for the Spring Session and Concert is "I Love America." We will be performing this concert on Sunday, June 5th at 3:00 p.m. Our Director is Carol Anne Wilson. Our Accompanist will be Nancy Farmer, and our Assistant Accompanist is Ann Siudmak.

Friday, March 4th @ 9am

Retired Co. C Guard Breakfast

Attention: All retired and old National Guard members of Charlie Company 1/149th. There will be a breakfast at Cracker Barrel, in Richmond, on Friday, March 4th and on the first Friday of each month at 9 a.m. All are invited and welcome. Hope to see you there!

Friday, March 4th, 6-8pm

Estill Appalachian Dulcimers

The Estill County Appalachian Dulcimer Club will resume meeting on Friday, March 4th and will meet every Friday from 6 to 8 p.m. at the Estill County Library, 246 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.

BODY FITNESS EXERCISE CLASSES

HELPFUL FOR PERSONS WITH ARTHRITIS, ASTHMA, DIFFICULTY MOVING

Gentle Exercise and Movement Builds Strength and Flexibility

Times: Monday and Wednesday mornings, 10-11 a.m.

Place: Estill County UK Extension Office on Stacy Lane Road

Donation: \$3.00 per class

For more information, Call Sister Loretta: 723-8505

Wednesday, March 9th @ 1:30pm

Chemical Destruction Board

Mark your calendar for the Kentucky Chemical Demilitarization Citizens' Advisory Commission and Chemical Destruction Community Advisory Board Meeting on Wednesday, March 9 at 1:30 p.m. at EKV'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 (859) 626-8944.

Wednesday, March 9th @ 1:30pm

Family Caregiver Workshop

A program specialized for family caregivers will be held Friday, March 11, 2016, 9 a.m. - 4 p.m. at the Madison County Extension Office, 230 Duncannon Lane in Richmond. The event will offer information about Alzheimer's disease and caregiving and will also provide an opportunity to reflect, regenerate, and gain a new perspective on your caregiving issues. Local and state-wide experts who specialize in aging and Alzheimer's care will present topics that are valuable to family caregivers of persons with dementia.

This training is designed specifically for family caregivers and is therefore not open to those who are professional caregivers. Registration is required; to register, call 1-800-272-3900.

Thursday, March 10th @ 5pm

Legal & Financial Planning

If you or someone you know is affected by Alzheimer's disease or dementia, the time for legal and financial planning is now. A workshop on Thursday, March 10th, from 5-6:30 p.m., is for anyone who would like to know more about what legal and financial issues to consider and how to put plans in place. The guest speaker will be attorney Robert McClelland. The program sponsored by the Alzheimer's Association and will be held at the Lexington Public Library, Beaumont Branch located at 3080 Fieldstone Way. A light dinner will be provided free of charge by Bridgepointe at Ashgrove Woods. Registration is required. Please contact 1-800-272-3900.

Friday, March 18th @ 6:30pm

Madison County Civil War Roundtable

The next monthly meeting of the Madison County Civil War Roundtable will be on Friday, March 18, 2016, at 6:30 p.m. at the Dinner Bell Restaurant, just off I-75, Exit 76 in Berea. Noted historian Stuart Sandes will give a presentation entitled, "Lincoln's Confederate 'Little Sister': Emilie Todd Helm." Please call Phillip Seyfrit at (859) 623-8979 with questions.

Saturday, March 19th @ 11:00am

Jackson County "Walk to the Cross"

Jackson County P.A.I.D. (Prayer Against Illegal Drugs) will be having a "Walk To The Cross," on Saturday, March 19th, starting at 11:00 a.m. The Walk will start at Fill-Ups Gas & Grocery in McKee and participants will carry the cross up US-421 for all who have fallen to addiction. "Come, pick up the cross and take a stand against drugs and leave it at the Cross where victory is won!"

Thursday, March 25th @ 10:30am

Conversations About Dementia

A program on Thursday, March 25th shares tips for breaking the ice and having difficult conversations around some of the most common issues that arise when someone shows signs of Alzheimer's or dementia. Issues such as doctor visits, deciding when to stop driving, planning for the future, and building a care team that works and communicates well are discussed. Learning how to approach these conversations will help to reduce some of the stress that can accompany the process of addressing a disease like Alzheimer's. To register, call the Alzheimer's Association's 24/7 Helpline at 1-800-272-3900.

It will be held 10:30-11:30 a.m. at the Madison County Senior Center, 1215 West Main Street in Richmond.

Register Early for May 20 & 21

Lions Club Opry Trip Planned

Join the Estill County Lions Club on a fun trip to the Grand Ole Opry in Nashville, Tennessee on May 20 and 21. We'll depart Irvine at 8 AM on Friday, May 20th aboard a Toby Tours Motorcoach, arriving in Nashville in time for a luncheon cruise aboard the General Jackson Showboat. We'll then head over to get comfortable at the Gaylord Opryland Hotel, before heading out for an evening of great entertainment at the Grand Ole Opry.

The next morning, enjoy a delicious buffet breakfast at the Opryland Hotel and take a ride on the Delta Flatboat before heading out for a couple hours of shopping at the famous Opry Mills Mall. We'll depart Nashville in time to arrive back in Irvine near 7 PM on the 21st.

