

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>

Thursday, February 20th, 2-3pm

“Coffee With Your Congressman”

Congressman Andy Barr will hold a “Coffee with your Congressman” in Irvine on Thursday, February 20th, 2-3 p.m., at Thyme on Broadway in Irvine.

The event is a casual, come-and-go opportunity for constituents to visit directly with Andy. This is a part of an ongoing series of events Congressman Barr has held across the Sixth District since being sworn into office.

“I look forward to returning to Estill County and listening to the concerns of my constituents in a more informal and direct setting than your typical town hall,” said Congressman Barr. “I encourage people to stop by to share their thoughts on legislation, to get help with federal agencies, or to just chat over a cup of coffee.”

The event is open to the public and press. No RSVP is required. Please contact Catherine Gatewood if you would like to schedule an interview with Congressman Barr.

Thursday, February 20th @ 6 p.m.

Garden Thyme Herb Club

The Garden Thyme Herb Club will be meeting Thursday, February 20, at 6 p.m. in the fellowship hall of New Beginning Church.

Wendy Pecci will be presenting Chickweed as the herb of the month. Larry Carmichael will be showing a film on gardening.

Anyone interested in herbs and gardening is invited to attend the meeting. For more information, please call 723-3096.

Friday, February 21st @ 6:30 p.m.

C. Ky. World War II Roundtable

The bi-monthly meeting of the Central Kentucky World War II Roundtable will be held at 6:30 p.m. on Friday, February 21, 2014 at Ryan’s Restaurant in Richmond.

Dr. Ralph Thompson will give a presentation entitled “Deceptions of World War II.” If you have questions, please call Phillip Seyfrit, at (859) 623-8979.

UK COOPERATIVE EXTENSION SERVICE
University of Kentucky – College of Agriculture

EXTENSION NOTES

Family And Consumer Sciences

Friday, February 21st @ 12:00 Noon

Quick Breads Workshop

The Estill County Extension Service and the Clark County Extension Service are co-sponsoring a workshop on “Quick Breads.” This free workshop will be taught by Jennifer Howard, Clark County FCS Extension Agent, on Friday, February 21st, at 12:00 Noon at the Estill County Extension Office located at 76 Golden Court, Irvine. Everyone is welcome. For more information on this workshop or any UK Extension program, contact the UK Estill County Cooperative Extension Service at 723-4557.

Educational programs of the Cooperative Extension Service serve all people regardless of race, color, sex, religion, disability or national origin.

Monday, February 24th @ 6:00 p.m.

Kentucky River Water Trail Meeting

There will be a Kentucky River Water Trail meeting, under the bridge at Rader’s River Grill, on Monday, February 24, 2014.

Attendees can eat at 6:00 p.m. and the meeting will begin at 6:30 p.m. and be through by 8:00 p.m.

Volunteers will break out into groups and work on various parts of the Trail Town application as well as the two groups involved in the Lock property project and water quality training.

We hope you can come and if you know of anyone who is interested in helping, bring them with you.

Friday, March 21st @ 6:30 p.m.

Madison Co. Civil War Roundtable

The bi-monthly meeting of the Madison County Civil War Roundtable will be on Friday, March 21, 2014, at 6:30 p.m. at Ryan’s Restaurant, just off I-75, Exit 87, in Richmond.

Rightmyer will give a presentation entitled, “Kentucky’s Fighting Men.”

If you have questions, please call Phillip Seyfrit, at (859) 623-8979.

Civil War historian Don

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.

BODY FITNESS CLASSES
The BODY FITNESS EXERCISE CLASSES led by Sister Loretta Spotila, RN began the Winter/Spring Sessions. 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.

UK COOPERATIVE EXTENSION SERVICE
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EXTENSION NOTES

Family And Consumer Sciences

Earned Income Credit—Claim Federal Tax Dollars If You Worked Full or Part-time in 2013

Did you work full or part-time during 2013 and have low to moderate income (less than \$47,000 with children and less than \$14,340 without children)? You may qualify for the Earned Income Credit (EIC). You may also receive the Child Tax Credit (CTC) if you had children living with you for at least half of the year. The CTC can be worth up to \$1,000 per child. If you qualify you owe less in taxes and you may get cash back. Also, some people who don’t owe taxes can get the Earned Income Credit. However, to get these credits, you must file a tax return.

In 2014, federal tax credits will mean more for working families than ever before. As the economy struggles to recover from the recession, the Earned Income Credit (EIC) can provide relief for many working families who are under economic stress. The EIC can help families pay back bills, avoid utility shut-offs or eviction, buy groceries, cover child care costs, purchase health insurance, provide some savings, or meet other needs. Working individuals and families need to know that help may be available when you file your 2014 tax return. You also need to know how and where to get assistance.

Here’s some information about EIC benefits. Single or married people who worked full-time or part-time at some point in 2013 can qualify for the EIC.

- Workers who were raising one child in their home and had income of less than \$37,870 (or \$43,210 for married workers) can get an EIC of up to \$3,250.

- Workers who were raising two children in their home with income of less than \$43,038 (or \$48,378 for married workers) can get an EIC of up to \$5,372.

- Workers who were raising three or more children in their home and had income of less than \$46,227 (or \$51,567 for married workers) can get an EIC of up to \$6,044.

- Workers who were not raising children in their home who were between 25 and 64 on December 31, 2013, and earned less than \$14,340 (or \$19,680 for married workers) can get an EIC of up to \$487.

- Workers within these categories should check to see if they qualify. Workers with investment income exceeding \$3,200 in 2012 may not claim EIC.

While the amount varies with your income, the number of children and other circumstances, the IRS estimates that 20-25 percent of eligible taxpayers fail to claim the credit. The extra dollars that taxpayers can get through EIC can make their lives a little easier. Some individuals and families may qualify for the first time because of unemployment or other changes in their financial, marital, or parental status during the past year.

Free help is available to determine eligibility or to file a claim at Volunteer Income Tax Assistance (VITA) sites. VITA volunteers are trained according to IRS guidelines to fill out basic tax forms including those needed to claim the earned income credit and the child tax credit. VITA sites may be located in community action agencies, churches, libraries, public assistance offices, shopping malls, community colleges, and other public places. They may not be available in all communities. For more information about VITA site locations near you call the IRS at 1-800-906-9887 or the Estill County Extension Office, 76 Golden Court, Irvine (606-723-4557).

Source: Center on Budget and Policy Priorities, 2014. The Earned Income Credit and Child Tax Credit 2014, Washington, DC

Prepared by: Joanne Bankston, Ph.D., State Extension Specialist & Coordinator – Division of Family and Consumer Sciences, College of Agriculture, Food Science and Sustainable Systems, Kentucky State University, Frankfort, KY 40601

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Daytime

Al-Anon Daytime Meetings

Al-Anon is a fellowship of families and friends of alcoholics 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.

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, for anyone who plays.

Kitchen Diva

In A Jiffy

by ANGELA SHELF MEDEARIS

I’m a Southern girl, so corn muffins and cornbread are a big part of a complete meal around our house. I have a wonderful recipe for cornbread from “scratch” when I have time to make it, usually on weekends. On weekdays, I reach for my trusty blue box of Jiffy Corn Muffin Mix.

Jiffy mixes are produced by the Chelsea Milling Company, operated by a family whose roots in the flour milling business date back to the early 1800s.

“We have been milling flour here in Chelsea for over 120 years,” says company president Howdy S. Holmes.

His grandmother, Mabel White Holmes, developed and introduced the company’s first prepared baking-mix product, Jiffy Baking Mix, in the spring of 1930. It now offers a variety of Jiffy mixes from muffins, brownies, cakes and frostings to pizza, pie crusts and their best-selling corn muffin mix.

The company is built on a simple recipe -- offer customers the highest-quality ingredients at the best price possible.

“I think our consumers appreciate what we do, and that’s to offer value,” says Holmes.

Thanks to Chelsea Milling Company’s success, Holmes says he’s reluctant to mess with the business model.

“Everyone’s always in a hurry to change things,” says Holmes. “If something works, recognize you shouldn’t change it. You need to polish the system or the process from time to time, but if it works, leave it alone.”

Chelsea Milling Company is a complete manufacturer. The entire operation is located in Chelsea, Mich., and its product is shipped out to all 50 states, as well as some foreign countries through the U.S. military.

“Anytime you outsource something, there’s a profit number that doesn’t get calculated. So we make our own boxes; we store our own wheat; we mill our own flour; we do our own packaging; we do our own mixing; we do our own logistics,” says Holmes.

Thanks to its in-house manufacturing, Holmes says Chelsea Milling is able to save money and pass on those savings to the customer. The one area where Holmes isn’t afraid to spend, however, is on his employees, who he says deserve to be paid well.

“We expect a lot from our employees. We compensate them fairly, and we expect them to participate,” says Holmes. “Life is not a spectator sport, so you need to get in the game.”

You can “get in the game” using this iconic corn muffin mix in this delicious recipe for Southwest Stew with Corn Dumplings.



SOUTHWEST STEW WITH CORN DUMPLINGS

Stew:
1-1/2 pounds ground beef, turkey or chicken
1 medium onion, chopped
3 cloves garlic, chopped
2 tablespoons chili powder
1 tablespoon cumin
1 teaspoon salt
1 teaspoon pepper
1 can (6 ounces) tomato paste
1 1/2 tablespoons brown sugar
1 can (28 ounces) Rotel diced tomatoes with peppers (mild or hot)
1/2 can (15.2 ounces) whole kernel corn, drained; or 1 cup fresh or frozen and thawed, corn kernels

Corn Dumplings:
1 package Jiffy Corn Muffin Mix
1/2 can (15.2 oz.) whole kernel corn, drained; or 1 cup fresh or frozen and thawed
1 tablespoon onion powder
1 tablespoon garlic powder
1/2 teaspoon salt
1/2 teaspoon black pepper
1 egg
3 tablespoons milk

1. For the stew: Brown ground beef, onion, garlic, chili powder, cumin, salt and pepper. Drain off any excess fat. Stir in tomato paste and brown sugar; cook, stirring occasionally, for 5 minutes. Add tomatoes with green peppers, and the corn, and simmer for 10 minutes.

2. For the dumplings: Combine muffin mix, corn, onion powder, garlic powder, salt and pepper. Stir in egg and milk, and mix until blended. Drop by tablespoon on the bubbling stew. Cover and simmer 15-20 minutes. Makes 6 servings.

(For more recipes, visit www.jiffymix.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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