Talk about a whirlwind of fun and excitement, ll for the amazing low price of: \$282 per person double occupancy; \$262 per person triple occupancy; \$252 per person quadruple occupancy. Pick a friend, grab your spouse, but don't miss this one! Your participation also supports our local Lions Club. Contact Terry Williams at 723-5447 or Tracy Snowden at 723-4023.

Guidelines and Registration

Mushroom Festival Guidelines

The Mountain Mushroom Festival invites the community to get involved in the activities and events of the festival. Guidelines and registration forms for the Mountain Mushroom Festival events are available in Irvine City Hall and on the festival website: www.mountainmushroomfestival.org. The events are the Arts & Crafts Booths, Fungus 5K & 2K Run/Walk, Parade, and Mushroom Festival pageant. Other activities that have cash prizes are the Mushroom Cook-Off, Mushroom Hunting Contest, Fungus 5K, Cake Decorating Contest, Photography Contest, and Window Decorating Contest. Categories from youth to adults are noted on the guidelines. Contact the festival at 606 723-1233 for further information.

Kitchen Diva

Garlic: Nature's Pungent Secret Weapon

by ANGELA SHELF MEDEARIS

Of all of the ingredients in my kitchen, garlic is the one I use in almost every savory dish. Sometimes I want the sharp flavor of minced, raw garlic combined with onion and sauteed until golden. For lighter dishes, like a cold salad with a cooked meat, vegetables and a dressing, I use garlic that has been infused in olive oil, which tones it down without losing its flavor. Roasted garlic is the perfect topping for a crusty piece of bread or to mix into mashed potatoes or dips.

My new favorite garlic preparation is minced and deep-fried until it's golden, a product I found in a Filipino grocery store. It makes a flavorful and crunchy topping for everything from hamburgers to casseroles. Garlic is the perfect dinner guest, bringing flavor and personality to the party without outshining the host.

Garlic was introduced into the United States in the 1700s and is believed to have originated in central Asia. It has been a food source for over 7,000 years, which makes it one of the oldest vegetables still in use.

While we mainly use garlic as a vegetable, it has historically been used for medicinal purposes. Here are some of the ways garlic is used to fight common medical ailments:

* Regular garlic consumption is claimed to reduce cholesterol and lower blood pressure.

* Eating a small amount of garlic daily is often recommended to help prevent cardiovascular problems.

* Fresh or powdered garlic is known to be a topical antibiotic, antibacterial and antifungal.

No matter how you mince it, garlic adds a wonderful flavor to all kinds of savory dishes and is a great way to protect your health! Try my unusual, budget-friendly dish for Garlic and Lemon Sardines With Parmesan Pasta and get a delicious dose of garlic to keep the doctor away!

Depositphotos.com



Garlic & Lemon Sardines with Parmesan Pasta

If you're not a fan of sardines, replace them with 2 (5-6 ounces) cans of chunk tuna packed in oil. Just drain off the oil and proceed with the recipe.

- 8 ounces linguine, egg noodles or fettuccine, white or whole-wheat
- 4 tablespoons extra-virgin olive oil, divided
- 4 cloves garlic, minced
- 1/2 small yellow onion, peeled and diced
- 2 tablespoons tomato paste
- 1/2 teaspoon ground sage
- 1/4 teaspoon cayenne pepper or red pepper flakes (divided)
- 2 slices bread, white or whole-wheat, for breadcrumbs; or 1 cup packaged breadcrumbs (Panko, white or whole wheat, divided)
- 1/4 cup lemon juice
- 1 teaspoon freshly ground pepper
- 1 teaspoon salt
- 2 (3- to 4-ounce) cans boneless, skinless sardines, drained and flaked
- 1/2 cup chopped fresh parsley (divided)
- 1 cup finely shredded Parmesan cheese (divided)

1. Bring a large pot of water to a boil. Add enough salt so that the water tastes salty. Add pasta and cook until just tender, 8 to 10 minutes or according to package directions. Drain, reserving 1/2 cup of the water to add to the sauce.

2. Meanwhile, heat 2 tablespoons oil in a small non-stick skillet over medium heat. Add garlic and onion, cook, stirring, until fragrant and sizzling but not brown, about 20 seconds. Add the tomato paste, sage and 1/8 teaspoon of the cayenne pepper or red pepper flakes, and cook for 1 to 2 minutes. Transfer the garlic mixture to a large bowl.

3. To make fresh breadcrumbs: Trim crusts from the bread slices. Tear bread into pieces and process in a food processor until coarse crumbs form.

4. Wipe out the pan. Heat the remaining 2 tablespoons of the oil in the pan over medium heat. Add breadcrumbs and 1/8 teaspoon of the cayenne or red pepper flakes and cook, stirring, until crispy and golden brown, 5 to 6 minutes. Transfer to a plate.

5. Whisk the lemon juice, the pepper and salt into the garlic oil. Add the pasta to the bowl along with the sardines, 1/4 cup of the parsley, 3/4 cup of the Parmesan and the reserved pasta water, about 1/4 cup at a time, as needed, to bring the sauce together. Gently stir to combine. Serve sprinkled with the breadcrumbs, and the remaining parsley and Parmesan. Serves 4.

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. 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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